

پروژه مصونیت غذائی و مساعدت های زمستانی از طریق توزیع
پول نقد/موادخوراکی چند سکتوری برای افراد مستحق در ولایات
کابل، ننگرهار، بلخ، سمنگان و جوزجان



NUTRITION

COOKING DEMONSTRATIONS MANUAL



REFERENCES

This short guide prepared from Healthy Food, Happy Baby, Lively Family Improved Feeding Practices and Recipes For Afghan Children and Mothers.

[Healthy food, happy baby, lively family: improved feeding practices and recipes for afghan children and mothers \(Dari ed.\)](#)

ISBN 978-92-5-105920-3

Improved Complementary Feeding Recipes

Importance of Local Measures

What are local measures?

Local measures are cups, spoons, bowls, tins and any other containers (utensils) or ways of measuring food, commonly used in the area or homes when purchasing, preparing and eating food.

Why use local measures?

They are useful tools which mothers can use when preparing family meals and complementary foods to ensure that they prepare adequate meals.

Local measures used in this guide are cups, tablespoons, teaspoons and a two-finger pinch. Sizes of cups vary from area to area and the 250 ml cup is being used in this guide.

The mother may opt to use a tablespoon or a cup to measure cooking ingredients, depending on whether she is:

- preparing food for one child for one feed;
- preparing food for more than one child; or
- bulk-preparing the wheat and bean flour mixture.

The key is to use the right proportions of the main ingredients as explained in the section below.

Weight or volume equivalent of household measures for various ingredients:

- 4 two-finger pinches of salt = an eighth of a teaspoon = 1 gram
- 1 of the common glass tea cups (full to the brim) = 250 ml = 17 tablespoons
- 250 ml cup = 120 gm of wheat = 180 gm of beans
- 1 heaped teaspoon of sugar = 5 grams sugar



Common household measures and utensils

Improved Local Porridges: Proportion of ingredients

Traditional wheat porridge recipes were improved by adding legume flour (bean, chickpea, lentil or mung bean), milk or eggs to the porridge.

Table 6 provides quantities of wheat and beans flours to use.

The proportion of wheat: beans is 2:1. that is:

The quantities of vegetables, oil and other bean substitutes (milk and eggs) are indicated in table 6.

2 tablespoon of wheat for 1 tablespoon beans
OR
1 tablespoon of wheat for ½ tablespoon beans

Quantities of Wheat, Legume, Milk, Eggs, Vegetables and Oil to Use When Preparing Improved Porridge

Household Measure	Main ingredient (Wheat Flour)	Improvements			Remarks
		Protein-rich Food (choose 1 of the 3)	Pounded Vegetables	Oil	
Tablespoon (for 1 feed)	1 tablespoon	a) bean flour = ½ table-spoon	1 teaspoon	1 teaspoon	Bean flour can be replaced with chickpeas, lentils or mung beans
		b) Milk = ¼ cup	1 teaspoon	1 teaspoon	Fresh or sour milk can be used, depending on local preferences
		c) Eggs = 1	1 teaspoon	1 teaspoon	1 egg is approximately 65 grams
Cup (for more than one child)	1 cup	a) bean flour = ½ cup	2 ½ table-spoons	2 ½ table-spoons	
		b) Milk = 3 cup	2 ½ table-spoons	2 ½ table-spoons	
		c) Eggs = 1	2 ½ table-spoons	2 ½ table-spoons	

* 1 cup = 250 ml

* 1 tablespoon = 15 ml

NB: A bigger household measure should be used if the mother or caregiver is processing the wheat and bean flour mixture in bulk for later use

Salt and sugar

Complementary foods were also improved by reducing the usual salt content to a two-finger pinch of salt per feed and not more than 4 two-finger pinches of salt per day.

Depending on the region, some dishes in this guide are preferred with:

- sugar only;
- salt only; or
- a mixture of a little sugar and little salt.

You have to find out the local preferences and work within these to increase acceptance of the improved dishes. However the salt content must be within the limits indicated above: a two-finger pinch of salt/feed and less than 4 two-finger pinches/day.

Annex III gives recommended salt intake (by the Food Standards Agency, UK) in household measures for children and adults.



Mother pounding vegetables



Two-finger pinch of salt

Suggested Improved Recipes for Complementary Feeding

Improved recipes for complementary in this guide are:

- Wheat with beans/chick peas porridge
- Wheat with milk porridge
- Wheat with egg porridge
- Potatoes with milk mash
- Potatoes with beans mash
- Potatoes with egg mash
- *Firni*
- Milky rice (*shir berenj*)

Note: Maize flour can replace wheat flour in maize eating regions

Pounded vegetable options include: spinach, coriander, turnip and beetroot leaves, leek, wild leafy vegetables (e.g. *kholf*), dried leafy vegetables as well as mashed cooked carrots. This provides a much wider range of alternatives to promote.

Note: The availability of green leafy vegetables may be a real challenge during the late winter season, a time when supplies of both fresh and dried vegetables are low. Extension and home economics workers must therefore advise households to store and preserve (for example dry) more vegetables when supplies are good (in summer) for use during the winter months.

Depending on the season and the local food availability calendar, you select and promote recipes that are relevant to your region and season. We encourage you to develop additional recipes using the guidelines provided after the recipes below.

In addition to the proposed complementary foods below, advise mothers to give snacks such as yoghurt, apricots and ground pumpkin seed. Also encourage the use of whole grain flour and, when available, giving mashed liver to children. These are excellent for improving the children's zinc and iron intake.

Wheat with Milk Porridge

Ingredients:

- 1 tablespoon wheat flour
- $\frac{1}{4}$ cup⁴ milk
- $\frac{1}{2}$ cup water
- 1 teaspoon oil
- 1 teaspoon pounded leafy vegetables⁵ or mashed carrots
- 1 teaspoon sugar
- iodised salt to taste (preferably one light 2-finger pinch of salt)

- a) Mix wheat flour with milk
- b) Add water, mix and put it on fire to cook (10-15 minutes)
- c) Add oil and sugar
- d) Add pounded vegetables and cook for 2-3 minutes
- e) Add iodised salt



Wheat with milk porridge

Wheat with Beans Porridge

Ingredients:

- 1 tablespoon wheat flour
- $\frac{1}{2}$ tablespoon bean flour
- 1 teaspoon oil
- $1\frac{1}{2}$ cups water
- 1 teaspoon pounded leafy vegetables or mashed carrots
- 1 teaspoon sugar
- iodised salt to taste (preferably one light 2-finger pinch of salt)

⁴1 cup = 250 ml

⁵Spinach or any other locally available leafy vegetables, including indigenous leafy vegetables

- a) Put the 1 cup of water and bean flour into the pot, mix well, bring to boil and simmer for 20 minutes
- b) Using the remaining water (1/2 cup), make a paste of wheat flour and add it to the beans mixture in the pot
- c) Mix well and cook the mixture for 10 minutes
- d) Add oil and sugar
- e) Add pounded vegetables and cook for 2-3 minutes
- f) Add iodised salt



Wheat with beans porridge

Wheat with Egg Porridge

Ingredients:

1 tablespoon wheat flour
1 egg
1 teaspoon oil
3/4 cup water
1 teaspoon pounded leafy vegetables or mashed carrots
1 teaspoon sugar (optional)
Iodised salt to taste (preferably one light 2-finger pinch of salt)

- a) Put the water into a pot and add the wheat flour, mix well, bring to boil and simmer for 5 minutes
- b) Add the egg, oil and sugar (optional) and cook for 2-3 minutes
- c) Add the pounded vegetables and cook for 2-3 minutes
- d) Add iodised salt



Wheat with egg porridge

Potato and Milk Mash

Ingredients:

- 1 Medium size potato (about 100 grams or ½ cup of chopped pieces of potatoes)
- ¼ cup milk
- ½ cup water
- 1 teaspoon oil
- 1 teaspoon pounded leafy vegetables or mashed carrots
- Iodised salt to taste (preferably one light 2-finger pinch of salt)

- a) Peel potato, cut it into small pieces and cook in water until soft and the water is almost finished.
- b) Mash potato pieces
- c) Add milk and mix well
- d) Cook for 3-5 minutes and add oil
- e) Add the pounded vegetables and cook for 2-3 minutes
- f) Add iodised salt



Potato and milk mash

Potato and Egg Mash

Ingredients:

- 1 Medium size potato (about 100 grams or ½ cup of chopped pieces of potatoes)
- 1 egg
- ½- ¾ cup water
- 1 teaspoon oil
- 1 teaspoon pounded leafy vegetables or mashed carrots
- Iodised Salt to taste (preferably one light 2-finger pinch of salt)

- a) Peel potato, cut it into small pieces and cook in $\frac{1}{2}$ cup of water until soft and the water is almost finished.
- b) Mash potato pieces
- c) Add the egg and the remaining $\frac{1}{4}$ cup of water and mix well
- d) Cook for 3-5 minutes and add oil
- e) Add the pounded vegetables and cook for 2-3 minutes
- f) Add iodised salt



Potato and egg mash

Potato and Bean Mash

Ingredients:

- 1 Medium size potato (about 100 grams or $\frac{1}{2}$ cup of chopped pieces of potatoes)
- $\frac{1}{2}$ tablespoon bean flour
- 1 teaspoon oil
- 1 - $1\frac{1}{4}$ cups water
- 1 teaspoon pounded leafy vegetables or mashed carrots
- Iodised salt to taste (preferably one light 2-finger pinch of salt)



Potato and bean mash

- a) Peel potato, cut it into small pieces
- b) Put the $\frac{1}{2}$ cup of water and bean flour into a pot, mix well, bring to boil
- c) Add the remaining water and the potato pieces and cook for 20 minutes and the potato pieces, if small enough will be cooked by then
- d) Add oil and pounded vegetables and cook for 2-3 minutes
- e) Add iodised salt

Firni

Ingredients

- 1 cup milk
- 2 tablespoon of rice or rice flour or *noshohesta*
- 2 tablespoon of sugar
- 2 three grains of cardamom
- 1 teaspoon chopped pistachios or nuts (if available)
- 1 teaspoon of chopped fruit, such as banana, apple, or raisin

- a) Mix the flour, sugar and cardamom in the milk and boil it for 5 minutes
- b) Serve in flat plate and sprinkle the pistachio and fruits on the dish; leave to become cold



Firni

Milky rice (*Shir Berenj*) - for about 3 people

Ingredients

- ½ cup of rice
- 1 liter of milk
- ½ cup of sugar
- 1 teaspoon oil
- 4 grains of cardamom
- 1 tablespoon of finely chopped fruit, such as apple
- 1 teaspoon chopped walnut (optional)

Improved Complementary Feeding Recipes

- a) Put the milk to boil
- b) Wash the rice and put it in the milk
- c) Add sugar and cardamom
- d) Leave to cook for 30 minutes on low heat
- e) Take off the heat; add the chopped fruit and / or nut. Leave to cool and serve.



Shir berenj

Other version of *shir berenj* - for about 3 people

- ½ cup rice
- 1 cup water
- 4 tablespoons sugar
- 2 cups milk
- 1 tablespoon of finely chopped fruit, such as apple
- 1 teaspoon chopped walnut (optional)

- a) Cook rice in pressure cooker for 10 minutes
- b) Boil the milk separately with the sugar
- c) Add the cooked rice to the milk and cook it for 3 minutes
- d) Take off the heat; add the chopped fruit and / or nut. Leave to cool and serve.

Foods for feeding sick children

This section provides guidance and recipes for children with:

- Diarrhoea;
- Common colds;
- Nausea and vomiting

Important note: When a breastfeeding child becomes sick, the mother should continue breastfeeding. Breastmilk helps the child fight illness and the close contact with the mother makes the child feel secure.

For diarrhoea

- Eat soft, mashed, moist foods like porridge from wheat and rice, enriched with milk and soft vegetable like squash, pumpkins or carrots.
- Eat refined foods like, white bread, potatoes, white rice and noodles.
- Drink plenty of fluids

Examples of good recipes are:

- White rice (*berenj safed*)
- Boiled egg (as a snack)
- Boiled potato with mint
- Rice soup (*shorba berenj*)

White rice (*Berenj safed*) - for 3 people

1 cup rice
3 cups water
1 pinch iodised salt
2 cups of yoghurt or according to taste and desired texture
1 teaspoon dry mint or dried *pudina*

- Wash rice.
- Cook in pressure cooker for 10 mins
- Add dry mint and serve with yoghurt.



Berenj safed

Boiled egg (as a snack)

1 Egg
1 Lemon

- Boil the egg until it is cooked (about 10 minutes)
- Leave it to cool and shell
- Mash it, add lemon juice and serve



Boiled egg with lemon

Boiled potato with mint

1 medium size potato
1 tablespoon of mint or *pudina*
 $\frac{1}{2}$ cup yogurt

Preparation method:

- Boil the potato,
- Mash it well.
- Add mint and yoghurt and serve



Boiled potato with mint

Rice Soup (*Shorba berenj*)

Ingredients:

2 tablespoons rice

½ cup water

½ cup milk

2 teaspoons of mashed carrots or pumpkin and/or green leafy vegetables

Salt to taste

- Put the rice, milk and water in the pot and cook
- Cover the pot and cook until soft.
- Options: add grated/mashed carrots, pumpkin.

Note: this recipe is also good for coping with lack of appetite, nausea /vomiting, and colds.



Shorba berenj

For cold

Examples for dishes that are good for colds are:

- *umach* (Badakhshani recipe)
- *shola tarkari* (vegetable rice)
- *shorba tarkari* (vegetable soup)
- and *ash tarkari* (vegetable spaghetti)

The recipe for *umach* is provided below.

The recipes for *shola tarkari*, *shorba tarkari* and *ash tarkari* are provided in Part 5, Nutritious Family Recipes.

Umach (from Badakshan) for 6 people

1 cup wheat flour
10 ½ cups water
1 tablespoon
iodised salt to taste
2 turnips
3 or 4 carrots
2 tomatoes
100g coriander or *pudina*
or other wild vegetables
1 cup yogurt



Umach

- Mix the flour with ½ cup water and rub it to turn in very small balls,
- Boil 10 cups of water and add the vegetables (chopped) and coriander or wild vegetables
- Add the wheat balls into the water and cook for 20 minutes (in normal pot)
- Serve with yoghurt

For Nausea and Vomiting

If vomiting, drink small amounts of fluids like water and soups. Eat soft foods and return to solid foods when the vomiting stops.

If nauseous, the following can be tried:

- Drinking green tea, prepared with mint (dry or fresh) and lemon peel (boiled for 10 to 15 minutes)
- Drinking green tea with ginger, brown sugar and chopped walnuts (walnuts are optional)
- Eating dry mint leaves with salt
- Smelling a fresh orange or lemon peel
- Chewing dried krut

Developing Your Own Recipes for Complementary Feeding

Nutrition composition of recipes

The agriculture or health worker must ensure that foods rich in energy (carbohydrates and butter, oil or oilseeds), protein, vitamins and minerals are included in the recipe. Table 1 in Part I of this guide provides information on the foods that are good sources of carbohydrates, proteins, vitamins, minerals and fats.

The proportion of the 'cereal to legumes' must be 2 to 1. Table 6 (on page 45) above provides details of other ingredients to add and possible options.

Given the high rate of iodine deficiency among children, **iodised salt should be added** within the recommended limits (one two-finger pinch of salt per feed).

Quantity of vegetables

The bigger the child, the more vegetable he needs.
The guiding principle is: use the child's fistful of vegetables (the quantity is proportional to the child size).

This translates into 1-2 teaspoons of cooked pounded vegetables per meal or 3-5 teaspoons of pounded vegetables a day.

NB: 1 heaped teaspoon **pounded** vegetables = 5-6 grams = 3 heaped teaspoons of **shredded** vegetables

Quantity of oil

Depending on ingredients used and the child's age, 1 to 2 teaspoons of oil per meal are needed.

On average, 35-45% of energy of the complementary food must come from oil or fat/butter.

Nutritious Family Recipes

Principles of improved recipe development

Getting the best value when feeding the family

When preparing family meals, the caregiver has to take into account foods that are readily available because these are relatively cheap. Extension and health workers are therefore urged to promote consumption of a variety of nutritious foods that are relatively cheap and relevant to their region.

Guiding nutrition principle used in recipe development

As was the case with complementary feeding recipes, the guiding principle used in developing improved family feeding recipes was to ensure inclusion of the following foods in each recipe:

- Carbohydrate-rich foods;
- Protein-rich foods;
- Vitamin and mineral-rich foods; and
- Oil.

Where the recipe does not necessarily contain a carbohydrate-rich ingredient, the dish will be served with bread.

The improved family feeding recipes given below are good for pregnant and lactating women. Pregnant and lactating women get a little extra than usual (an additional tablespoon or two of rice or stew, etc) when serving these foods. This is essential if they are to meet their own food needs and those of the growing baby.

These recipes are also good for older weaned off children. Advise mothers to give a good mixture of these cooked foods to older weaned off children, and not primarily the liquid part of the dish. Such children should be given 3 main meals plus 2 snacks each day.

Suggested recipes for family meals

Pumpkin and egg mix (*Qorma kadu*) - for 6 people

Ingredients

A small pumpkin (1kg)
2 tablespoons oil
2 eggs
1 medium size onion
2 medium size tomatoes
1 glass of water
Iodised salt to taste

- Peel the onion, tomatoes and pumpkin and cut into small pieces
- Put the oil into the pot, add the onion and fry until the onion is light brown
- Add the tomatoes and then the pumpkin
- Add water and salt and cook for 5 minutes
- Beat the egg and add it to the cooked pumpkin
- Cook for 2-3 minutes until the egg is well cooked

Serve with one loaf of bread



Qorma kadu with egg

Pumpkin and chickpeas mix (*Qorma kadu*) - for 6 people

Ingredients

Small pumpkin (1kg)
½ cup chickpeas (100 g)
5 tablespoons oil
2 medium size onions
2 medium size tomatoes
Iodised salt to taste
1 cup water



Qorma kadu with chickpeas

- a) Soak the chickpeas in hot water for 2-3 hours
- b) Put oil in a pressure cooker and fry the onion until light brown
- c) Add chopped tomatoes and cook until the tomato water is dried
- d) Add pumpkin and the chickpeas in pressure cooker and cook for 15 minutes

Serve with one loaf of bread

Cabbage Qorma (Qorma Karam) - for 7 people

Ingredients

- 1 kg of small cabbage
- 2 cups of water
- 2 medium size onions (200 gm)
- 2 medium size tomatoes
- 7 tablespoons oil
- 1 cup peas (*dāl nakhot*)
- Iodised salt to taste
- 1 cup yogurt

- a) Soak the peas for a few hours. Drain them, and cook them in water for about 25 minutes in a normal pot or 10 minutes in a pressure cooker
- b) Put oil into a separate pot and add the onions
- c) Fry the onion until slightly brown
- d) Add tomatoes and cabbage and cook it for 10 minutes
- e) Add the cooked peas and cook for 5 minutes
- f) Put yogurt and serve

Serve with one loaf of bread



Qorma karam

Eggplant and cheese (*Banjan Krut*) - for a family dish of 5 people

Ingredients

5 medium eggplants (1 kg)
4 medium potatoes (½ kg)
2 large tomatoes (250 gm)
10 tablespoons oil (200 gm)
4 cloves of garlic (50 gm) (2 for dish, 2 for krut)
2 medium size onions (200 gm)
2 cups *krut*, cream (*chaka*) or yogurt (½ kg)
½ cup water
Iodised salt to taste

- Fry the onion until light brown
- Add chopped tomatoes and garlic
- Add potatoes, egg plants and ½ glass of water and cook for 20 minutes
- Take off from the heat and add the *krut*, *chaka* or yoghurt and serve

Serve with one loaf of bread



Banjan krut

Vegetable spaghetti (*ash tarkari*) - for 7 people

Ingredients

Around 250g spinach (two big fistfuls) or leek
400 gm spaghetti
5 medium turnips
5 cloves of garlic
2 big onions
2 medium size tomatoes or tomato paste
Iodised salt to taste
2 big potatoes



Ash tarkari

1/2 cup chickpeas
1/2 cup beans
(or 1 cup of either chickpeas, beans or lentils)
2 tablespoons oil
2 cups of cream or 3 cups of yoghurt
2 liters water

- Boil the beans and chickpeas with 3 cups of water in a pressure cooker for 20 minutes
- Cut the vegetables and turnip
- Put the oil in a clean pot and fry the onion until light brown; add tomatoes or tomato sauce
- Add water, boiled beans, chickpeas, spaghetti, turnip and onions and boil for 20 minutes
- Add salt and cook on low heat for 5 minutes
- Add cream or yoghurt and serve the food.

Bread is optional

Rice and beans mix (Kechery Krut) - for 7 people

Ingredients

3 cups rice
7 cups water
1 cup mungbeans
1 to 2 tablespoons cooking oil
2 cups krut (liquid)
Iodised salt to taste
1 Onion (100gms)
1 tomato (100gm)
4 cloves of garlic



Kechery krut

- Fry the onion in cooking oil
- Add tomatoes and cook for a few minutes
- Add water and bring to boil and add the rice and mungbeans
- Put the mixture and cook in a pressure cooker for 15 minutes, or in a pot for 30 minutes
- Chop the garlic and mix it in the krut
- Put the cooked rice mixture in a tray and add the krut and garlic in the middle of the tray and serve

Vegetable rice (*Shola tarkari*)

Ingredients

2 Onions
2 medium size potatoes
2 medium size tomatoes or 1
tablespoon tomato paste
4 tablespoons oil
½ cup chick peas
½ cup beans
(or 1 cup of beans or chick-
peas)
Spinach - a few leaves
2 Carrots
3 cups rice
6 cups water
Iodised salt to taste
Coriander - a few branches



Shola tarkari

- Fry the onions
- Add potatoes and add the chick peas after cooking them in a pressure cooker
- Cut the coriander, spinach and carrot into pieces and add them.
- Add salt and cook the mixture in a pressure cooker for 15 minutes.

Okra stew (*Qorma Bamia*) - for 7 people

Ingredients:

1 ½ kg of okra
2 medium size onions
4 medium size tomatoes
4 cloves of garlic
5 green pepper (optional)
1 cup of water
5 tablespoons of oil
Iodised salt to taste
2 cups yogurt



Qorma bamia

- a) Wash the okra tomatoes and pepper with water
- b) Peel the onions and cut them finely into small pieces
- c) Add oil and onion in a pot and heat until the onion colour changes to light brown
- d) Add the cut tomatoes, okra, pepper and garlic and leave it for 20 minutes (if using a pressure cooker, leave for 10 minutes).

Serve with 4 loaves of bread and yogurt

Potato stew (*Qorma kachalo*) - For 7 people

Ingredients:

1 ½ kg of potatoes
2 medium size onions
4 medium size tomatoes
2 cloves of garlic
2 cups of water
4 table spoon of oil
lodised salt to taste
2 cups yogurt

- a) Wash the potatoes and tomatoes
- b) Peel potatoes and onions and cut them finely into pieces
- c) Fry the onions in a pot until they are light brown in colour
- d) Add chopped tomatoes, potatoes and garlic and leave to cook for 25 minutes in a pot or for 10 minutes in a pressure cooker

Serve with 4 loaves of bread and yogurt

Optional: Serve with a little lemon and salad (2 onions, 3 tomatoes, 100 gram of fresh coriander/ mint or pickle).



Qorma kachalo

How to develop your improved family recipes

Using the information in Table 1 (in Part I) and Table 4 (in Part II) as a guide, nutrition workers can:

- evaluate the nutritional adequacy of common family dishes; and
- develop improved family recipes that meet the needs of pregnant and lactating women.

The improved recipes must have a protein-rich food, at least one vitamin and mineral-rich food and some modest oil.

If it is a complete dish, a staple or potatoes should be included in the recipe. Otherwise the improved dish can be served with bread.