



Dining for Women

Food for Thought  
December 2009

## World Neighbors/WOW!

**Theme: The role of microcredit in women's economic development.**

*Small and micro loans have significantly improved the quality of life for millions of poor people. –World Bank*

Microcredit is a valuable agent to empower women.

- “Studies have shown that women use the profits from their businesses to send their children to school, improve their families’ living conditions and nutrition, and expand their businesses. **The fruits of their businesses not only make an impact on themselves and their families, but entire communities.**”--  
[www.grameenfoundation.org](http://www.grameenfoundation.org)



- “Some 25 million people worldwide, **90 per cent women, are using microcredit to undertake income-generating or self-employment activities.** Microcredit has not only made women productive but has also empowered them. As they start their own enterprise, they take more pronounced role in the economic, social and political spheres of societies. Furthermore, women acquire added decision-making power in family matters, such as family planning, children’s education and safety net.” -- Paritosh Srivastava, *Reducing Poverty and Empowering Communities*, United Nations
- **“Microfinance is a proven tool for fighting poverty on a large scale.** It provides very small loans, or micro-loans, to poor people, mostly women, to start or expand very small, self-sufficient businesses. Through their own

ingenuity and drive, and the support of the lending microfinance institution (MFI), poor women are able start their journey out of poverty. No collateral is required for a micro-loan and it is usually repaid within six months to a year. Those funds are then recycled as other loans, keeping money working and in the hands of borrowers.”

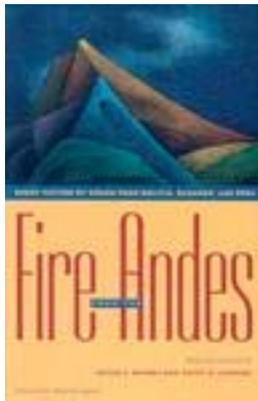
--www.grameenfoundation.org

### Questions for Discussion:

- How does microfinance support gender equity?
- **The WOW! (Work of Women) initiative at World Neighbors** supports activities such as women's savings and credit groups, leadership development, water projects, and community and reproductive health. How does making financial resources available to women in the developing world empower them in ways **other** than economically?

## Meeting Resources

### Book Corner



#### ***Fire from the Andes: Short Fiction by Women from Bolivia, Ecuador, and Peru***

University of New Mexico Press

~ Susan E. Benner (Translator), Kathy S. Leonard (Translator), Marjorie Agosín (Foreword)

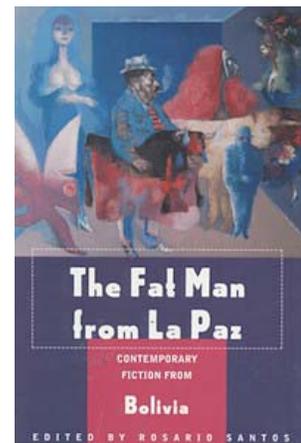
An anthology of short stories by 24 contemporary women writers from the Andean countries of Bolivia, Ecuador, and Peru. The stories center on women's interior lives.

#### ***The Fat Man from La Paz: Contemporary Fiction from Bolivia***

Seven Stories Press

~ Rosario Santos, Editor

Publishers Weekly: "Poverty, politics, mysticism and fantasy, all filtered through the consciousness of modern-day Bolivian writers... the stories collected here are well chosen and revealing of a particular Andean culture and sensibility."



## **Fair Trade Shopping**

### **Bolivian foods - Organically grown and Fair Trade**

Chocolate - <http://www.worldpantry.com/cgi-bin/ncommerce3/CategoryDisplay?cgmenbr=688899&cgrfnbr=773887>

Quinoa - Aztec grain - <http://www.worldpantry.com/cgi-bin/ncommerce3/CategoryDisplay?cgmenbr=688899&cgrfnbr=773889>

Coffee

<http://www.groundsforchange.com/shop/product.php?pid=5>

**And from Novica - the artisan website of National Geographic** - TONS of beautiful things from Peru - plates, pottery, ornaments, wall hangings, rugs, art. Not cheap but excellent quality every time. Just a couple of examples:

<http://www.novica.com/itemdetail/index.cfm?pid=147294>

<http://www.novica.com/itemdetail/index.cfm?pid=143551>

### **Beads and buttons for the crafters in the group**

<http://www.beadsofperu.com/servlet/the-Ceramic-Beads/Categories>

### **Table runner for your dinner**

<http://www.fairtrademarketplace.com/store.php?cat=3&subcat=35&detail=142>

***Remember to buy Fair trade gifts for the holidays this year and support farmers and artisans all around the world!!***

## **Dining for Women Recipes**

### **Peruvian Garlic Chicken**

#### **Ingredients**

- ½ c. Olive Oil
- 3 Medium Onions -- chopped
- 6 Cloves Garlic -- chopped
- 4 Medium Chopped Rocoto Chiles -- or jalapenos
- ½ Teaspoon Cinnamon
- 1 Tablespoon Cumin

1 Teaspoon Basil  
2 c. Peanuts -- roasted and chopped  
½ c. Parmesan Cheese (I added cheese after 20 minutes cooking time)  
3 lbs. Chicken Breasts -- chopped (I used chicken thighs)  
¾ c. Low fat Yogurt (Room Temp.)  
Salt And Pepper -- to taste  
Boiled Potatoes -- for garnish

### **Directions**

Heat oil in large saucepan and sauté onions and garlic until the onions are soft. Add chiles, cinnamon, cumin, basil, peanuts, cheese, and chicken. Stir well. Simmer for 30 minutes or until chicken is done. 2 minutes before serving, add yogurt and stir well. Serve surrounded by potatoes. Serves 6.

## **Bolivian Recipes**

### **Fricasé**

(Spicy pork meat stew)

(Serves 8)

### **Ingredients**

2 spoonfuls oil  
2.2 pounds pork meat, preferable ribs, cut into 16 pieces  
1 cup white onion, cut into thin strips  
1 teaspoon ground cumin  
1/2 teaspoon ground black pepper  
1 teaspoon crumbled oregano  
4 cloves garlic, minced  
1/2 cup ground cayenne pepper (1/2 kilo in cases)  
1 spoonful salt  
1/2 cup green onion, cut into thin strips  
8 cups boiling water  
1/2 cup plain bread crumbs, to thicken

### **To Serve**

4 cups cooked white corn  
8 peeled potatoes (cooked separately)

### **Preparation**

1. In a large pot heat the two spoonfuls of oil over medium heat. Add the pork and fry until golden.
2. Add onion, cumin, pepper, oregano, garlic, cayenne pepper, salt and green onion.
3. Stir and add the eight cups of boiling water.

4. Let cook until the meat comes off a little of the bones, at least two hours. Try to maintain the initial amount of broth, adding a little of water if necessary.
5. Shortly before serving, add bread crumbs to thicken. Serve in a deep plate with sufficient broth. Garnish with one cooked potato and cooked white corn.

## **Saisi**

(Spicy meat)

### **Ingredients:**

- 1 pound cow meat (hip)
- ½ cup oil
- 1 cup green peas, peeled
- 2 cups white onion, finely chopped
- 1 cup tomato, peeled and finely chopped
- ½ cup ground spicy red pepper
- ½ teaspoon ground cumin
- 1 teaspoon oregano, crumbled
- ½ fresh parsley, finely chopped
- ½ teaspoon ground black pepper
- 1 spoonful salt
- 3 cups broth or cold water

To serve:

- 8 potatoes, peeled and cooked (boiled) separately
- chuño phuti
- uncooked sauce
- steamed rice
- 2 spoonfuls parsley, finely chopped

Preparation:

1. Cut the meat into very small pieces.
2. In a casserole combine the meat with all the other ingredients, including the broth or water.
3. Set to cook over high heat until it boils and later over low heat, for at least an hour or until everything is very well cooked. If the preparation dries a little, add broth or hot water. It must be very juicy.
4. Serve in a deep plate with one cooked potato, steamed rice or chuño phuti and uncooked sauce. Sprinkle with the chopped parsley on top.

## **Guiso de Quinoa** (Peruvian Quinoa Stew)

Recipe by Faustino Cutipa from Moosewood. Serves 4.

### Ingredients:

½ cup quinoa  
1 cup water  
2 cups onions, chopped  
2 garlic cloves, crushed  
2 tablespoons vegetable oil  
1 celery stalk, chopped  
1 carrot, chopped finely  
1 bell pepper (capsicum), chopped finely  
1 cup zucchini, cubed  
2 cups undrained tomatoes, canned or fresh  
1 cup vegetable stock (or water)  
2 tablespoons chopped coriander stalks  
2 teaspoons ground cumin  
½ teaspoon chilli powder  
1 teaspoon ground coriander  
2 teaspoons fresh oregano (1 teaspoon if dried)  
Pinch of cayenne  
Salt, to taste  
Chopped fresh coriander, garnish  
Grated cheddar, to serve  
Sour cream, to serve

### Method:

1. Rinse the quinoa in a fine sieve.
2. Place in pot with water and cook, covered, on medium low for 15 minutes until soft. Set aside.
3. While the quinoa cooks, sauté the onions and garlic in a deep pot in oil for 5 minutes on medium heat.
4. Add celery and carrots and cooked another 5 minutes, stirring often.
5. Add the bell peppers, zucchini, tomatoes and stock.
6. Stir in cumin, chilli powder, ground coriander, coriander stalks, cayenne and oregano and simmer for 10-15 minutes until vegetables are tender.
7. Stir cooked quinoa into the stew and add salt to taste.
8. Serve topped with your choice of fresh coriander, grated cheddar and sour cream.

From southamerican food

## **Ensalada de Quinoa y Frijoles Negros**

(Quinoa & Black Bean Salad)

Serves 4 as a salad or side dish.

### **Ingredients:**

#### **Quinoa**

1 cup quinoa  
2 cups water  
pinch of salt

#### **Salad**

1 can organic black beans, drained  
1 tomato diced  
1 sprig cilantro, chopped  
1 sprig parsley, chopped  
½ cucumber, diced  
½ avocado, diced

#### **Vinaigrette**

1 shallot, chopped  
2 green onions, chopped  
1 teaspoon chopped garlic  
1 red chilli pepper, diced  
3 sprigs parsley, chopped  
3 sprigs coriander, chopped  
1 tablespoon Dijon mustard  
¼ cup balsamic vinegar  
½ cup extra virgin olive oil

### **Method:**

1. Rise quinoa until water runs clear.
2. Place quinoa in pot with cooking water and salt. Bring to a boil then reduce to a simmer.
3. Cover and cook for around 15 minutes then remove from heat and allow to rest for 4 minutes.
4. Fluff with a spoon to aerate (like couscous).
5. Mix all vinaigrette ingredients together in a food processor, slowly adding the olive oil at the end.
6. Combine prepared quinoa, black beans, tomato, cilantro and parsley. Pour over 1/3 cup of the vinaigrette.

The following salad accompanies many Latin meals. It has a simple lime dressing that allows the fresh flavors of the ingredients to shine. Corn, onions, cilantro, red pepper, and cubes of queso fresco (farmer's cheese) are tossed with a little bit of vegetable oil, lime juice, salt and pepper. It's light, refreshing, and nutritious.

### **Ingredients:**

3 cups cooked corn kernels  
1 red pepper, finely chopped  
1 red onion, finely chopped  
8 ounces queso fresco (queso blanco, farmers cheese, or other fresh, unaged white cheese)  
3 tablespoons vegetable or olive oil  
juice of 1 lime  
salt and pepper to taste

### **Preparation:**

1. Whisk lime juice into oil and season with salt and pepper.
2. Gently toss all ingredients together. Taste and season with salt and pepper as desired.
3. Serve chilled.

A classic Peruvian dish with a fun presentation, **arroz tapado** is a great choice for company, and kids love to help make it. It's a South American version of sloppy joes that will please the pickiest eaters. Use a small bowl for individual servings, or mold it with a large bowl and let everyone dig in.

Prep Time: 15 minutes

Cook Time: 35 minutes

### **Ingredients:**

3 garlic cloves, minced  
3 tablespoons vegetable oil  
1 1/2 cups uncooked rice  
3 cups water  
1 cup frozen peas  
3/4 teaspoon salt  
1 cup chopped red onion  
3 tablespoons olive oil  
3/4 pound ground beef  
1/2 yellow chile pepper, finely chopped (or other hot chile pepper)  
1/2 teaspoon cumin  
1 cup diced tomato  
1/3 cup raisins  
1 cup chicken broth  
salt and freshly ground pepper

2 hard-boiled eggs (optional)

Preparation:

1. In a saucepan on medium heat, sauté the minced garlic in the vegetable oil until the garlic is golden and fragrant. Add the water, salt, and rice and bring to a boil. Lower the heat, cover, and simmer for 10 minutes, then stir in the frozen peas.
2. Simmer for 5 minutes more, covered, until the water is absorbed. Turn off the heat and leave the rice covered until you are ready to use it.
3. In a skillet on medium heat, sauté the chopped onion in the olive oil until soft and golden. Add the ground beef and cumin and cook, stirring, until the meat is browned. Add the tomatoes, chile pepper, and raisins and cook on medium-low heat, stirring occasionally, until most of the liquid is evaporated.
4. Add the chicken broth and simmer 5 to 10 minutes more, until the liquid has cooked down, but before it becomes dry. Remove from heat and season with salt and pepper to taste.
5. Grease a small glass bowl with butter. Fill the bowl 1/3 full with some of the rice. Add a layer of the ground beef filling, then cover the filling with more rice. Press rice firmly into the mold. Turn the bowl onto a serving platter or individual plate, and remove the bowl. Garnish with sprigs of parsley, black olive halves, or strips of red pepper.

Optional, but traditional: Cut hard boiled eggs into fourths, and place one piece inside the mold with the filling. Or use sliced eggs to decorate the serving platter  
Serves 6

**This marinade** produces some seriously tender and delicious chicken. In Peru this seasoning is traditional for making grilled beef heart (regular anticuchos). It's wonderful for steaks too. Serve anticuchos de pollo with rice and grilled corn on the cob. This dish is made with aji panca, a mild red chile pepper with a smoky flavor common in Peruvian cooking. You can often find dried aji panca or jarred aji panca paste in specialty stores or Latin food markets.

Prep Time: 12 hours Cook Time: 15 minutes

Ingredients:

- 12 cloves of garlic
- 1 tablespoon cumin
- 1/4 cup mild chile pepper paste (aji panca, if available)
- 1/2 cup vinegar, divided
- 1 tablespoon salt

2 teaspoons freshly ground pepper  
4 chicken breast halves  
1 red bell pepper  
1 large red onion  
About 15 large mushrooms  
1/2 cup vegetable oil  
Wooden skewers (about 15)

**Preparation:**

1. Mash the garlic with a rock, or with a mortar and pestle. Add a little water if necessary to make a paste.
2. Make the marinade: in a bowl, mix the crushed garlic, 1/4 cup of the vinegar, 1/4 cup chile pepper paste, 1 tablespoon cumin, 1 tablespoon salt, and 2 teaspoons freshly ground pepper.
3. Cut the chicken breasts into 1 inch by 2 inch cubes. Place chicken pieces in bowl with the marinade and stir well. Marinate chicken at least one hour, or overnight in the refrigerator for best flavor.
4. Peel the onion and cut into 1 inch wedges. Remove the seeds and the white part of the bell pepper, and cut into 1 inch chunks.
5. Place the chicken and vegetable pieces on the wooden skewers, alternating the chicken with the vegetables.
6. Make a basting mixture of 1/2 cup vegetable oil, 1/4 cup vinegar, and a pinch of cumin.
7. Prepare the grill, and grill chicken for 5 minutes on each side. Baste chicken several times during cooking.
8. Cut a piece of the chicken to check for doneness. If the chicken is still pink on the inside, place it back on the grill, checking frequently. Do not overcook.
9. Remove the chicken from the grill. Serve with rice and corn on the cob.

Serves 4 to 6.  
From whats4eats

**Locro** (Ecuadoran Peruvian potato-cheese soup)

Locro is a nourishing potato-cheese soup that is popular in Ecuador and Peru. A soup with the same name is found in Argentina, but Argentine locro is a vegetable and meat stew. 4 to 6 servings.

- \* Oil or butter -- 1/4 cup
- \* Onion, minced -- 1/2
- \* Garlic, minced -- 3 to 4 cloves
- \* Potatoes, peeled and diced -- 1 1/2 to 2 pounds
- \* Water or stock -- 4 cups
- \* Milk -- 1 cup
- \* Salt and pepper -- to taste
- \* Muenster, queso fresco or mozzarella cheese, shredded -- 1 cup

### **Method**

1. Heat the oil or butter over medium flame in a large pot. Add the onion and garlic and simmer until the onion is translucent.
2. Stir in the potatoes, water or stock, milk, salt and pepper and bring to a boil. Reduce heat to low and simmer until potatoes are falling apart, 30-45 minutes. Mash the potatoes up a bit with the back of a spoon to thicken the soup, leaving it a little chunky.
3. Remove the soup from heat and stir in the cheese. Adjust seasoning and serve immediately.

### **Papa a la Huancaína**

Bolivia Peru Vegetables Cheese Potatoes  
(Peruvian potatoes with chile-cheese sauce)

Papa a la Huancaína, or potatoes Huancayo-style, is one of the most famous dishes of Peruvian cuisine. Boiled potatoes are topped with a slightly spicy, rich and creamy cheese sauce and are served cold or at room temperature as an appetizer or side dish.

4-6 servings

Potatoes -- 8

Queso casero, queso fresco, feta or Muenster-style cheese, grated -- 1 cup

Evaporated milk -- 1 cup

Ají amarillo paste (see variations), or minced jalapeño -- 2-3 tablespoons

Turmeric -- 1/2 teaspoon

Saltines or soda crackers, crumbled -- 4-8

Oil -- 3-4 tablespoons

Salt and pepper -- to taste

Lettuce leaves -- about 12

Eggs, hard-boiled and quartered -- 4

Tomatoes, cut into thin wedges -- 2

Black olives, pitted -- 8-10

Method

1. Cover the whole potatoes with cold, salted water and boil until cooked through. Remove from heat, drain and cool. Peel the potatoes and cut in half length-wise or into rounds.
2. Place the cheese, evaporated milk, peppers and turmeric in a blender or food processor and puree until smooth. With the motor running, add the crackers one at a time to thicken the sauce. With the motor still running, drizzle in the oil. Add more crackers if the sauce is too thin, or some milk or water if it is too thick. Season to taste with salt and pepper.
3. Line a serving platter with the lettuce leaves. Place the potatoes on top of the lettuce leaves. Spoon the chile-cheese sauce over the potatoes. Garnish serving plate with egg quarters and tomato wedges. Sprinkle olives over potatoes and serve cold or at room temperature.

#### Variations

\* This recipe is also popular in Bolivia. However, the cheese is sometimes substituted with 1 cup of natural peanut butter.

\* Ají amarillo is the fiery yellow pepper common in Peruvian cuisine. These peppers can be found canned or in jars at many Latino markets.

\* Try using a variety of potatoes for a colorful effect: blue, Yukon gold, russets, etc.

\* Cream, half-and-half or whole milk can be substituted for the evaporated milk.

\* A little garlic can be added to the sauce. A little lime or lemon juice squeezed in the sauce can round out its taste nicely as well.

A local herb, palillo, is often added to the sauce, imparting a further bright yellow color. It can sometimes be found in powdered form at Latino markets. Turmeric is a fine substitute.

#### **Dulce de Leche**

(Latin American caramel spread)

Dulce de leche, is a sweet caramel spread popular throughout Latin America and used as a spread for bread, pastries, cakes, crepes and cookies like Argentinian alfajores cookies. It is known as cajeta in Mexico, manjar blanco in Peru, Chile and Bolivia, and arequipe in Colombia. Yield: About 3 cups.

\* Whole milk -- 4 cups

\* Sugar -- 1 1/4 cups

\* Vanilla -- 1 teaspoon

\* Baking soda -- 1/4 teaspoon

#### Method

1. Add all the ingredients to a heavy-bottomed saucepan and stir well to dissolve the sugar completely.
2. Set the saucepan over medium heat and bring to a boil. Reduce heat to very low and simmer, stirring frequently, until thickened and caramelized, about 1 to 1 1/2 hours.
3. Transfer to a clean glass jar and refrigerate. Will keep for 1-2 weeks.

## Variations

- \* Goat's milk is used in Peru and Mexico.

*Many thanks to Carolyn Mayers (Onancock, VA-Chapter Leader) for researching and sharing with us the Fair Trade Shopping. Thank you to Carolyn and Shannon Gordon for recipes.*