

# ETHNIC MEAL

**Aim:** to experience a meal in an unfamiliar culture.

**Audience:** teenagers, adults. Any number of people, minimum 8.

**Duration:** 1 hour.

**Description:** a meal eaten according to set rules.

**Equipment:** ingredients, cooking, serving utensils, jug, bowl, 2 sheets.



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## Leader's Instructions:

In advance, delegate food preparation, give the recipes to the cooks and arrange for the meal to be at your meeting venue and ready to serve just before you want to eat.

1. Set up the room ready for the meal by laying 2 clean sheet on the floor and arranging the serving dishes down the middle of the sheets.
2. Read out the Audience's Instructions.
3. Ask the participants take off their shoes and use a jug of water over a bowl to 'clean' the participants hands.
4. Hand out one plate between two participants and make sure the males sit around one sheet and the females around another.
5. Use the grace provided below.
6. Play some ethnic music in the background while you eat.

## Audience's Instructions:

The meal you are about to share will probably be unlike others you have had before. You are going to eat as if you are living overseas in an unfamiliar culture. In order not to offend the local people, you need to keep as close as possible to the local meal-time customs. Here are the cultural rules you need to follow:

- everyone removes their shoes before coming to the 'table'.
- everyone washes their hands before eating. This is to demonstrate ritual cleanliness rather than good hygiene.
- men usually eat first and are served by the women. When men and women eat at the same time, they always sit on different 'tables'.
- everyone sits on the floor to eat.
- there is no cutlery except for serving spoons. Everyone eats with their right hands only. The left is reserved for all other unmentionable activities!
- two people share one plate.

## Menu:

Select some of the following recipes to serve at the ethnic meal. The quantities given will serve approximately 12 people. Choose a selection of dishes for variety. All recipes except the Chicken Tandori are suitable for vegetarians. Popadoms or nan bread make eating by hand a lot easier!

### Main Dishes:

- African Groundnut Stew
- Chicken Tandoori
- Indian Dahl

### Side Dishes:

- Tzaiziki
- Tomato Chutney
- Yellow Rice
- Other Accompaniments

## Grace:

Here is a grace that is used by the Kouya people of Cote D'Ivoire. The Kouya words have been translated back into English keeping the flavour of their Kouya meanings.

Let's pray:

Lord God, owner of earth and sky, I thank you.

You put your good hand upon us and you added this day to our years and for this reason I give you thanks.

You have given us faith and you have given us this food, for this I thank you.

Father God, put your good hand on this food and bless it. Take out anything bad which may be in it and when we've eaten may we have peace.

In your name and in your son, Jesus' name.

So be it.

## NOTES:

# RECIPE SHEET

## African Groundnut Stew

### Ingredients

2 3lb (1 1/2 kilos) chickens or 3lb pork or 4 aubergines  
3 onions  
1 red pepper  
2 tbsp (30ml) oil  
1 jar natural peanut butter  
4 tbsp (45ml) tomato puree  
3 pints (1l 800ml) stock  
salt to taste

### Method

1. Cook meat and cut into portions or bite sized chunks. If using aubergines, prepare these and set aside.
2. Chop and fry onions in oil.
3. Stir in peanut butter and fry for 2 minutes.
4. Add stock gradually.
5. Mix tomato puree with a little water and add to pan.
6. Add chopped red pepper and salt.
7. Add meat, reheat and serve.

## Chicken Tandoori

### Ingredients

One 4lb chicken (whole or portions or drumsticks)  
2 onions  
1/4 pt (500g) natural yoghurt  
4 cloves garlic  
1 oz (25g) ginger  
1 tsp (5ml) ground coriander  
1 tsp (5ml) ground cumin  
1 tsp (5ml) chilli powder  
1 tbsp (15ml) vinegar  
1 tbsp (15ml) worcester sauce  
1 tsp (5ml) garam masala  
1 oz (25g) butter  
2 lemons (juice of)  
salt to taste

### Method

1. Clean the chicken then make 3 or 4 cuts on each side of the bird or on each portion.
2. Grind the onion, garlic and ginger to a paste then add the coriander, cumin chilli and salt.
3. Beat the yoghurt in a bowl, add the paste, vinegar worcester sauce and half the lemon juice and mix thoroughly.
4. Rub the mixture on the chicken and allow to marinade for 5 hours.
5. Preheat the oven to 375F/180C/Gas 4 and roast the chicken until tender.
6. Cut whole chicken into portions and serve.

# Indian Dahl

## Ingredients

1 1/2lbs (800g) red lentils  
2 tbsp (30ml) butter or oil  
2 onions  
3 cloves garlic  
1 tbsp (5ml) root ginger  
1 tbsp (5ml) ground turmeric  
1 tbsp ground cumin  
3/4 pt (500ml) hot water  
1 tsp (5ml) salt  
1 tsp (5ml) garam masala

## Method

1. Wash lentils thoroughly and remove those that float on the surface.
2. Finely chop onion, garlic and ginger.
3. Heat oil in pan and fry onion, garlic and ginger until onion is golden.
4. Add turmeric and cumin and stir well.
5. Add drained lentils and stir for a couple of minutes over heat.
6. Add hot water, bring to the boil and simmer covered for about 15 minutes until lentils are half-cooked.
7. Add salt and garam masala, mix well and continue to cook until lentils are soft with a consistency a bit like porridge.
8. If there is too much liquid, leave lid off pan so that some evaporates away.

# Tomato Chutney

## Ingredients

1lb (450g) tomatoes  
2 cloves garlic  
4oz (125g) sugar  
2oz (50g) raisins  
1/4 pt (150ml) malt vinegar  
1 tsp (5ml) chilli powder  
1 tsp (5ml) ginger powder  
salt to taste

## Method

1. Skin the tomatoes and cut into quarters.
2. Finely chop the garlic.
3. Cook the tomatoes, ginger, garlic, chilli and salt until the tomatoes are pulpy.
4. Add the sugar, vinegar and raisins and cook until the mixture thickens.
5. Allow to cool, then serve or bottle and use as required.

NOTES:

## NOTES:

# Tzaiziki

## Ingredients

1 cucumber  
1/4 of an onion  
1/4 pt (500g) natural yoghurt  
2 tsp (10ml) cumin powder  
1oz (5ml) coriander  
salt to taste

## Method

1. Finely chop onion and coriander.
2. Peel cucumber, cut into half lengthways and scoop out seeds. Cut into cubes.
3. Mix together cucumber, onion and salt and allow to rest for 5 minutes.
4. Squeeze the cucumber gently to remove excess liquid.
5. Mix together cucumber, onion and yoghurt. Sprinkle in the cumin and fold over gently.
6. Sprinkle with coriander and chill for 1 hour before serving.

# Yellow Rice

## Ingredients

1 1/2lbs (650g) rice  
1 1/2pts (900ml) water  
2 tsp (10ml) ground turmeric  
salt to taste

## Method

1. Wash the rice.
2. Whisk the turmeric and water together.
3. Bring the water to the boil and add salt. Pour in the rice and stir until the water reboils. Adjust water level to barely cover the rice.
4. Cover with lid and simmer for 15 - 20 minutes or until the rice is tender. Extra water may need to be added during simmering, depending on the type of rice.
5. Drain and serve.

## Other Accompaniments

- Popadoms or naan bread.
- Peanuts.
- Pineapple slices or chopped bananas (coated with lemon juice to prevent browning).
- Tomatoes or peppers, sliced.
- Water to drink. Serve this from a (clean) bucket. In advance, add a few drops of food colouring and dried herbs for extra effect.