



*Dining for Women*

**Food for Thought**

**January 2010**

## **Darfur Peace and Development Organization**

### **Theme: Promote Gender Equality and Empower Women**

*"Empowering women tends to lead to faster economic growth, which in turn tends to undermine extremism and reduce civil conflict . . . bringing women into the picture tends to result in more security." --Nicholas Kristof, The Seattle Times, Oct. 9, 2009*



"Women are often leaders in the drive to end sexual violence and to secure peace. Their voices must guide advocacy and programming efforts."

**—United Nations,  
UNiTE to End Violence  
against Women**

"The African Union-United Nations Hybrid Operation in Darfur (UNAMID) has been encouraging internally displaced women to become

community-policing volunteers and to join security committees in camps for internally displaced persons. It is also encouraging women to start income-generating activities." **—United Nations Secretary-General, in his report to the Security Council, April 14, 2009**

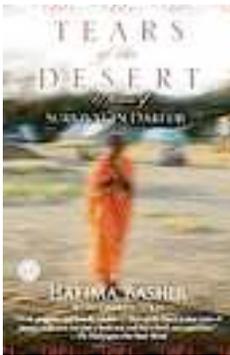
**Questions for Discussion:**

- In Darfur, women traveling outside the camps to collect firewood women are at high risk of rape. Darfur Peace and Development Organization trains displaced women to make and use solar-powered cookers, so they no longer need firewood. **Solar heaters help keep women safe. Can you think of other examples of simple, relatively inexpensive solutions to help solve big problems in the developing world?**
- **How do women’s centers— like the Darfur Women’s Center— support gender equity?**
- **What are the unique challenges of empowering women who are internally displaced persons (IDP)s?**

**Meeting Resources**

**Book Corner**

***Tears of the Desert: A Memoir of Survival in Darfur***  
By Halima Bashir



“Bashir is now a powerful voice for the victims of Darfur, speaking out on numerous painful subjects, from her own genital mutilation to rape and the loss of her family. Harsh in its honesty, Bashir’s chronicle is shocking and disturbing. An unforgettable tragedy.”  
–**Booklist**

“Bashir, a physician and refugee living in London, offers a vivid personal portrait of life in the Darfur region of Sudan before the catastrophe. The violence the author recounts is harrowing: the outspoken Bashir endured brutal gang-rapes by government soldiers, and her village was wiped out by marauding Arab horsemen and helicopter gunships.” –**Publishers Weekly**

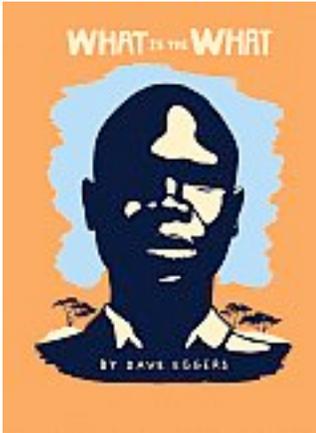
**Voices: From Darfur Women’s Center**

“The part of our women community that is at the center benefited a lot from it. Most of these women no longer go to collect firewood which could lead to them being attacked because they now have solar cookers to cook with.

The women at the center make traditional baskets and when they sell these baskets, it helps them to finance their lives. Every time they sell a basket or receive a solar cooker they don’t have to leave the camp for firewood.

This center has changed my role in the community. It gave me the chance to speak out and report on everything that is going on in the center. Also now the women come to me for help, I have become from a normal woman in the camp to one which makes decisions regarding the welfare of women in the camp.”

*Fatihah F: 28 years, 6 siblings, ailing mother, deceased father.*



### **What is the What**

By Dave Eggers

Valentino Achak Deng, real-life hero of this engrossing epic, was a refugee from the Sudanese civil war—the bloodbath before the current Darfur bloodbath—of the 1980s and 90s. In this fictionalized memoir, Eggers (A Heartbreaking Work of Staggering Genius) makes him an icon of globalization. The result is a horrific account of the Sudanese tragedy, but also an emblematic saga of modernity—of the search for home and self in a world of unending upheaval.—*Publishers Weekly*

## **Fair Trade Shopping**



### **Baskets woven by women participating in a Darfur Peace and Development Organization project:**

Support the income lifeline of Darfur's displaced women. Purchase a unique

basket handcrafted at Kassab IDP camp.

Available from

[www.womenspacecollection.com](http://www.womenspacecollection.com) OR call 1-800-979-0108

OR

[https://secure4.gaiahost.coop/amberchand.com/store/product\\_info.php?products\\_id=57](https://secure4.gaiahost.coop/amberchand.com/store/product_info.php?products_id=57)



**Weavers' cooperative at the Women's Center**

**Bead bracelets from** Relief Beads, a grassroots-campaign selling handmade African bracelets to raise awareness and money for Relief International's humanitarian efforts in Darfur. Bracelets are made by refugee women in Darfur. Rustic and made by hand out of sand. <http://www.reliefbeads.org/>

--Carolyn Mayers

## **Dining for Women Recipes**

*Since there are virtually no recipes available for Darfur, this month we will be experiencing Sudanese cuisine, which is quite varied and interesting. Darfur used to be part of Sudan, so culinary traditions share many similarities. For the purists in the*

*crowd, if you are ever going to consider holding a solidarity dinner where you share in the hunger of those we support, this is the month to skip eating or have a bowl of plain rice.*

**How a Dinner is Served in Sudan** from  
<http://www.sudan.net/society/recipe.html>

As a guest enters a Sudanese home, he is immediately offered Abre or Tabrihana, a refreshing nonalcoholic fruit drink only slightly sweetened so as not to dull the appetite. This is a symbolic gesture welcoming him after his "long journey."

Dinner is served on a low table and guests are made comfortable on pillows decorated with ostrich feathers. The table is bare. The Arabic custom of pouring water over the hands of the guests from the Ebrig, a handsome shiny copper ewer (pitcher), and catching the water into an equally handsome copper basin is an important ritual in the Sudan. Each guest is offered a towel with which to wipe his hands. Large cloths to cover the knees are given to each guest in place of napkins.

Upon the signal of the host, dinner is served. It starts with soup, brought out in individual bowls on a huge, round, decorated copper tray. The large tray is placed on the table. Spoons are offered to the guests.

After the soup has been enjoyed, the entire tray is removed and a second large tray is brought in with all the dishes of the main course resting on beaded doilies made by the women. There may be five or six dishes to dip into. (No knives or forks are used but spoons may be provided.) But most of the Sudanese eat the main course from common dishes using Kisra, Khubz or Gorraasa (their great flat breads) to sop up the mixtures. Four dishes are individually served—the soup, the salad, the Shata (red-hot spice) and the dessert.

When the entree is served, small plates or bowls are also brought in from which the host or hostess dishes out portions of salad and gives each guest a spoon with which to eat the salad. Again hands are washed and everyone looks forward to dessert. Sweets like Creme Caramela or Basboosa are usually served and are preferred to fruits. No beverage is served with dinner but one may ask for water. After dinner everyone relaxes and enjoys the famous Guhwah, coffee served from the Jebena, the stunning little coffee pot from which it is poured into tiny cups. If tea is preferred, the succulent spiced teas with cloves or cinnamon are served. Finally an incense burner filled with sandalwood is placed in the center of the room, a touch leaving the guests with a feeling of delightful relaxation.

*Quick Facts about  
Sudanese Etiquette:*

When one is invited to a Sudanese home for dinner, it is the custom to eat at approximately 9:00 or 9:30 p.m.

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The Arabic custom of pouring water over the hands of the guests from the Ebrig, a copper pitcher, and catching the water into a copper basin is an important ritual. Each guest is offered a towel with which to wipe his hands.

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Have a pitcher of cold orange or grapefruit juice on hand and offer each guest a small glass filled with juice as he arrives.

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A small tray bearing a teapot and tea cups (each holding a small piece of stick cinnamon) and an open bowl of sugar is brought in after the meal. This is the time to light your sandalwood incense burner.

### **Sudanese Yogurt and Tahini Dip**

Adapted from <http://www.recipezaar.com/Sudanese-Yogurt-and-Tahini-Dip-37613>

Great for before dinner served with vegetables or pita bread for dipping. EASY.

Serves 6

2/3c tahini (sesame seed paste)

2/3c plain yogurt

3 cloves garlic, minced

juice of 1 large or 2 small lemons

2 – 3T chopped fresh parsley

up to 1t cumin

salt and ground black pepper

Ground cayenne pepper (optional)

Mix together the tahini, yogurt, garlic, and half of the lemon juice and stir very well.

Add half of the parsley, cumin to taste, salt and pepper to taste and cayenne if using. Stir well, adding more lemon juice until the texture is like that of slightly thin sour cream. Sprinkle with remaining chopped parsley.

### **Gorraasa be Dama (flatbread with meat sauce)**

Adapted from <http://prismmagazine.co.nz/issue1/food.php> Another Sloppy Joe type of meat sauce, with a delightful flavor. If you don't feel like making the flatbread, then serving it over rice would be just fine. Serves 4.

#### **Dama (Meat Sauce)**

3T vegetable oil of choice

1 large or two med./small onions, minced

1t cardamom

½ t cumin

pinch cinnamon

1 lb. ground beef or lamb

1T flour

1 14oz. can chopped tomatoes

4T tomato paste

3 cloves garlic, minced

¾-1c water

Salt and ground black pepper to taste

1T lemon juice

Heat oil over medium heat in medium-sized heavy skillet. Add onions and sauté, stirring occasionally, until translucent. Add spices and cook another minute or two. Turn heat up to medium high, add meat and cook, stirring and separating any chunks, for about 5 minutes. Sprinkle flour over meat and stir in well. Add tomatoes, tomato paste, garlic, ¾ cup of water, ¼ teaspoon of salt and a generous grind of black pepper. Stir well and bring to a boil. Stir again, reduce heat to low and simmer, covered, stirring occasionally, for about 10 minutes, adding more water if necessary to keep it from getting too dry. Allow to sit for a few minutes before

serving. Stir in lemon juice and serve on gorraasa or rice. Pass the Shata (recipe given after gorraasa recipe).

### **Gorraasa (Sudanese Flatbread or pancake)**

There are several types of flatbread in Sudanese cuisine and the easiest of them is presented here. It is important to use a fairly high heat if you want them to brown at all. Makes about 12, depending on the size.

2c flour (75%white/25% whole wheat works well)  
 ½ t baking powder  
 up to 1t salt  
 approximately 2 ¼ c water

Sift together dry ingredients in a bowl. Add 2 cups of the water and stir well (I found a whisk worked well, or you could make it in a mixer). Stir in more water as necessary to make a batter that resembles thick pancake batter. Heat a griddle or non-stick frying pan over medium – medium high heat and pour a ladle full of batter into pan. Spread the batter quickly to make a thin pancake-like shape, about 6 inches around. (One recipe mentioned doing this spreading with a banana leaf!) Flip when one side begins to brown, which only takes a couple of minutes. Keep warm in oven until ready to serve. Do not stack a bunch of these on top of each other or they may stick together.

### **Shata (Sudanese Hot Sauce)**

Adapted from <http://www.celt.net.org.uk/recipes/miscellaneous/fetch-recipe.php?rid=misc-shata>

This is not a sauce you will taste and think it is wonderful the first time you taste it. BUT, when served over the Dama, it really enhances the flavor. Just use a little – it is very lemony. It is also interesting used as another dip for pita bread or gorraasa along with the dip given above, but takes a little getting used to.

Juice of 4 lemons  
 3 or more cloves of garlic, minced  
 3T crushed chili pepper  
 1t ground black pepper  
 1t salt

Combine all ingredients in a small bowl. Stir until the salt dissolves. Allow to rest for at least an hour before serving to allow the flavors to combine.

### **Basboosa (Easy Sudanese Semolina Cake)**

Adapted from <http://www.recipezaar.com/Basboosa-Easy-Semolina-Cake-254309>

YUM!!!! And very easy to make. You may find other recipes on the web by a variety of different names but this was the best and easiest I saw. The Sudanese like their

sweets really sweet. I cut the amount of sugar syrup in half and it is still probably more than you need. Incredible texture. Serves 12.

#### Cake

1c semolina flour  
 1c yogurt  
 1c sugar  
 1c melted butter, cooled slightly  
 2T baking powder  
 pinch salt  
 2 beaten eggs

#### Syrup

1 ¼ c sugar  
 ½ c water  
 1t vanilla  
 Juice of half a lemon, plus the remaining shell of the lemon  
 2T lime or orange juice  
 1 cinnamon stick

To make the cake, preheat the oven to 350. Lightly butter a 9 x 13 baking dish. Get the yogurt and eggs out of the refrigerator for about 15 minutes to take the chill off. Mix thoroughly in a large bowl the flour, sugar, baking powder and salt. Add the melted butter and stir. Then add the yogurt and stir, and finally add the eggs and stir for a minute or so until it is well mixed and no lumps remain. Pour the mixture into the greased pan and place on the middle rack of the preheated oven. Bake for 45 minutes. Meanwhile, to prepare the syrup, place the sugar and water in a saucepan over medium heat and stir well to dissolve the sugar. Add the vanilla and cinnamon stick. Stir again. Bring to a low boil, add the shell from the squeezed lemon and the juices, reduce heat to low and cook, stirring frequently, for about 5 minutes. Remove lemon and let sit for a few minutes. Allow to cool somewhat. After cake is finished cooking (it will be golden colored when done), remove from oven and let cool about 5 minutes. Drizzle syrup evenly over cake and allow to cool. Serve at room temperature. Refrigerate unused portion.

--Carolyn Mayers

#### **Fettat Adis** (Lentils cooked with onions, tomatoes, carrots and potatoes)

Adapted from [www.celt.net.org](http://www.celt.net.org) and [www.recipes.wikia.com](http://www.recipes.wikia.com)

#### Ingredients:

500 grams red lentils, washed  
 2 onions, chopped  
 8 garlic cloves, chopped  
 6 tsp oil  
 4 tsp salt  
 ½ tsp black pepper  
 8 white bread rolls broken-up into small pieces  
 1 potato, finely diced  
 2 tomatoes, chopped

1 carrot, finely diced  
 ½ green pepper, diced  
 3 cardamom pods, crushed  
 ¼ tsp cinnamon

Add the onions, tomatoes, potatoes, carrot, green pepper and lentils to a pot along with the cardamom and cinnamon. Cover with water to some 10 cm above the vegetables. Cover and simmer until the lentils are tender (about 35 minutes, adding water as necessary). Remove the cardamom pods. Allow mixture to cool, then blend to a puree. Return the puree back to the pot, add the salt and pepper and allow to simmer for 2 minutes. Meanwhile fry the garlic in a separate pan until golden brown. Add this to the stock and cook for 3 minutes. Place bread (can be lightly toasted) in a serving dish, then pour the addis mixture over the top and serve.

### **Salatet Zabady Bil Ajur** (cucumber and yogurt salad)

Adapted from [www.celtnet.org](http://www.celtnet.org)

Ingredients:

2 cups plain yogurt  
 1 clove garlic, minced  
 1 large cucumber peeled, seeded, and shredded or finely diced  
 Salt and pepper

In a bowl combine all ingredients, cover and refrigerate 2 – 4 hours. Taste and adjust seasonings.

### **Eggplant and Peanut Salad**

*The African News Cookbook*

2 medium size eggplants, peeled and chopped  
 ½ tsp salt  
 3-4 T olive oil  
 Juice of 1 lemon  
 ¼ cup peanuts, coarsely ground  
 1 clove garlic, minced and crushed  
 ½ tsp pepper

Sprinkle the eggplant with salt and let sit for 10 minutes. Then, with your fingers or a fork, gently squeeze out the excess moisture. In a heavy skillet, fry the pieces in hot oil until golden brown. Eggplant will become greasy if the oil gets too cool, but watch it carefully and stir often to prevent burning and sticking. Drain and chill. Combine the remaining ingredients and stir into the eggplant. Serve cold.

--Shannon Gordon

*Thanks to Carolyn Mayers for recipes and fair trade shopping, and Shannon Gordon for additional recipes.*

