**Participatory cooking demonstration guidelines**

**Drumstick Leaves Omelet**

Drumstick leaves omelet is an easy-to-prepare, nutritious snack. Drumstick leaves provide beta carotene, riboflavin, folic acid, iron, calcium, while egg gives good quality protein and wheat flour gives energy, B-complex vitamins and some iron. Fat in eggs as well as the added fat promotes absorption of vitamin A from drumstick leaves. Addition of tomato adds to some vitamin C and also helps to enhance the availability of iron as well as calcium from drumstick leaves. Coriander leaves contribute to some beta carotene and vitamin C. Drumstick leaves omelet can be also taken with ruti, rice or bread as an accompaniment.

**Cooking demonstration:**

**Step 1:** **Introduce participants to the recipe**

First tell the name of the recipe (Drumstick leaves omelet) and then tell the ingredients of the recipe. Emphasize that this food is a good snack for pregnant and lactating women as it is rich in good quality protein and nutrients which support blood and bone building and eye protection.

Ingredients for a demonstration for 30 participants:

|  |  |
| --- | --- |
| ***Ingredients*** | ***Quantity*** |
| ***Amount*** | ***Household Measurement*** |
| Egg | 500 g | 10 eggs |
| Drumstick leaves | 300 g | 6 fistfuls  |
| Tomato | 300 g | 5 medium pieces |
| Onion | 300 g | 5 onions |
| Coriander leaves | 70 g | 1 bunch  |
| Green chilies | 30 g | 8 pieces |
| Wheat flour | 230 g | 15 Tsp |
| Oil | 150 g | 10 Tsp |
| Salt | 15 g | 3 tsp |
| Water | 15 ml | ½ glass |

**Step 2: Now divide the group into 4 and distribute ingredients for preparatory tasks of the cooking demo as described in the below tables**

*Everyone wash their hands before starting the work*.

**Group1:** Receives drumstick leaves to clean and chop.

|  |  |
| --- | --- |
| ***Ingredients*** | ***Quantity*** |
| ***Amount*** | ***Household measurement*** |
| Drumstick leaves | 300 g | 6 fistfuls  |

**Group 2:** Receives tomatoes, onions, coriander and green chilies to wash and chop.

|  |  |
| --- | --- |
| ***Ingredients*** | ***Quantity*** |
| ***Amount*** | ***Household Measurement*** |
| Tomato | 300 g | 5 medium pieces |
| Onion | 300 g | 5 onions |
| Coriander | 70 g | 1 bunch  |
| Green chilies | 30 g | 8 pieces |

**Group 3:** Receives eggs to wash and wheat flour, oil and water to measure off

|  |  |
| --- | --- |
| ***Ingredients*** | ***Quantity*** |
| ***Amount*** | ***Household Measurement*** |
| Egg | 500 g  | 10 eggs |
| Wheat flour | 230 g | 15 Tsp |
| Oil | 150 g | 10 Tsp |
| salt | 15 g | 3 tsp |
| water | 15 ml | ½ glass |

**Group 4**: Arranges utensils, water fuel and finally take lead for cooking.

**Step 3: After distribution of ingredients details of preparatory tasks and cooking methods are to be described in following manner**

**Group 1:** Wash drumstick leaves thoroughly with safe water and clean from inedible and hard parts. Chop leaves finely and keep aside on a clean plate.

**Group 2:** Wash tomatoes, onions, coriander leaves and green chilies with clean water. Chop them and keep them aside on a clean plate.

**Group 3:** Clean and wash the eggs. After touching eggs wash your hands thoroughly with soap. Take the wheat flour according to amount as per recipe, arrange safe water, and oil.

**Group 4:** Prepares the cooking area: arrangse the burner or a stove and a pan. After completion of preparatory tasks, group 4 will collect all the prepared ingredients for cooking.

**Step 4: Now Facilitator will ask the group leaders to share their findings**

During sharing of group findings conversations between group leader and the facilitator are following: the facilitator will say “till now we all have completed preparatory tasks, let’s listen who did what?”

**Group 1:**

**Facilitator:** **What have you done?**

**Group leader:** First we washed our hands thoroughly. Then we washed drumstick leaves. We chopped drumstick leaves finely and kept them aside. It is important to wash leaves before cutting them to avoid nutrient leaking to the water.

**Facilitator:** **What benefits pregnant and lactating women get from eating drumstick leaves?**

**Group leader:** Drumstick leaves are a good source of blood and bone building and eye protective nutrients which are very important for growing children. Mothers have to have plenty of these foods in their diets to nourish children in their wombs and those who they breastfeed. These nutrients are also essential for mother’s health.

**Facilitator: What other vegetables can be used instead of drumstick leaves?**

*Wait for 1 minute and try to get response from the participant.*

Now, tell the participants that any other green leafy vegetables can be used in this recipe.

**Group 2:**

**Facilitator:** **What have you done?**

**Group leader:** First we washed our hands. Then we washed tomatoes, onions, coriander leaves and green chilies. Then we chopped all the ingredients and kept in a clean plate.

**Facilitator:** **What are the benefits of adding tomato, coriander leaves and green chilies to a meal?**

**Group leader:** These are body protecting foods; they also help to utilize all the blood and bone building nutrients from drumstick leaves. Green leafy vegetables and other blood building foods should be served with sour foods or coriander leaves or chilies.

**Group 3:**

**Facilitator:** **What have you done?**

**Group leader:** First we have washed our hands. Then we measured off wheat flour, water and oil according to the recipe. Then we cleaned eggs and beat them well in a bowl.

**Facilitator:** **What are the benefits for pregnant and lactating women from eating egg?**

**Group leader:** Egg is a body building food and it contains many nutrients which are essential for child’s growth. Mothers who nourish children in their wombs or breastfeed them need a lot of body building foods for a healthy growth of the children and their own good health.

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**Step 5: Cooking**

After completion of group work group 4 will start cooking. Other participants will actively observe the cooking demo.

**Cooking steps for drumstick leaves omelet:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Instruction** | **Notes** | **Time of cooking** |
| **1** | Into the bowl with beaten eggs add wheat flour, little water and salt, and mix thoroughly to prepare a batter. |  |  |
| **2** | Put three spoons of oil into a hot pan, wait for it to heat up and spread a spoon of the egg-flour batter on it. | *Make sure the oil is hot before putting the batter on the pan.* | Cook for 1 minute |
| **4** | Spread some of the chopped onion, green chili, tomato and drumstick leaves on the omelet and cook for. |  | Cook for 1 minute |
| **5** | Fold omelet into half, turn and cook for a minute. |  | Cook for 1 min |

Keep on preparing omelets following the same steps until you use all the batter and ingredients and there is enough omelets for all participants to try a piece.

Serve garnished with fresh coriander leaves.

Prepare enough omelets for everyone to try and distribute for testing to all.

**Step 6: Take feedback from the participants by asking questions below:**

* How is the food?
* How many food groups are in Drumstick leaves omelet?
* What are the benefits of adding drumstick leaves into different dishes?