



Recipes in a Food Aid Context



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Cooking: Choice

- Our decision process:
 - What dish do I want to eat?
 - What attributes should it have?
 - Taste, Appearance, Nutrition
 - How do I get it?
 - buy or prepare
 - Do I have equipment?
 - Cost, minor consideration



Cooking: Survival

- Poor family's decision process:
 - What do I have?
 - Food ingredients
 - Water, Fuel
 - Equipment
 - What can I buy?
 - Available, affordable
 - How many do I have to feed?
 - What attributes should it have?
 - Fill stomachs, taste
- Cost, a major consideration



Recipes for Food Aid Beneficiaries

- Educate about new ingredients
 - Functional properties
 - Interaction with other ingredients
 - Water, fat, salt, spices
 - Impact on dish attributes
 - texture, taste, mouth feel
 - Product handling
 - Storage, shelf life etc.
 - Nutritional benefits
 - Why they should use it
 - How to add to dishes
 - Percentage replacement
 - Relate to preferred foods
 - “soy meat”



Keep It Simple

Tortilla Bake

- 2 medium onions, chopped
- 1 green bell pepper, chopped
- 1/2 cup mild salsa
- 2 15.5-oz. cans chili beans (do not drain)
- 1 8-oz. can tomato sauce
- 1 cup TVP
- 1 cup corn kernels
- 3/4 cup water
- 1 2.25-oz. can sliced black olives, drained
- 1 Tbsp. chili powder
- 18 6" corn tortillas
- 1 cup shredded Mexican-style or cheddar cheese
- Optional garnishes: sliced tomatoes, olives and avocado

Groundnut Stew

- Oil. palm nut
- Onions
- Tomato
- Ground nut (peanut)
- TSP
- Spices
- Water

Nutrition and Presentation



Tortilla Bake



Groundnut TSP Stew,
can be served with rice