

ETHIOPIA



Ethiopia is one of the poorest nations on Earth with 90 per cent of its population relying on agriculture, mostly subsistence farming. Even in a good year, 5 million Ethiopians have to rely on food aid. The people face frequent droughts and the problems associated with deforestation, overgrazing, soil erosion and desertification. Only a quarter of the country's 74.2 million people have access to safe drinking water. Average annual income is just \$110. One child in six dies before it reaches its fifth birthday.

Dabo kolo (Crunchy spice bites)



Tina Andrews of Southwater Community Methodist Church used these recipes for a fund-raising lunch on a Tearfund Sunday. The morning service had focused on the *Bright Sparks Church Pack*. This relates the hopes and dreams of some of the 2,500 children who were finally getting the chance to go to school thanks to Tearfund partner Meserete Kristos Church. They had built ten education centres across a valley in the Meta Robi district.



- 300g plain flour
- 1/2 teaspoon salt
- 2 tablespoons sugar
- 1/2 teaspoon cayenne pepper
- 70ml oil
- water, as needed (about 6 tablespoons)



- Mix all ingredients together
- Knead, adding water one tablespoon at a time, until a stiff dough is formed
- Knead for a further five minutes
- Tear the dough into pieces the size of a peanut and roll in your hands to form peanut shapes
- Heat a large heavy sauté pan, but do not oil
- Working in batches, put pieces of dough in pan and cook over medium heat until golden brown, turning regularly
- Cool on a wire rack and store in an airtight container



Malefia Dansa, 30, with two of her eight children - left, Hana 12 and right, 2-year-old Epheson Thomas - eating sugar cane that they are able to grow thanks to the irrigation channel built by Tearfund's partner, the Wolaitta Kale Heywet Church. Photo: Jim Loring / Tearfund



Kufo prepares food for her family, grown with the help of seeds, fertiliser and tools provided by Tearfund's partner, the Wolaitta Kale Heywet Church.

Photo: Jim Loring / Tearfund



- 900g cubed chicken meat
 - 75g butter *or* 3 tablespoons olive oil
 - 1 clove garlic, minced
 - 2 large onions, sliced
 - 1-2 teaspoons berbere*
 - ½ teaspoon black pepper
 - 250ml chicken stock
 - 3-6 hard-boiled eggs
- ***Berbere seasoning**
 - 1 teaspoon ground ginger
 - 3 tablespoons cayenne pepper
 - ¼ teaspoon ground cloves
 - ½ teaspoon cinnamon
 - Mix and store in an airtight bottle

Note: in Ethiopia, about four tablespoons of this seasoning would be used. You can use the reduced amount in the recipe or replace it with ¼ teaspoon of ground ginger, ½ teaspoon of cayenne pepper and one teaspoon of paprika to bring it to the characteristic dark colour and flavour.



Serves 8

- Fry onions and garlic in one tablespoon of oil for about ten minutes until well browned
- Blend the seasonings into the onions with the rest of the oil
- Add chicken stock
- Add chicken to onion mixture, stirring it thoroughly
- Cover and simmer over a low heat until the chicken is tender (approx one hour)
- Add more water, if necessary, to bring to stew texture; or if doro wat is watery, thicken with two tablespoons of cornflour dissolved in two tablespoons of water
- Add peeled hard-boiled eggs a few minutes before serving
- Serve with pita bread or fajitas

Mesir wat (Spicy lentil stew)



INGREDIENTS

- 200g red lentils
- 1 large red onion, finely chopped
- 2-3 tablespoons oil
- 2 tablespoons tomato purée
- ½ teaspoon paprika
- 2-3 cloves garlic, crushed
- ½ teaspoon ground ginger
- ¼ teaspoon black pepper
- ½ teaspoon salt
- 350ml water



METHOD

- Soak the lentils in cold water for about 30 minutes
- Drain and rinse with fresh water
- Sauté the onion in the oil until golden
- Add the tomato purée, paprika, garlic, ginger, pepper and salt and stir well
- Gradually add the water, stir well and bring to the boil
- Add the drained lentils and lower the heat to a simmer
- Cook until the lentils are soft (30 to 45 minutes) adding more water if necessary

Note: Berbere seasoning (see previous page) can be added to the wat for an even more spicy dish.

Vegetable alecha (Ethiopian vegetable stew)



SIDE DISH

- 1 large red onion
- 2-4 peppers cut into chunks
- 2 large carrots, peeled and cut into thick slices
- 200g can tomato purée
- 1 teaspoon salt
- ½ teaspoon ground ginger
- 400g tin whole tomatoes
- 4 medium potatoes, peeled and cut into thick slices
- ½ medium cabbage, cut into 2-3 cm wedges



INGREDIENTS



METHOD

- Sauté the onion in a large saucepan until soft
- Add the peppers and carrots and cook for a further two to three minutes
- Add the tomato purée, salt, ginger, tomatoes and 250ml of water. You can use less tomato or purée if you prefer
- Bring to the boil, cover and simmer for ten minutes
- Add the potato slices and cook for a further ten minutes
- Add the cabbage and cook until all the vegetables are tender

Note: The Copts in Ethiopia have many fast days on which they are forbidden to eat meat. Vegetable alechas (mild) and wat dishes (hot) are served on these days.



Zinashma, seven, and Paulos, six, pump water for their families. Queues for the pump are normally at least an hour long, so the two girls arrive before school and leave in time for their lessons. They'll be back again after school.

Photo: Sophie Harding/Tearfund



'Improved early warning systems have allowed the pre-positioning of aid to prevent the wide-scale famine we have seen before' says Keith Etherington, Tearfund's Desk Officer for Ethiopia and Eritrea. He adds, 'However, what they have not done is to address the underlying causes.'

That's why Tearfund partners run projects to teach better farming practices and improved irrigation methods. They are also responding to the food crisis with the support of Tearfund's relief teams. The 120,000-strong Meserete Kristos Church, for example, continues to expand its "Seed Bank" projects, helping to distribute seeds to the worst affected families. The church also runs a cash-for-work project where 6,000 participants are building dams and improving roads.

Kale Heywet Church (KHC) a Tearfund partner with 4 million members in over 5,000 churches, provides villages with boreholes and pumps or materials and training to construct water filtration systems. In Gareno, KHC drilled an 80 metre borehole that now provides clean water for 60 homes.

In Ambe village, where the rocky terrain prohibits drilling, one biosand filter produces clean water for ten families. Masha Mondado and his wife Tumbala Toka, who have five children, say, 'When we used river water we got worms, the children became very ill and their bellies were swollen. Now we don't worry so much about the children's health.'