

SOUTH AFRICA



South Africa has an abundant supply of natural resources, a well-developed financial system and modern infrastructure. However, growth in its economy has not been strong enough to lower the unemployment rate of over 25 per cent. The country still has daunting economic problems resulting from the apartheid era – especially poverty and a lack of economic empowerment in disadvantaged groups. UNAIDS estimates that over 20 per cent of the 45.3 million people live with HIV; about 600 people die of HIV-related illnesses every day.

Milk tart



DESSERT

Robyn and Yanni Möller, keen Tearfund supporters and members of New Life Church, East Grinstead, brought this recipe back from a visit to relatives in South Africa. Having grown up in South Africa, Yanni understands the difference that craftwork makes to the lives of the people from squatter camps. Robyn sells craft goods for The Toybox Charity, which supports rescue and rehabilitation teams for street children in Guatemala, giving them loving homes, education and hope.



INGREDIENTS

Crust

- 100g margarine
- 75g sugar
- 1 egg
- 200g plain flour
- 1 teaspoon baking powder

Filling

- 1 litre milk
- 3 tablespoons butter
- 3 eggs
- 150g sugar
- pinch of salt
- 3½ tablespoons flour
- 3½ tablespoons cornflour
- cinnamon



METHOD

Crust

- Cream margarine and sugar together
- Add the egg, flour and baking powder and mix until stiff
- Press out into a large tin or Pyrex dish and bake at 180°C or Gas Mark 4 until light brown

Serves
6-8

Filling

- Beat the eggs and sugar together
- Add salt, flour and cornflour and stir until creamy
- Bring the milk and butter to the boil
- Pour a little of the warm milk onto the creamy mixture and stir well
- Transfer everything back to the saucepan and stir rapidly on the heat until it thickens like custard
- Transfer to the crust and sprinkle with cinnamon
- Leave to stand for a couple of minutes to set and cool before serving

Note: Our recipe checkers said that the tart tasted even better the following day after it had stood longer.



Since the first democratic elections in 1994, over 1.8 million houses have been built by the African National Congress, but millions in squatter camps still wait for the clean drinking water, flush toilets, social welfare grants, schools and other basic services they know will eventually complement their political freedom. Photo: Richard Hanson/Tearfund



Craftwork can play a vital role in lifting people out of poverty. In South Africa, Tearcraft works with jewellery producers Umtha and Jubulani. Umtha (a Xhosa word meaning “a ray of light”) is a fair trade enterprise based in Cape Town and employing people from squatter camps.

Umtha started in 1991 when Dave Milligan, himself unemployed, wandered around a craft shop, picked up a few beads and made a necklace and earrings for his wife Cheryl. Soon they were producing a range of handcrafted beaded jewellery and had two Xhosa women working with them. By the end of 2005 Umtha was employing 40 people, supporting over 100 within their immediate families.

Nokuzola used to live in a squatter camp with no employment or home. She met a group of Christians and made a commitment to follow Jesus. Today she is a worship group leader at the Bring the Light Community Church. Through working at Umtha she has been able to buy a house and look after her daughter and mother. Nokuzola loves the art of jewellery making and says it’s her ambition to run her own business.