1. COOKING NUTRITIOUSLY AND SAFELY

The way we cook and combine our food determines the nutritional benefits we can obtain from it. Safe water and clean hands while cooking and eating will keep us healthy. Recipes for nutritious dishes can be found here.

Nutritious Sesotho Recipes

LIKAHARE

Cow, goat or mutton offal

INGREDIENTS

Water as required (about 4 cups)
Animal tripe, intestines, kidney, heart, lung and liver
2 teaspoons of iodated salt
1 medium onion (optional)
3 medium tomatoes (optional)
1 green pepper (optional)

METHOD

1) Clean the offal immediately after slaughtering and wash with plenty of water. Cut all offal into small pieces and put in a large pot and cover offal with cold water.
2) Boil for a few minutes, then lower the heat and simmer gently until cooked.
3) Season with salt and serve hot.
4) Alternatively, set aside cooked offal and fry chopped onion in the pot. Add chopped pepper and tomatoes and simmer for 10 minutes. Add the offal liquid and cook for 5 minutes. Add cooked offal and simmer for about 5 minutes. Serve with papa and vegetables.

NYEKOE

Sorghum with dry beans and pumpkin

INGREDIENTS

Water as required (about 4 cups)
½ cup of beans
½ cup of sorghum
½ cup of pumpkin
1 tablespoon of oil/margarine
1 teaspoon of iodated salt

METHOD

1) Soak beans and sorghum in water separately overnight.
2) Sift beans and sorghum and cook them in clean water until almost cooked.
3) Cut pumpkin in pieces and add to beans and sorghum mixture until pumpkin, beans and sorghum are soft.
4) Add salt and oil. Simmer for 5-10 additional minutes stirring occasionally.
5) You can serve with green vegetables.

PAP AND VEGETABLES

Hard porridge with vegetables

PAP
INGREDIENTS

5 cups of cereal flour of your choice (maize, sorghum, wheat)
Water (sufficient quantity to make thick porridge, approximately 7 cups)

METHOD

1) Bring water to a boil. Add the flour, stir and mix thoroughly.
2) Cover and allow cooking further over low heat for approximately 15 minutes stirring occasionally.
3) Serve with vegetables (moroho) and/or Likahare.

VEGETABLES
INGREDIENTS

3½ cups of vegetables of your preference (spinach, Florida Broad Leaf, rape, amaranthus, indigenous vegetables, etc.)
½ cup of water
Pinch of salt
2 teaspoons of cooking oil

METHOD

1) Clean the vegetables, chop them into big chunks.
2) Pour cooking oil into the pot. Add chopped vegetables and salt. Cook over medium heat for 5-10 minutes.
3) Add salt and oil, simmer for 5 minutes.
4) Serve papa le moroho with beans or eggs or meat/Likahare.

MOCHAHLAMA

Mealie meal and wheat bread

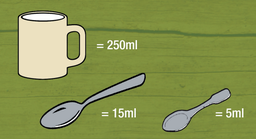
INGREDIENTS

1½ cups of white maize flour
1 cup of brown wheat flour
1 teaspoon of granulated brown sugar
3 cups of water
1 teaspoon of dried yeast
1 teaspoon of iodated salt

METHOD

1) In a small bowl, mix yeast, sugar and lukewarm water. Stir to dissolve. Let the mixture stand for a few minutes and reserve.
2) In a mixing bowl, mix mealie meal and boiling water. Stir thoroughly. Leave the mixture to cool down.
3) Add the wheat flour to the mealie meal mixture, then add the yeast mixture and mix thoroughly. Keep the mixture in a warm place while it rises.
4) Make balls and steam in pot for 30 minutes or until cooked.

Easy measurements



Be safe and wash your hands!

It is very important to wash your hands before cooking, eating or feeding a child!

Keep your food clean and safe by covering it with a cloth.

SAMP AND BEANS/UMNGQUSHO

Maize samp with dried beans

INGREDIENTS

Water as required (about 4 cups)
1 cup of maize samp
1 cup of beans (white beans or sugar beans or pinto beans)
1 tablespoon of cooking oil
1 teaspoon of iodated salt

METHOD

1) Soak beans overnight.
2) Sieve beans and cook them with the samp in clean boiling water for 1 hour or until soft (adding water if necessary).
3) Add cooking oil and salt, let simmer for further 10-15 minutes.
4) You can serve with vegetables.

LEPU

Pumpkin leaves with baby marrow

INGREDIENTS

Water as required (1 cup approximately)
5½ cups of soft pumpkin leaves
½ cup of baby marrow (lebolotsana)
1 teaspoon of cooking oil
1 teaspoon of iodated salt

METHOD

1) Clean the leaves and baby marrow. Chop the leaves and cube baby marrow.
2) Add water and cook over medium heat for 10 minutes.
3) Add salt and oil and simmer for another 5 minutes.
4) You can also season with half a teaspoon of curry powder.

2. FOOD PRESERVATION

Drying Vegetables

Selection of vegetables for drying

Use vegetables of the best quality only, since drying does not improve the quality of any product. The vegetables should be young, fresh, tender and clean, and should not be left long before being processed. Vegetables such as green mealies and green peas should be blanched immediately after being picked before drying.

Dried vegetable preparation

Wash the vegetables thoroughly. Remove bruised or woody parts. Shell peas, shred cabbage, cut carrots into strips or in slices 5mm thick.

Blanching

Before drying, green mealies and some vegetables (e.g. peas, green beans, cabbage and carrots) should be blanched in steam. Young tender vegetables for 3 minutes and the rest for 5 minutes. Steam blanching is recommended because it prevents the loss of some nutrients and improves preservation.

Dried carrot:
Cut it into 2 or 3cm thick round slices or strips. Steam blanch for 5 minutes, then submerge in cold water to prevent excessive cooking and then dry.

Dried tomato:
Cut mini tomatoes in half. Slice regular tomatoes into 1cm thick pieces, remove the seeds, and then wipe with a sanitised cloth or paper towel. Lightly sprinkle with salt and dry.

Dried cabbage:
Wash cabbage and remove excess water. Shred into 2-4cm pieces. Steam blanch until it feels soft. Then dry.

Drying Fruits

Selection of fruits for drying

Pick ripe but not overripe fruit and prepare it immediately. Do not shake the fruits from the trees since this will bruise them and the bruised portions will turn black during the drying process.

Dried fruit preparation (e.g. peach, apricot, apple, etc.)

Wash the fruit. It can be dried peeled or unpeeled. Cut in halves, quarters or smaller pieces. Then put them immediately to dry.

Fruit leather

1) Use ripe fruits such as apples, apricots, quinces, pears, peaches or figs.
2) Wash, peel and remove the stones or cores.
3) Mince the fruit. Add a pinch of salt.
4) Spread the minced fruit 5mm thick on, for example, greased butter paper or a clean plastic sheet. Allow to dry on a board in the sun. Protect it from flies and dust.

Dried apple:
Wash the fruit first. It can be dried peeled or unpeeled and be in halves, quarters or smaller pieces. While peeling, immerse them in salty water with lemon juice added. Remove excess water with a dry cloth and then dry in the sunlight until done.

Jam making

PUMPKIN & APPLE JAM

INGREDIENTS

6 apples finely chopped
7 cups of water
4 cups of pumpkin
1 tablespoon of juice of 1 lemon
3 cups of sugar

METHOD

1) Cook apples in water until tender. When cooked, sieve the water in which the apples were cooked.
2) Peel pumpkin and remove seeds. Chop into small pieces. Cook on medium heat using the water saved from the apples. Mash the pumpkin when cooked.
3) Combine pumpkin and apples into a pan (measure with a cup beforehand).
4) Add lemon juice and sugar (¾ cup sugar for every cup of fruit mixture).
5) Boil until done (thick consistency).
6) Remove from heat, stirring occasionally for a further 5 minutes.
7) Pour into hot, sterilised jars and seal.

Pickles, Preserves and Chutney

FRUIT PRESERVE

INGREDIENTS

Any of the following fruits: apples, peaches, apricots, sugar

METHOD

1) Select firm ripe fruits. Peel, discard seeds and stem ends and then slice into halves or quarters.
2) If using apples, plunge peeled apples into cold salt water or lemon juice water immediately to prevent discolouration.
3) Make the syrup as suggested on the syrup table on the right.

TYPE OF SYRUP	TYPE OF FRUIT	AMOUNT OF SUGAR
Thin	For very sweet (peach)	2 cups of sugar per 4 cups water
Medium	For medium sweet (apricot)	3 cups of sugar per 4 cups water
Thick	For less sweet (apple)	4 cups of sugar per 4 cups water

4) In a separate pot, boil the washed bottles to be used for bottling the preserve.
5) Boil the fruit pieces in the syrup for 5 minutes.
6) Take bottles from boiling water and fill them immediately with the preserve mix.
7) Dip the jar lids in boiling water for a few seconds and then seal the bottles.

CURRIED BOTTLED BEANS

INGREDIENTS

6 cups of cooked brown or small white beans
3 cups of sliced onions
2 cups of sugar
2 tablespoons of cooking oil
1 tablespoon of salt
1 tablespoon of turmeric
6 tablespoons of curry powder
1 teaspoon of corn flour
2 cups of brown vinegar

METHOD

1) Stir fry the onion in a pot with the oil.
2) Add the beans and cook for 10 minutes.
3) Mix the rest of the dry ingredients, add the vinegar and mix well.
4) Add the vinegar mixture to the beans and simmer for 5 minutes.
5) Pour into hot sterilised jars and seal following the instructions for bottling.

INSTRUCTIONS FOR BOTTLING

1) In a separate pot, boil the washed bottles to be used for bottling the preserve.
2) Take bottles from boiling water and fill them immediately with the preserve mix.
3) Dip the jar lids in boiling water for a few seconds and then seal the bottles.

3. MATERNAL AND CHILD FEEDING

Adequate nutrition before and during pregnancy, throughout breastfeeding and in early childhood is critical for the mother and the child.

1. **Pregnant women**
   Pregnant women need more energy than usual especially towards the end of the pregnancy. They should eat a nutritious snack during the day like a glass of fresh or sour milk, eggs, a piece of fruit, nuts and seeds. Pregnant women should take iron and folic acid tablets as their bodies need more of these during pregnancy, and they should attend ante-natal clinics monthly.
2. **Lactating women**
   Lactating women need more energy than during their pregnancies. They should eat more at each meal or have smaller frequent meals or eat more nutritious healthy snacks between meals. If given vitamin A capsules by the doctor, they should take them to protect themselves and their children.
3. **Feeding babies aged 0-6 months**
   Breast feeding should be done when baby demands. After 6 months, complementary foods (soft and blended foods) should be introduced while breastfeeding continues until the child is 2 years old.
4. **Feeding children over 6 months**
   After 6 months, breast milk is not enough: the baby needs other foods. But it is important for a child's growth to continue until he/she is at least 2 years old (see below advice for HIV positive mothers). Young children have small stomachs and can only eat small portions at a time in frequent meals.
   Young children should have 2-4 meals a day plus 1-2 healthy snacks in between. Healthy snacks for children are: fruits, carrots, boiled eggs, sour milk, bread, sweet potatoes, roasted nuts and seeds.

Feeding babies of HIV-infected mothers

The Government of Lesotho recommends that HIV positive mothers receive antiretroviral therapy. Under antiretroviral therapy, mothers can exclusively breastfeed their babies until 6 months. However, mothers should be informed by the nutritionists of other options available to them according to their individual circumstances.

While still on antiretroviral therapy, mothers should introduce complementary feeding when the baby is 6 months and continue to breastfeed their babies until 12 months.

After 12 months of age, breastfeeding should only stop once a nutritionally adequate and safe diet without the breast milk can be provided to the infant. Appropriate complementary feeding should continue to be provided during this time.

EATING WELL

EATING HEALTHY AND WISE

We must eat a variety of foods every day in the right proportions so that our body gets enough energy and everything it needs to be active, to grow and to be protected against illness. Special attention should be paid to the diet of pregnant women and lactating mothers, children, elderly and sick people.

My name is

'Moho, re ka hola tlala!

and I am committed to fighting hunger and malnutrition in Lesotho!

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