



Family Chef: A taste of home

Caterpillar Surprise

by Priscilla, Zvishavane,
Zimbabwe

Difficulty: Hard

Preparation time: 30 minutes

Cooking time: 30 minutes

Ingredients:

250 g of Caterpillar larvae (madora)
Tomatoes
Peanut butter
Salt, Chili and vegetable oil
Termites (majuru) - One large cup

Salt, Chili and Vegetable oil
250 g of Covo (Spinach-like leaves)
Tomatoes, salt, and vegetable oil
400 g of Millet
400 g of Sadza (Maize meal)



Soak half a packet (250 g) of dried caterpillar larvae in boiling water for 10 minutes.



Drain and cook in a little fresh boiling water for 5 minutes (or until the water has boiled away.)



Season with salt and chili and fry for 10 minutes. Add the chopped tomatoes and simmer for 10 minutes.



In a bowl, mix 3 tablespoons of peanut butter in a little hot water, then add the caterpillars.



Simmer for 5 minutes before serving hot.



Extract cupful of termites from termite mound using stripped leaf of a sisal plant.



Dry fry termites over a low heat for 10 minutes. Then turn up the heat and add a pinch of salt and chili.



Add a tablespoon of vegetable oil and serve.



Soak 250 g of dried covo in boiling water. Drain, then add a little more boiling water. Cook for 10 minutes or until the water has boiled off.



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Add chopped tomatoes, a tablespoon of vegetable oil and season.



Cook for 20 minutes over a low heat.



Millet and maize meal (sadza)



For each dish, boil water and slowly add half of milled cereals.



Cook covered for 15 minutes, stirring occasionally with a musika (whisk-like implement) until it takes on the consistency of thin porridge.



Add the remaining cereal and cook for another few minutes until thick.



Lower the heat and simmer for 10 minutes.



Serve, sit back and enjoy!



Meet the Chef



Welcome to The World Food Programme's (WFP) Family Chef series. Explore the culinary treasures and cooking abilities of refugees who benefit from WFP's cash-based transfers, an initiative that allows individuals to buy the food they need to cook their traditional dishes.

Priscilla (36) and her husband, Wellington, are subsistence farmers living in Sasula, near the mining town of Zvishavane in central Zimbabwe. They have three children aged 7, 10 and 15. They live on a compound whose various huts and buildings house four generations overseen by Priscilla's 92-year old grandmother.

They mostly live on the food they grow on their plot on the edge of the village: maize, small grains, groundnuts and cow peas. This year, however, was disastrous for smallholders like Priscilla and Wellington. The rains failed, destroying their crops. Whereas in a good year they might harvest 15 bags of maize and 8 buckets of groundnuts, last April saw them salvaging just one bag of maize and two buckets of groundnuts.

On the day of the distribution, Priscilla and the other recipients received USD 9 for

each member of her family (the American dollar has been Zimbabwe's currency since massive inflation led the country to abandon the Zimbabwean dollar in early 2009). The distribution was organized by WFP's partner, ADRA, with the cash being handed out by members of a local security company.

Afterwards, Priscilla walked to a nearby shop where she bought the ingredients she needed: maize meal, dried covo (a spinach-like vegetable), tomatoes, vegetable oil and a bag of dried caterpillar larvae known locally as madora.

After dropping off the shopping, she and her grandmother walked through the village to a termite mound from which they started to extract hundreds of the insects using a strip of sisal leaf pushed into a hole they had knocked in the hardened earth.

Back home, Priscilla and her sister Kumbirai set about cooking a feast for the extended family. It took them little over an hour to conjure up five dishes on two open fires, juggling an array of pots and utensils in their smoke-filled kitchen hut.

