

KENYA



Bordered by Tanzania, Sudan, Ethiopia and Somalia, Kenya is one of the more stable countries in East Africa. However, half of the nation's 32.8 million people are living in poverty. The country is battling with corruption, drought and the spread of HIV/Aids. Kenya was hit by famine in 2000 and some 2.7 million people in the north-west were severely affected by the country's worst drought for more than 40 years. The impact of Aids has reduced average life expectancy from 66 to a current figure of around 48.

Githeri (Corn and beans stew)



This recipe came from Barbara Cottier, a Tearfund supporter in the south-east of England. She worked in Kenya from 1971 to 1975 and from 1984 to 1990. Barbara has fond memories of her work with the Kikuyu, Kenya's largest ethnic group. She also taught for ten years in Uganda, spent a brief spell in Sudan and worked for two years in Papua New Guinea. Githeri is a Kikuyu dish made from the corn and beans that are often grown in the same field.



- 1 chopped medium red onion
- 2 tablespoons cooking oil
- 2 cups frozen or fresh maize kernels (sweetcorn)
- 2 large (approx 400g) tins of red kidney beans
- 2 stock cubes
- 1 teaspoon of salt
- ½ pint water

Optional extras
1 cup frozen garden peas, finely chopped cabbage and/or carrot



Serves 4

- Fry the onion in the cooking oil until golden and soft
- Add the red kidney beans, drained and thoroughly rinsed
- Add the maize, stock cubes, water and any of the optional ingredients that you would like to include
- Simmer until soft, about 20-30 minutes
- The finished dish should be almost dry - most of the water should be absorbed or evaporated, and the corn and beans should be tender yet still intact, not mushy
- Chunks of cooked meat can be added to the mixture or it can be used to accompany grilled or barbecued meat
- Serve with plain boiled rice

Note: We prefer to add the optional extras and serve with a spicy meat dish. Dried beans and maize can be used, but prepare them according to the instructions on the packet. They may need cooking for up to two hours.



For centuries, owning and trading cattle has been central to Maasai culture - but without formal education, young men are set up for no other lifestyle. Photo: Richard Hanson / Tearfund



Sarah Nchoe and her husband have started growing maize, beans and vegetables. Sarah says, 'Now I don't fear the future, because I rely on God and I know how to provide food for my family.'

Photo: Richard Hanson/Tearfund



Food security is the focus of a development project that Tearfund has been supporting in Kenya through its partner, the Diocese of Nakuru. The task involves working with the Maasai people near Narok, a small provincial town that is the main access point to the Maasai Mara Reserve.

Livestock is the mainstay for the semi-nomadic Maasai who have traditionally herded cattle freely across the highlands of Kenya. A Maasai prayer, 'Meishoo iyiook enkai inkishu o-nkera' means, 'May God give us cattle and children'.

Climate change has meant that in parts of the Rift Valley, where rainfall is erratic, drought kills many animals and the people go hungry. When rains have been poor, herders have trekked up to 15km to find water.

The Narok Integrated Development Programme is helping the Maasai prepare for droughts. Growing maize and other crops gives them improved food security. Now, some families have built up two years' worth of grain reserves.