

Couple's cookbook plan is no disaster for aid agency

By RUTH DICKINSON

TRAVELLING through the Honduran rainforest in a dug-out canoe on a daily diet of rice and beans can do strange things to people.

For Gordon and Brenda Wilkinson, who have been Tearfund supporters for more than 20 years, it was the start of a two-year journey into territory more familiar to Delia Smith and Jamie Oliver.

"Eating rice and beans everyday for over two weeks made us think about subsistence foods in other poor countries and led us to the idea of producing a recipe book," explains Brenda.

"But we wanted it to be a recipe book with a difference—a collection of recipes plus thought provoking stories about the countries of origin."

It's a journey that has prompted them to scour the length and breadth of the planet, from Argentina to Zambia.

In doing so, they've compiled a tasty collection of more than 40 recipes. These include Spicy Bolivian Beef, Peruvian Frawn Chowder and Liberian Chicken Casserole.

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Gourmets – Brenda and Gordon Wilkinson cooked up their recipe book plan in Honduras

collection called it *Recipes for Disaster ... Relief and Development* and the couple want to raise over £25,000 from book sales which will go to Tearfund.

"The title of the book certainly isn't a comment on Brenda's cooking," says husband

and co-author Gordon. "We've tested all the recipes and particular favourites include the Burundian green bananas and the Bengali fish in mustard sauce."

"I have to admit that we had one or two minor disasters while checking some of the recipes, necessitating a few long distance

calls to check ingredients and methods, to which one Indian contact commented, "Why on earth do they want the amounts? Everybody knows how to make biriyani!"

■ Copies of *Recipes for Disaster* are available from tearfund@telbridge.com

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