**Participatory cooking demonstration guidelines**

**Vegetables Khichuri**

**Technical note:**

Vegetable khichuri is a nutritious dish prepared using a mixture of rice, lentil, vegetables and oil. It can be served to children as one of the main meals during a day as it provides a significant amount of energy and proteins. Rice and pulses are good sources of energy, protein and B-complex vitamins. Besides, mixing them together improves the quality of proteins due to their supplementary value. Vegetables are source of essential vitamins and minerals. Carrot is a good source of beta-carotene which has an important role for vision, immunity and growth, cowpea and spinach also are good sources of beta-carotene and they provide iron which is essential for blood formation.

**Cooking demonstration:**

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

First tell the name of the recipe (vegetable khichuri) and then tell the ingredients of the khichuri. Emphasize that this complementary food is a balance dish for children as it provides three types of food groups such as energy giving, body building and body protecting. After completing 6 months a child should be offered these types of meals along with continuation of breast feeding.

Ingredients for a demonstration for 30 participants:

|  |  |  |
| --- | --- | --- |
| ***Ingredients*** | ***Quantity*** | |
| ***Amount*** | ***Household Measurement*** |
| Rice | 400 g | 14 fistfuls |
| Lentil | 200 g | 7 fistfuls |
| Nuts(paste) | 50 g | 10 tsp |
| [Carrot](file:///F:\\FAO\\recipes\\recipes_new%20values.xls" \l "RANGE!_ftn1#RANGE!_ftn1)[[1]](#footnote-1) | 150 g | 2-3 carrots |
| Cow pea | 150 g | 30 pc (4”) |
| [Spinach](file:///F:\\FAO\\recipes\\recipes_new%20values.xls" \l "RANGE!_ftn2#RANGE!_ftn2)[[2]](#footnote-2) | 150 g | 1 big bunch |
| Oil | 100 g | ½ cup |
| Onion | 200 g | 3 med |
| Ginger | 25 g | 1 small piece |
| Garlic | 25 g | 8 cloves |
| Turmeric powder | 5 g | 1tsp |
| Water[[3]](#footnote-3) | 3500 ml | 15 glasses |

**Step 2: Now divide the group into 4 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 rice and lentil to wash and soak in water.

|  |  |  |
| --- | --- | --- |
| ***Ingredients*** | ***Quantity*** | |
| ***Amount (g)*** | ***Household***  ***Measurement*** |
| Rice | 400 | 14 fistfuls |
| Lentil | 200 | 7 fistfuls |
| Water | 500 ml | 2 glasses |

**Group 2:** Receive nuts, ginger, garlic and turmeric powder to wash and grind.

|  |  |  |
| --- | --- | --- |
| ***Ingredients*** | ***Quantity*** | |
| ***Amount (g)*** | ***Household***  ***Measurement*** |
| Nuts | 50 g | 10 tsp |
| Ginger | 25 g | 1 small piece |
| Garlic | 25 g | 8 cloves |
| Turmeric powder | 5 g | 1 tsp |

**Group 3:** Group three receives carrot, cow pea, spinach and onion to wash and cut.

|  |  |  |
| --- | --- | --- |
| ***Ingredients*** | ***Quantity*** | |
| ***Amount (g)*** | ***Household***  ***Measurement*** |
| [Carrot](file:///F:\\FAO\\recipes\\recipes_new%20values.xls" \l "RANGE!_ftn1#RANGE!_ftn1) | 150 g | 2-3 carrots |
| Cow pea | 150 g | 30 pc (4”) |
| [Spinach](file:///F:\\FAO\\recipes\\recipes_new%20values.xls" \l "RANGE!_ftn2#RANGE!_ftn2) | 150 g | 1 big bunch |
| Onion | 200 g | 3 med |

**Group 4:** Arranges utensils, water fuel and finally takes lead for 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 rice and pulse. Then soak it for 10 minutes in a bowl. After soaking take colander, drain the soaked rice and pulses in it.

**Group 2**: Clean nuts then grind to a fine powder. Take ginger and garlic and grind them into a paste. Add turmeric powder into the ginger and garlic paste and mix it together.

**Group 3:** Wash carrot, cow pea and spinach before cutting. Remove a thin layer of peel from carrot and cut it and cow pea and spinach into big pieces in order reduce nutrient loss during cooking. Chop onions finely. Keep all the vegetables in a clean bowl with a lid.

**Group 4:** After completion of preparatory tasks collect all the prepared ingredients take lead during cooking.

**Step 4: Now facilitator will ask to group leader of 1,2,3 to share their findings**

During sharing of group findings conversations between group leader and Facilitator are following: 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 rice and pulse. Then soaked it for 10 minutes in a bowl. After soaking we drained rice and pulses.

**Facilitator:** **What is the benefit for children from eating rice and pulses?**

**Group leader:** Children will get energy form rice and pulses will build the body. If we mix rice and pulses meal becomes more nutritious. Pulses are also important for blood building.

**Group 2:**

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

**Group leader 2**: First we have washed our hands then grinded the nuts into powder and ginger and garlic into paste and mixed with turmeric powder.

**Facilitator:** **What is the benefit for a child eating nuts?**

**Group leader:** Nuts are important for building bones and teeth and they also contribute to building the body.

**Facilitator:** **What else can be used instead of nuts for child meal?**

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

*Now tell participants instead of nuts mother could use* ***other nutritious foods*** *like grinded small bony fish, meat, chicken liver or egg.*

**Group 3:**

**Facilitator: What have you done?**

**Group leader: 3:** First we have washed our hands then washed and chopped vegetables.

**Facilitator:** **What is the benefit of the child by eating carrot and spinach?**

**Group leader: 3:** Carrot and spinach will keep eye healthy and protect from disease. Spinach will also help to build blood.

**Step 5:** cooking steps for vegetables Khichuri

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Instruction** | **Notes** | **Time of cooking** |
| **1** | Heat a pot, add oil, sauté chopped onion and ginger -garlic paste for a while |  | 2 min |
| **2** |  |  | 1-2 min |
| **3** |  | *e ”* | 10 min |
| **4** | When rice and lentils are half done add chopped vegetables | *nutrients* |  |
| **5** | Cook until all ingredients are soft enough to eat for a child but not completely mashed. |  | 10 min |

Distribute the prepared meal for testing to all.

**Step 7:** Take feedback from the participants by asking below questions

* How is the food?
* How many food groups are in vegetable khuchuri?
* Which benefits a child get for this recipe?
* Is there anything new in this cooking method?
* Will you practice this recipe at home?
* Do you anticipate any problem with practicing this recipe at home?

1. Other seasonal colorful vegetables can be used. [↑](#footnote-ref-1)
2. Other leafy vegetables can be used. [↑](#footnote-ref-2)
3. 500 ml water is needed for soaking rice and lentil, remaining is used in cooking. [↑](#footnote-ref-3)