

Lesson plan 09
Sheet 09-2

Cooking

Cooking – What’s Included

Lesson 09 -2 cooking pack contains the following:

- a) Cooking in Bo
- b) Information on food and cooking in Bo
- c) Cuisine and Etiquette in Sierra Leone
- d) Sierra Leonean Recipes
- e) Gari, including DVD

Children’s activities:

Sheet 09-2a Page 3 on Traditional Cooking has questions on looking at a picture.

Some children might like to ask their parent to prepare one of the recipes on Sheet 09-2d or there may an opportunity to prepare one in school.

Lesson plan 09

Sheet 09-2a

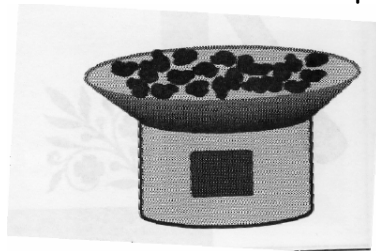
Cooking Information sheet

Cooking in Bo

Most families in Bo cook the main meal of the day on an open wood fire. Three large stones are placed near enough together for the cooking pot to balance on top of them. Small twigs are lighted between the stones, and then the ends of bigger sticks and branches are pushed in. As the big sticks burn down, the ends are pushed further into the middle. This is known as a three stone hearth. With practice it is easy to control the heat by pushing the sticks in - (hotter!) or pulling them slightly out - (cooler!).



Small iron charcoal burners are also used - like round tins with open sides and holes in the top. Charcoal is underneath and the pot of food put on the top.



Gas cookers using bottled gas can only be afforded by a few people, as the cookers and the gas are very expensive.

Continued over ...

Cooking is often done outside, at the side of the house or in the back courtyard, and even when there is a kitchen, it is usually separate from the main house - across the yard or at the side. This is sensible because of fire risk.



Because of the cooking equipment one or two pot meals are used. One pot for rice and one for meat or fish and vegetables cooked in rich spicy sauces. Puddings are not cooked, but there is usually fresh fruit available in season.

For bread and cakes which need an oven, people usually buy from a bakery.

Continued over ...

TRADITIONAL COOKING

What material do you think the cooking pot is made of?

Look carefully at how the pot is supported.
- Describe

Where do you think the cooking is taking place?



Can you make out what is being used for fuel?

What is the girl doing to the food?

How do you think the heat is controlled?

Lesson Plan 09
Sheet 09-2b

INFORMATION ON FOOD AND COOKING – BO, SIERRA LEONE

A. A typical day's food (primary school child)

There are two groups of primary school going pupils: and their ways of living are different from each other in so many cases. It is widely understood that children from rich homes and families attend private schools in Bo and Sierra Leone at large.

The public school (government owned school) is otherwise known as the school of the poor and less privileged, as these exists the system of free education. In response to the questions asked, the answers in the tabular form show a clear picture that the private school child is more privileged than the public school pupil.

The private school child

1. BEFORE SCHOOL

Food: Bread and butter sandwich

Drink: tea

2. SCHOOL TIME

a.. food carried to school - lunch pack mostly containing bread, biscuits, juice, etc.

b. Food bought at or near school - soft drink, cakes, ice cream

c. Snacks carried or bought biscuits, chocolate, juice, bread (sandwich)

d. Drinks - juice, soft drink

3. AFTER SCHOOL: popcorn, t-sauces

MAIN MEAL: snacks - rice
Drink - water

4. WEEKENDS: some eat foo foo
Pounded cassava instead of rice

The public school child

1. BEFORE SCHOOL

Food: Fermented rice or nothing

Drink: water

2. SCHOOL TIME

a. Food carried to school
Rice flour, packet juice, bread or nothing as the case may be.

b. Food bought at or near school -
rice, bulgar cake or nothing

c. Snacks carried or bought -
rice flour, bread or nothing

d. Drinks -
cold water, ginger, coloured ice

3. AFTER SCHOOL - sometimes f____
____ and rice and sauces

MAIN MEAL - snacks - rice , bulgar
Drink - water

4, WEEKENDS

The same as after school - cassava

B. COOKING EQUIPMENT

1. Three stone hearth –

In many homes, children; especially school going pupils fetch wood from farms, the bush and forest after school.

In other homes, the bread winner buys the wood.

2. Other cookers – very few people and homes use bottled gas. Out of a percent, fifteen percent use charcoal stoves produced in village

C. GOATS MEAT

1. Some people have their goats at the back of their houses.
2. Commercial goat rearers do theirs on waste lands and open fields.
3. Meat are bought from butchers, mainly those in market places.

D. OTHER MEATS

- These include: cow, sheep, pork, monkey - eaten daily by those who can afford it, but it is expensive.
- Due to the expensive nature of meats, teacher's families are liable to eat meat two or three times a week as the case may be.
- When roughly estimated, a casual worker can afford to eat meat as often as he or she can. On the contrary, some have theirs the same as teachers.
- In the case of a small farmer, it is likely possible that he in the case of men can afford meat for consumption at regular intervals without buying it from the market.
- Very active brave farmers get bush meat mainly by setting traps and barely killing both wild and non-wild animals on their way to or from their farms.

In normal times, bush meats like deer, monkey, and squirrel are frequently eaten.

In times of scarcity, there are not many wild birds to be eaten by people. Except like vultures which are eaten by people who are hard hearted, and those who cannot recognize it as it appears when deliciously prepared to take the place of a chicken.

Also, meats like rabbit and squirrel are eaten more frequently than any other meat under all circumstances.

Continued over

FISH

1. Fresh fish
 - a. Swamp fishes : Tiger fish
River fishes: Tilapia, Snapper
 - b. Sea fish: - Mainly in Freetown..
 - The major types are sardine fish, tilapia and herring
 - Fresh fishes from the sea are preserved or kept fresh at fisheries in ice.
2. Dried or smoked fish
 - types: tilapia, sardine fish, herring, snapper
 - from: fresh waters, seas, etc.
 - processed in many homes by hanging over a fire smoke: and by drying in the sun

see sheet 09-4b for pictures of fish

- Information from Joseph Boakarie Bo-OWL Teachers' Group, Bo, Sierra Leone

Peace Corps
Paul D. Coverdell World Wise Schools

Cuisine and Etiquette in Sierra Leone Country: Sierra Leone

In Sierra Leone, the staple food is rice. "If I haven't had my rice, I haven't eaten today," is a popular saying. Sierra Leoneans eat rice at least twice a day. Only women and girls prepare the food. They usually cook in big pots on a three-stone stove (three big rocks that support the pots). Firewood or charcoal is the main fuel, except among some city dwellers, who use gas or electricity.

If you visit a Sierra Leonean friend, he or she will almost always invite you to stay and eat. Usually the men and boys eat separately from the women and girls. Everyone washes their hands before they eat, and then they gather around in a circle with a huge dish of food placed in the middle. Sharing is an important part of life in Sierra Leone, and each person eats from the part of the big dish that is right in front of him or her. It is very bad manners to reach across the dish!

Only the right hand is used for eating; the left hand is considered unclean.

When you are eating, you usually don't talk. Talking shows a lack of respect for the food. It is rude to lean on your left hand while you are eating. People usually drink water only after a meal is over.

The oldest males get the choicest food, the best pieces of meat or fish. Then the young males take the next best pieces, and then finally the women and girls get any meat or fish that is left. Sometimes the women and girls wait until the men and boys have had all they want before they eat.

Continued over ...

Rice is eaten with the hands by squeezing or rolling it into a ball, dipping it into the sauce, and then popping it into the mouth. If rice falls from your fingers or mouth, you don't put it back in the dish. When everyone finishes eating, they wash their hands and thank the cook.

Many ingredients go into sauces or stews to go with rice. The most popular sauces are made of greens, especially cassava or potato leaves. Other common ingredients include palm oil, onions, tomatoes, yams, and red peppers. Sometimes groundnut (peanut) oil or coconut oil are used. Other sources of protein that go into the sauces include groundnuts and beans, as well as fish, chicken, goat meat, or pork. Seafood, such as oysters, lobster, and crab, may also be used. Most of the calories, however, come from rice, which is eaten in large quantities.

Fruits in Sierra Leone include oranges, bananas, pawpaws (papayas), lemons, avocados, guava, watermelons, mangoes, and pineapples. Fruit is usually eaten as a snack. Plantains are often sliced and fried as chips for a snack. Tea and coffee are drunk in some parts of the country for breakfast. Cokes and beer are popular with many people who can afford them.

Related Publication: Looking at Ourselves and Others

<http://www.peacecorps.gov/www/stories/stories.cfm?psid=111&gid=1> 23/02/2007

Sierra Leonean Recipes

Sierra Leone shares the cuisine of much of western Africa, including cassava, yams, plantains/ bananas, red palm oil, peanuts and other fruits and vegetables. Fish is an important protein in coastal areas. One slight difference in cuisine is that the Mende people in southeast Sierra Leone eat rice as the main staple food. Cacao is grown as an export crop to provide the chocolate consumed so eagerly in Europe and North America. One suggestion for sharing the food with young children is to prepare samples of individual ingredients in Sierra Leone cooking being careful of roasted peanuts. They could enjoy sliced bananas, fried plantains and tapioca pudding. Tapioca comes from the processed root of the cassava.

Some recipes taken from the internet.

You may wish to look them up – websites included at the back of this pack.

Meat Stew

Preparation:

750 grams meat (depending on number of persons) 1. Trim, wash, and cut the meat into small pieces,

1 large onion and put in a pot.

6 garden eggs/aubergines (eggplant) 2. Add water, some salt, and allow to boil for about 20 grams tomato puree 5-8 minutes, stirring occasionally.

1.5 liters water 3. Add the garden and pepper. Cook on low heat

3 fresh tomatoes until vegetables are tender.

Salt and (chili) pepper to taste 4. Slice the onion and the tomatoes into small pieces and add to the soup. Allow to simmer.

5. Remove and grind/blend the cooked vegetables, mix with water and strain.

6. Return the vegetables to the soup, and add the tomato puree. Allow the soup to simmer on low heat until meat is tender.

Contributed by Dennis Deen-Sie Sawaneh 7. Serve with rice or root vegetables like cassava, Author of "Sierra Leone Cookbook" yam, potatoes (sweet or "Irish").

Continued over ...

Groundnut Stew Season meat with Mrs. Dash.

Let it absorb for three hours. Brown meat in oil. Add some water and 1 pound stewing meat simmer until tender. Remove and set aside. In the 2 large tomatoes, diced same oil, saute pepper and onions. Add tomatoes 1/2 cup oil and stir briskly. Mix groundnut paste with 1/2 cup 1/4 cup groundnut paste (peanut butter) water to form a thin paste and add to stew. Stir, add 1/2 tsp. "Mrs. Dash" seasoning meat, salt to taste and let simmer 15 minutes over 1 large onion, chopped or sliced low heat. Serve with rice, boiled yam, cassava and 1 large pepper, finely chopped green vegetable.
1/2 tsp. cayenne pepper, optional
salt to taste Koso Weller
Reprinted from the Wisconsin State Journal

Chicken Stew

.Ingredients:

1 Stewing Chicken 1 Teaspoon Thyme
1 Small Tin Tomatoes puree Salt to taste
1 Large Onion (chopped) 2 Cups Water .
1/2 Pint Groundnut Oil 2 Red Peppers (chopped)

|

'. Steps:

1. Wash and cut up the chicken into segments. Season and fry in oil until the chicken is golden brown. Remove and set aside
2. Add the chopped onion and pepper to the same oil and cook for about ten minutes stirring

Fried Plantains

For this recipe, you need 3-4 plantains. . They look like large green bananas. These fried treats are found for sale as snack foods in markets throughout sub-Saharan Africa. Usually they are just sprinkled with salt and hot sauce (Tabasco works!), but sometimes they are coated with powdered ginger and/or cayenne before frying and then salted. If you prefer a sweet taste, you can sprinkle them with sugar and cinnamon. Use either peanut, soybean or safflower oil to deep-fry, as they have a high smoking temperature.

If you have a cooking thermometer, keep the oil around 350E. Heat the oil in a heavy saucepan. Slice the peeled plantains into 1/4-inch rounds. Fry the slices a few at a time until they are crisp on the outside but still soft on the inside. If fried too long, the inside will toughen, Try a couple to get the best timing. Remove them from the oil with a slotted spoon and drain on paper towels or newspaper.

Continued over ...

Foorah

Ingredients:

2 Cups Rice Flour

1 Cup Sugar

3 Cups Water

Steps:

1. Mix the rice flour in a bowl with about 1 cup of water saving about 1 tablespoonful of the coating the balls
2. Bring the rest of the water to boil in a saucepan. Add the sugar and stir until dissolved
3. Pour the flour paste gradually into the simmering water and cook, stirring all the time until forms a thick paste as the rice granules swell
4. When the rice is thoroughly cooked and contains no raw flavor, allow to cool slightly, and remove tablespoonful of the mixture. Form them into balls and coat with the rest of the rice
5. Serve cold
6. Milk may be added to the paste during cooking to improve the food value

Can you find some more Sierra Leonean recipes for yourself?

Gari

Gari is a creamy-white, granular flour with a slightly fermented flavour and a slightly sour taste made from fermented, gelatinized fresh cassava tubers. *Gari* is widely known in Sierra Leone and other West African countries

It is commonly consumed either by being soaked in cold water with sugar, coconut, roasted groundnuts, dry fish, or boiled cowpea as complements or as a paste made with hot water and eaten with vegetable sauce. When properly stored, it has a shelf-life of six months or more.

Cassava is fermented to remove cyanide and produce the desirable flavours. It is then roasted to destroy enzymes and micro-organisms, to drive off cyanide gas, and to dry the product. Preservation is achieved by heating during roasting. A low moisture content inhibits recontamination by bacteria. Packaging is needed, especially in areas of high humidity, to retain the low moisture content.

<http://www.cassavabiz.org/postharvest/Gari01.htm>

Gari Making in Sierra Leone

This process was introduced by Nigerian people many years ago in Sierra Leone in the West part of Africa. A lot of *gari* is from Bo town but also other parts of Bo like Tikonko, Bumpe, Mattru Jong, Moyamba, Goudama near Gerihun in Bo District- southern region.

Here most of the people, who are involved in *gari* making, are women, who have even formed associations to help them sell their produce. This is made out of cassava plant which was brought to Africa from south of America some hundreds of years ago. The roots called tubers look like elongated large potatoes and have a tough skin..

This is also popular in Sierra Leone for another purpose, that is -roots, leaves, tubers and even stems are used for fires. It can also be used as vegetable and it can be processed to make other foodstuffs like fufu, demba and even *gari*. Starch is obtained from cassava.

To make *gari*, the plant is uprooted and the tubers are cut off the stem. The tubers are then peeled with sharp knife. After that, the tubers are washed clean before being grated into pulp with a grater. Sometimes this can be done manually or by machine. In Bo, grating machines are hired by women to grate their own cassava, but those who cannot afford to hire will use their local home-made machines.

After all these processes the pulp is put into bags and tied tightly. A weight is put on top of the bags to make the pulp lose water and ferment.

After two or three days, the moist pulp is taken out of the bags and sieved into a large container. The sieved pulp is in the form of grains which are fried in a large frying pan with few drops of palm oil.

Finally the fried *gari* is left to cool stored or put into bags before it is sold to the people nationally or internationally.

Written by Joseph A. Boakarie, Bo, Sierra Leone

Also see

http://www.imdp.org.uk/manuals/gari_overview.html

'Reel Lives'

Interactive DVD - featuring Gari

'Reel Lives Sierra Leone' is a cross-curricular interactive DVD resource for primary teachers. It contains over 45 mins of fascinating video content, with stories from Sierra Leone, presented by musician and storyteller Usifu Jalloh. An accompanying full-colour 16-page booklet contains creative classroom ideas for teachers with images, stories, games and weblinks.

The DVD can be obtained on loan from the OWL Primary Teachers' Group, or you can purchase it for yourself online from www.musicforchange.org at £26.40 inc. P&P (2007) or from www.africabookcentre.com at £28.49 inc. shipping or by post from:
Africa Book Centre, Preston Park Bus. Centre., 36 Robertson Rd., Brighton, BN1 5NL
Tel: 01273 560 474 or FAX 01273 500 650

As well as containing sections on school days, cotton, games, music and images of Sierra Leone, it is recommended for this unit because of a section on **Food** about Gari and another consisting of a **Market Quiz**.

[The Market Quiz section ([see 09-5a](#)), highlights Food in which Usifu's mum, Mrs Jalloh, takes us to the fruit and vegetable market in Freetown. You can follow the on-screen instructions in an interactive multiple choice guess the item quiz].

Gari

Gari is a traditional Sierra Leonean dish usually eaten for breakfast. Usifu visits a Gari processing 'factory' run by Emmanuel. This section is mainly in Krio with Usifu explaining certain key stages in English.

The DVD consists of:

- | | | |
|------------------|-----------------------|---|
| Main Menu | > Video | > School Days
> Food (about Gari)
> Cotton |
| | > Extras | > Music (about drumming)
> Games
> Market Quiz
> mages |
| | > Links | |
| | > Introduction | |

From the **Main Menu**, after playing the short Introduction, select **Video** and then **Food**.