

MALAWI



Malawi is one of the world's least-developed countries. Most of the population depends on agriculture. Two-thirds of its households live in poverty. Since 1985, life expectancy has dropped by five years and people on average die before they reach 38 years old. The infant mortality rate in 2004 was 104 deaths per 1,000 live births, one of the world's highest. Less than half of the 12.6 million people in Malawi have access to safe drinking water and only three per cent have adequate sanitation.

Chinananzi cheesecake (Pineapple cheesecake)



Di Giles, a Tearfund supporter and Tearcraft seller from East Grinstead, collected this recipe in 1982 on a visit to the Evangelical College of Malawi in Blantyre, Malawi's largest city. At that time it was known as Likabula Bible Institute. Di, who worked for many years as a theatre sister specialising in plastic and ophthalmic surgery, started her career in nursing as a Church Army sister and is still a keen supporter of its work, particularly the Marylebone Project.



PASTRY CASE

- 150g self-raising flour
- 75g lard/margarine mixture
- 25g caster sugar (if wished)
- water to mix

FILLING

- 1 small tin of pineapple (220g/140g on label)
- 250g cottage cheese
- 1 tablespoon lemon juice
- 50g sugar
- 2 egg yolks
- 25g cornflour



Serves
4-6

- Rub the flour into the fat
- Rub in the sugar
- Mix to a soft dough with the water
- Roll out the pastry and use to line an 18cm flan tin with a loose bottom
- Retain one slice of pineapple for decoration
- Finely chop the remaining pineapple, drain well and put into a blender
- Add the other ingredients for the filling, blend thoroughly
- Pour on to the pastry case
- Bake for 40-50 minutes at 180°C or Gas Mark 4 until the centre is firm
- Remove from oven and allow to cool
- Decorate with the slice of pineapple



Singing and dancing at Chisomo Children's Club, Malawi, helps street children to develop talents they never knew they had. Photo: Jim Loring/Tearfund



Most Malawians rely on subsistence farming with simple tools, but a lack of irrigation makes it impossible for many poor families to grow enough food. Photo: Jim Loring / Tearfund



Drought and malnutrition during the 1990s meant that Malawi had to depend increasingly on international aid - hard to understand for a country blessed with fertile soil, nearly constant sunshine and abundant water. Recent erratic weather has meant flooding in some areas and crops withering in others. Over 5 million Malawians are hungry, markets are empty and children beg for food.

Tearfund has been helping the Evangelical Baptist Church of Malawi to teach farmers improved farming techniques. Another partner, Eagles Relief and Development, started a "food for work" project. Nedi, head of one village, says, 'We were just eating wild vegetables and weeds. We ended up selling our goats and neglecting our fields. Since Eagles has been here we have time to work in our own fields.'

The number of street children in Blantyre and the capital Lilongwe increases as youngsters drop out of school to earn money for food. As part of its work in Malawi, Tearfund has supported the Chisomo Children's Club which cares for over 1,000 children.