**Participatory cooking demonstration guidelines**

**Coconut Egg Vegetable Curry**

**Technical note:**

Coconut Egg Vegetable Curry is a nutritious dish prepared using various kinds of vegetables, egg, coconut and oil. It is a dish that provides energy as the coconut adds significant amount of fat. Eggs are source of high quality protein and other essential nutrients which are required for the child’s growth. Addition of vegetables like carrot, beans and sweet pumpkin provides vitamin A and also some iron which improves the immunity and play an important role in body building. It is a dish containing 3 food groups that can be given to children as complementary food along with rice and also for pregnant and lactating mothers as an accompaniment with the meal.

**Cooking demonstration:**

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

First tell the name of the recipe (Coconut egg vegetable curry) and then tell the ingredients of the recipe. Emphasize that this diversified balanced dish can be offered to children as well as pregnant and lactating mothers as it provides three types of food groups such as energy giving, body building and body protecting. After completing 6 months children can be offered these types of dishes along with continuation of breast milk.

Ingredients for a demonstration for 30 participants:

|  |  |  |
| --- | --- | --- |
| ***Ingredients*** | ***Quantity*** | |
| ***Amount*** | ***Household Measure*** |
| Ridge gourd | 1 kg | 1 kg |
| Snake gourd | 1 kg | 1 kg |
| Beans | 1 kg | 1 kg |
| Sweet pumpkin | 1 kg | 1 kg |
| Potato | 1 kg | 10-15 pieces |
| Carrot | 1 kg | 12-18 pieces |
| Tomatoes | 2 kg | 25-35 pieces |
| Onion | 1 kg | 12-18 pieces |
| Lemon | 10 pieces | 10 pieces |
| Red amaranth | 1 kg | 1 kg |
| Coriander leaves | 70 g | 1 bunch |
| Egg | 1 kg | 20 pieces |
| Oil | 400 ml | 1 cup |
| Coconut | 500 g | 2 pieces |
| Green and red chilies | 12 pieces | 12 pieces |
| Cumin | 30 g | 2 Tsp |
| Garlic | 40 g | 12 pieces |
| Ginger | 40 g | 1 large piece |
| Turmeric | 30 g | 2 Tsp |
| Salt | 15 g | 1 Tsp |

**Step 2: Now divide the group into 5 and distribute ingredients for preparatory tasks of the cooking demo as described in the tables below**

*Everyone wash their hands before starting the work*.

**Group 1:** Receives ridge gourd, sweet pumpkin and snake gourd to wash, peel and cut.

|  |  |  |
| --- | --- | --- |
| ***Ingredients*** | ***Quantity*** | |
| ***Amount*** | ***Household Measure*** |
| Ridge gourd | 1 kg | 1 kg |
| Sweet pumpkin | 1 kg | 1 kg |
| Snake gourd | 1 kg | 1 kg |

**Group 2:** Receives carrot, potato and onion to wash, peel and cut, lemon to wash and cut, and coriander leaves to wash and chop.

|  |  |  |
| --- | --- | --- |
| ***Ingredients*** | ***Quantity*** | |
| ***Amount*** | ***Household Measure*** |
| Potato | 1 kg | 10-15 pieces |
| Carrot | 1 kg | 12-18 pieces |
| Onion | 1 kg | 12-18 pieces |
| Lemon | 10 pieces | 10 pieces |
| Coriander leaves | 70 g | 1 bunch |

**Group 3:** Group three receives coconuts to grind and mash to a paste together with green chillis, ginger and cumin; they also wash tomatoes and mash them with garlic.

|  |  |  |
| --- | --- | --- |
| ***Ingredients*** | ***Quantity*** | |
| ***Amount*** | ***Household Measure*** |
| Coconut | 500 g | 2 pieces |
| Tomato | 2 kg | 25-35 pieces |
| Green/red chilies | 12 pieces | 12 pieces |
| Cumin | 30 g | 2 Tsp |
| Garlic | 40 g | 12 pieces |
| Ginger | 40 g | 1 large piece |
| Turmeric | 30 g | 2 Tsp |
| Salt | 15 g | 1 Tsp |

**Group 4:** Receives eggs and string beans. They should begin from putting eggs to boil. In the meanwhile they will wash and cut beans and boil them by putting beans into a little amount of already boiling water for 3 minutes. After 3 minutes the beans should be removed from water and kept aside. If possible they can also keep the water after blanching aside in a covered pot. They peel eggs and keep them aside well covered.

|  |  |  |
| --- | --- | --- |
| ***Ingredients*** | ***Quantity*** | |
| ***Amount (g)*** | ***Household Measure*** |
| Eggs | 20 pieces | 20 pieces |
| Beans | 1 kg | 1 kg |

**Group 5**: Arrange utensils, water, fuel and finally take lead during cooking.

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

**Group 1**: Clean and wash the vegetables before cutting. Chop the vegetables into big pieces in order reduce nutrient loss during cooking and store in a clean bowl with a lid.

**Group 2**: Wash the carrot and potato, remove a thin layer of peel and cut into big pieces. Chop the onion and keep aside. Wash and cut coriander leaves into big pieces. Wash and cut the lemon into pieces.

**Group 3**: Grate the coconuts and grind it to a paste on a stone grinder. Mash chilli, ginger and cumin to a paste on a stone grinder and mix it with the coconut paste and store in a clean bowl with lid. Mash tomatoes with some chilli and garlic on a stone grinder and store in a clean bowl with lid.

**Group 4**: Start from putting eggs to boil. After touching eggs wash your hands thoroughly with soap. While they are boiling wash and cut beans and boil them for 3 minutes with a little amount of water to prevent nutrient loss. Make sure that you place beans into boiling water. After boiling keep beans aside on a clean pot. Keep water after blanching in a covered pot. Peel boiled eggs from the shells.

**Group 5:** Prepare the cooking area: arrange the burner or a stove and a pot. After completion of preparatory tasks, group 5 will collect all the prepared ingredients for cooking.

**Step 4: Now Facilitator will ask to 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 then we cleaned and washed the vegetables. We removed a thin layer of the peel and cut vegetables into big pieces. Removing only thin layer of peel helps to preserve nutrients most of which is located just under the peel, and cutting big pieces will reduce nutrient loss during cooking.

**Facilitator:** **What are the benefits of eating sweet pumpkin?**

**Group leader**: Sweet pumpkin will keep eye healthy and protect from disease.

**Group 2:**

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

**Group leader**: First we washed our hands and washed the potatoes, carrots, lemons and coriander leaves. We removed thin layer of peel from potato and carrots and cut them into big pieces. Then we cut onions and coriander leaves into big pieces. Removing only thin layer of peel helps to preserve nutrients most of which is located just under the peel, and cutting big pieces will reduce nutrient loss during cooking.

**Facilitator:** **What is the benefit of eating lemon and coriander leaves?**

**Group leader**: Lemon and coriander leaves protect body from disease and help our body to absorb the nutrients which are needed for blood building. Coriander leaves and lemon should be always combined with blood building foods.

**Facilitator:** **What else can be used instead of carrot for this meal?**

*Wait for 1 minute and try to get response form the participants*

Now tell participants instead of carrots mother could use red amaranth. Red amaranth helps in blood formation and protects body from disease. We can get this easily from home garden.

**Group 3:**

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

**Group leader:** First we have washed our hands and then we washed tomatoes and green chilies. We ground the coconut and mashed it to a paste. Then we mashed garlic and ginger into a paste and mashed it together with the coconut paste. We mashed the tomato, green chilies and cumin together into another paste.

**Facilitator:** **What are the benefits of adding coconut to our meals?**

**Group leader:** Coconut contains fats which provide a lot of energy for body.

**Group 4:**

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

**Group leader:** First we washed our hands then we put eggs for boiling. We washed beans and cut them into big pieces. We blanched beans by putting them into a small amount of boiling water for 1-2 minutes. Finally we cooled down the boiled eggs and removed the shells.

**Facilitator:** **What are the benefits of eating eggs?**

**Group leader:** Eggs are highly nutritious, body building food. Egg yolk contains nutrients and good quality protein which helps children to grow healthy.

**Step 5: Cooking**

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

**Cooking steps for egg coconut vegetable curry:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Instruction** | **Notes** | **Time of cooking** |
| **1** | Heat a pot, add oil, sauté chopped onion | ***Cover the pot***  ***State:*** *“we cover the pot to reduce the time of cooking and avoid using a lot of fire. Also this way the volatile compounds of food (like garlic and ginger compounds) will stay in our food.* | Cook for 2-3 minutes |
| **2** | Add tomato, green chili and cumin paste, garlic and ginger | ***Cover the pot*** | Cook for 2 minutes |
| **3** | Add the vegetables first which take more time to be boiled than others: potato and carrots | ***Cover the pot***  *Keep adding a little of hot water, but never let water cover all the ingredients in the pot. If there is water after boiling beans use this water throughout the cooking process.* | Cook for 5 minutes |
| **4** | When carrot and potato are half boiled add gourds and pumpkin | ***Cover the pot***  *Keep adding little of hot water, but never let water cover all the ingredients in the pot*  ***State:*** *“We add pumpkin and gourds when carrot and potato are half-ready because these vegetables require less time to be cooked. This way we reduce the time of cooking vegetables. It is important to cook vegetables as little as possible because cooking destroys vitamins in vegetables”* | Cook for 10 minutes |
| **5** | Add coconut paste and stir adding salt | ***Cover the pot***  ***State:*** *“We should always use iodized salt and add it at the end of cooking process to reduce the loses of iodine during the process”*  ***State:*** *“We should not overcook vegetables, it is important to cook them as little as possible to reduce vitamin loses during cooking”* | Cook for 5 minutes |
| **6** | Add boiled eggs and beans to the mixture and | *Add first beans and mix them into the dish. Then add the eggs cut in halves and let them stay on the surface.* | Cook for 3-4 minutes |

Garnish the mixture with coriander leaves.

Serve with steamed rice and lemon and distribute the prepared meal for testing to all.

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

* How is the food?
* How many food groups are in Coconut egg vegetable curry?
* Is there anything new in this cooking method?
* Will you practice this recipe at home?
* Do you anticipate any problems when practicing this recipe at home?