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RECIPES

FOR RESILIENCE





Introduction



RECIPES

FOR RESILIENCE



Exploring the foods we love, the people who cook them and the links between our favorite meals and the critical challenges of our times.

Food brings us together. It connects us to our roots, to our families, our neighbours and our traditions. It can also help us explore and open our minds to the wide diversity of human experience.

But not everyone can equally enjoy this most basic of human rights. Climate change, economic upheaval, displacement, conflict, natural disasters and a global pandemic have put the nutrition and well-being of many people at great risk.

This is why it's critical we fully understand the link between food — the way it's produced, prepared and consumed — and the great global challenges of our times. And it's why we need to understand the full human costs of these challenges, and how food can help us learn and work together to solve them.

In this cookbook, you'll get a flavor of how [young mothers in Zimbabwe nourish themselves and their babies](#) by growing their own vegetables, despite the impacts of climate change. And you'll get a taste of a traditional fried fish and beet salad [direct from the garden and fishpond of an indigenous community in the Bolivia highlands](#).



And if you follow [this link](#), you'll meet a Syrian refugee who got a new lifeline through a Turkish Red Crescent cooking course. You'll visit people in Hungary finding their way through hard times by making gourmet goat cheese. And you'll learn how to cook fish the true Bahamian way, from a local restaurant owner who served up warm plates of food immediately after a massive hurricane battered the island.

These recipes aren't just about food. They are about inclusion, fundamental good health and economic survival. They are about community, equal opportunity, dignity and about love.

We encourage you to try these recipes and share the meal with colleagues, friends and family. You may not solve all the world's problems over the dinner table, but it could be the start of a nourishing conversation, a new sense of solidarity and a bit of sustenance for the challenges and opportunities ahead.



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Oven-baked carp fish with beet salad

From the earth to the kitchen: vegetable gardens bring life to Quechua families adapting to the effects of climate change in the Bolivian highlands.

INGREDIENTS: (SERVES 4 PEOPLE)

2 Large carp fish (alternative: 4 small fish)

3 Lemons

Salt and pepper to taste

2 Eggs

3 Tablespoons of flour

Breadcrumbs

Oil

2 Small beets

3 Tomatoes

30 Spinach leaves

1 Parsley sprig

1 Coriander (cilantro) sprig

1 Kg sweet potato

PREPARATION

1. Clean the carp fish well inside and out, cut along the backbone and season with salt and pepper. Add plenty of lemon juice and sliced garlic. Then, place in a container and leave to marinate for at least two hours.
2. Wash the sweet potato very well and cook it in water with the skin on. You can also fry it in slices.
3. Wash the beets and boil them with the skin on. When they are done and tender, remove the skin and grate them.
4. Wash the spinach, parsley, coriander and tomatoes and chop finely. Then, mix all vegetables with the grated beets. Add salt, olive oil and lemon juice to taste.
5. Pre-heat the oven and place the marinated carp fish in an oven tray. Bake for approximately 10 minutes. But watch closely not to overcook it. If after 10 minutes, it is still raw for your taste, you can leave it a few minutes more in the oven.
6. Once the fish is ready, serve it with the salad and sweet potato. You can also accompany the dish with quinoa, a staple of the Bolivian highlands.





Cooked green bananas and pumpkin porridge

Gardens of health: A recent mother shares two finger-licking dishes and a lesson in how sustainable gardening can provide nutritious meals in the face of climate change.

2 simple, healthy and naturally sweet veggie dishes to round out any meal:

COOKED GREEN BANANAS INGREDIENTS

- 8 unripe, green bananas
- 4 medium size tomatoes (sliced)
- 1/2 medium onion
- 1/2 teaspoon salt to taste
- 1/2 cup cooking oil spices (optional)
- 2 cups of water

PUMPKIN PORRIDGE INGREDIENTS

- 1 medium pumpkin
- 1/4 teaspoon salt
- 1/2 cup water
- 1/2 cup mealie meal (corn flour)
- 2 teaspoons peanut powder

PREPARATION

1. Boil the green unripe bananas for 10 minutes
2. Peel bananas and cut into small pieces
3. Heat oil then add sliced bananas into heated oil
4. Leave to cook until brownish
5. Remove sliced bananas from the oil then add to soup of sliced onions, tomatoes and spices. Or, serve as side dish.

PREPARATION

1. Remove shells from peanut by grinding them between one's hands
2. Grind the peanuts with a mortar and pestle until powdery
3. Peel the pumpkin, remove seeds and cut into small pieces
4. Boil for 10 minutes
5. Mash the pumpkin then stir in the mealie meal, followed by the peanut powder

Serve both these dishes along with a starch (in Zimbabwe, that might be sadza or sorghum), cooked spinach and beans, and you've got a well-rounded, affordable, vegetarian meal.





Scrumptious blueberry cheesecake

From goats to gourmet: a small farm in north-eastern Hungary is giving a boost to hard-hit people and putting locally produced cheeses on the gourmet map.

INGREDIENTS FOR DOUGH:

- 120g of flour
- 50g of oat flakes
- 1 pinch of salt
- 85g butter (diced)
- 3 tablespoons cold water (this can be replaced with 1 beaten egg and 1 tablespoon of water)
- 1 teaspoon of baking soda
- 1 teaspoon of vinegar

INGREDIENTS FOR STUFFING:

- 3 large eggs
- 1.2 dl of natural yoghurt
- 3 dl goat / cow milk
- 4 tablespoons cranberry jam
- 3 tablespoons fresh chives chopped
- 100g of natural Kis-Hortobágy Major goat cheese crumbled
- salt-pepper

PREPARATION

1. Sift the flour into a large bowl and then crumble with the butter.
2. Mix the baking soda and vinegar in 3 dl of water and add to the butter and flour.
3. Knead together and form a loaf. Refrigerate for half an hour before stretching.
4. Preheat the oven to 190 degrees.
5. Place the dough in a buttered, floured baking mold. Cover with baking paper and bake for approximately for 12 minutes until it becomes light brown.
6. Beat the 3 eggs in a bowl. Add and mix the yogurt, milk, salt and pepper to taste.
7. Spread the baked dough with cranberry jam. Sprinkle with chives and cheese, then pour on the egg mixture.
8. Bake the cake for 25-30 minutes. During this time, the filling rises and turns golden brown.





Atsara (Pickled Seaweed)

Seaweed serves up a solution to climate woes: How a healthy, ecologically friendly dish from the sea is helping island communities weather ever more ferocious storms.

INGREDIENTS:

Half cup carrots

Half cup bell pepper

Half cup vinegar

Half cup pineapple juice

10g seaweed (soaked and cleaned in water for 2 days)

1 tablespoon sugar

PREPARATION

1. Soak the Seaweeds with water for approx. 2 days until they turn white.
2. Chop the carrots, and bell peppers.
3. Mix the vegetables and add the vinegar, pineapple juice, sugar and the seaweed.
4. When all is well mixed, the dish is ready to serve!

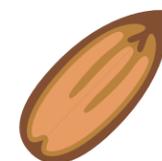


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Uzi

Houda's Dream: A Syrian refugee finds her path in a new country, exploring the common bonds between Syrian and Turkish cuisine.

INGREDIENTS:

150 gr. raw almond

150 gr. cashew nut

500 gr diced meat

3 cups of rice

500 gr. peas

Butter

150 gr. tail fat

500 gr. phyllo dough

1 cup of sunflower seed oil

Salt

Black pepper

Cardamom

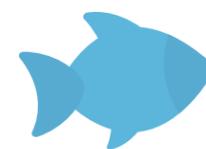
PREPARATION

1. Melt 2 tbsp of butter.
2. Add 500 gr. diced meat and cook until it reaches a brown look..
3. Add half cup of water, 1 tsp black pepper and cook for 20 mins.
4. Melt 4 tbsp of sunflower seed oil, 2 tbsp of butter and 150 gr. tail fat, and add 3 cups of previously soaked rice.
5. Add 1 cup of broth, 4 cups of water, salt, black pepper and 4-5 piece of cardamom. Cook for 15 minutes and then add the peas. Cook for 10 more mins at a low heat.
6. Boil the almonds for 5 mins. Peel them and fry until they reach a brown tone.
7. Place square cut phyllo dough into a small bowl. Add the kaju, almond, meat and rice mix.
8. Put the pieces on a tray with a baking paper. Brush all over with melted butter.
9. Bake at 180 C° until they get a nice golden brown colour.





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Fried fish with peas n' rice

Comfort after the storm: From 'Hurricane Burgers' to lobster wraps, Lovely Reckley serves traditional Bahamian comfort food with a twist as her restaurant helps a community recover from a deadly storm

INGREDIENTS RICE N' PEAS

1/2cup coconut oil

1 cup diced onion

1 cup diced celery 3

TBS tomato paste

12-14 thyme springs

3 TBS garlic powder

2 cups water

1 can pigeon peas/beans

1 cup 1/4 white rice

INGREDIENTS FOR FRIED FISH

2 lbs of Hog fish fillet

2 eggs

1 cup milk

1 cup flour

Salt and pepper to taste

Oil

Lemon

PREPARATION

1. Visit your local market and gather the freshest fish you find!
2. Start with the rice n' peas.
3. In a high heat pan, add the coconut oil, the onions and celery. Fry for 10 minutes.
4. Add the tomato paste and stir. Then, add the thyme, and keep stirring.
5. Now pour the 2 cups of water and the can of peas. Stir together with all the mix.
6. Finally, add the rice. Cover it and cook for 45 minutes with low heat.
7. Cook the fish while the rice simmers.
8. Season the fish fillets with salt and pepper to taste.
9. Soak the fish in a batter with the mix of egg and milk.
10. Coat the fish with the flour and seasoning.
11. Deep fry for 4 minutes.
12. When the rice is done, stir it and remove the thyme.
13. You can now serve the fish and rice, with lemon as garnish. Enjoy!





RED CROSS RED CRESCENT MAGAZINE

Our goal is to connect you with powerful stories told by people around the world who are coping with enormous challenges due to natural disasters, climate change, health emergencies and conflict. We want to share what we learn from these stories so that — together — we can better understand the realities many people face and how we can all help them find solutions. We also hope to inspire you to engage and join with others — including the Red Cross Red Crescent Movement — in working to make life better for all people around the world.

SPECIAL THANKS TO:

Swiss Red Cross
Zimbabwe Red Cross & British Red Cross
Hungarian Red Cross
Philippines Red Cross
Bahamas Red Cross & American Red Cross
IFRC

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