

PERU



Peru is one of the fastest growing economies in Latin America. Of its 28 million people, 7.4 million live in the capital, Lima. The country is the tenth largest producer of coffee and over 1 million people are involved in the coffee industry. To many small farmers, it is their only viable alternative cash crop to growing coca for cocaine, which earns them five times more. Selling to Fairtrade coffee buyers ensures stable prices and helps reduce the temptation to get involved in illegal drugs production.

Peruvian prawn chowder



Kath Shortley, Sales Co-ordinator for Tearcraft in the UK and Ireland, was leading a Study Tour when the group was given this meal by artisans working with Tearfund partner Manos Amigas. Kath recalls, 'They'd gone to so much trouble to make us feel welcome - even hiring a huge oven in the village to cook our meal which we shared with about 30 producers. Yannina Meza de Rietveld of Manos Amigas, our guide and interpreter, was a great inspiration to us all!'



- 2 tablespoons of oil
- 1 crushed clove of garlic
- 1 finely chopped onion
- 1 large chopped tomato
- 1.5 litres boiling water
- 225g sweetcorn
- 120g peas, fresh or frozen
- 450g diced potatoes
- 225g rice
- 450g cooked prawns
- 1 pinch oregano
- salt and pepper to taste
- 450g fried white fish
- 1 cup evaporated milk
- 1 tablespoon of chopped parsley



Serves 6-8

- Cook the rice, drain and set to one side
- Heat oil in a saucepan and fry the garlic, onion and tomato
- Add the water, sweetcorn, peas and potatoes, then boil until the potatoes are cooked (10-15 minutes)
- Stir in the prawns, fried fish, rice, oregano, salt and pepper
- Simmer for 5 minutes, stir in milk and sprinkle with parsley

Note: More water may need to be added to adjust the consistency to that of a chowder (thick soup); alternatively, the dish can be served drier, rather like a risotto.



Lunchtime with artisans at 15,000 feet in the Andes on a Tearcraft Study Tour to Peru.

Photo: Kath Shortley/Tearfund



Gourds have been cultivated for thousands of years for their hard-walled fruit which can be decorated. These owl gourds from Manos Amigas are ready for shipment to Tearcraft.

Photo: Kath Shortley/Tearfund



Manos Amigas (which means “hands joined in friendship”) is one of Tearcraft’s trading partners in Peru. Based in Lima, it’s a family concern set up by Yannina Meza and her brother Tito in 1991 to help artisans find overseas markets for their products. The range includes decorated gourds, wool tapestries, ceramic nativities, vases and jewellery.

Manos Amigas trains artisan groups from Lima and Cuzco in product costing, packing and export procedures. Peruvian craft workers live in the shantytowns and are among the poorest in society. For many, this is the only business training they receive.

Some of Manos Amigas’ profit is donated to Niños Felices (Happy Children) to feed up to 400 children from poor neighbourhoods in Lima on Sundays and provide uniforms and school supplies. This is badly needed because, estimates Unicef, 6.5 million Peruvian children live below the poverty line.