

RECIPE FROM DARFUR

The theme for Holocaust Memorial Day 2017 is **How can life go on?** In a set of six recipe cards, we share dishes that are important to communities targeted during genocide, encouraging everyone to learn about and celebrate the lives and cultures of those who were murdered.



HOW CAN LIFE GO ON?
HOLOCAUST MEMORIAL DAY 2017



Aseeda

Genocide in Darfur

Darfur is a region in the west of Sudan. Before the current conflict Darfur was home to a population of around six million people, from nearly 100 different tribes. Some tribes are nomadic or semi-nomadic, meaning they move around the land with their livestock. Others are farmers who remain settled on their own land. Most nomadic or semi-nomadic tribes consider themselves to be of Arab descent whereas most farming tribes consider themselves to be of black African descent. Nearly all are Muslims. Conflicts between the nomadic Arab herders and non-Arab farmers have often occurred as a result of competition for natural resources, grazing rights and disputes over land ownership. In recent years government policies have marginalised the non-Arab population of Darfur and have increased ethnic tensions.

In 2003 rebel groups attacked the Sudanese military in response to the government's policies. The Sudanese Government has responded with a brutal campaign of destruction directed at the villages of the ethnic groups that make up the rebel forces.

The civil war in Darfur has led to the deaths of between 200,000 and 400,000 civilians, and the

United Nations estimates that 2.7 million people are displaced in Darfur. These atrocities have been condemned as genocide by the International Criminal Court and governments around the world.

The ongoing genocide has had a devastating effect on agriculture and food in Darfur. The Sudanese Government has pursued a deliberate policy of agricultural destruction, leading to burned crops, destroyed irrigation systems and stolen livestock. Millions of people face hunger and starvation in Darfur. Despite this, some communities have refused food aid, as they fear receiving help will make them targets of further violence.

The genocide in Darfur continues today, and Sudanese President Omar al-Bashir is indicted on charges of genocide at the International Criminal Court. The ongoing genocide is often the main focus of any discussion around Darfur, but the region has a rich culture and history that must be preserved.

The theme for HMD 2017 is **How can life go on?** We invite you to cook and share this recipe as part of your HMD activity, and to celebrate the rich culture and cuisine of Darfur.

Find out more...

Genocide in Darfur: hmd.org.uk/darfur
Holocaust Memorial Day Trust: hmd.org.uk



**HOLOCAUST
MEMORIAL
DAY TRUST**

Aseeda

Aseeda is a high-energy food eaten at most meals in Darfur and is often combined with a stew or curry containing okra. A staple food in Darfur, aseeda is an excellent source of energy for the strenuous agricultural work which is the backbone of the Darfuri economy. It is also said that aseeda is essential to sustain Darfuri men, known for their strong physique!

Aseeda is simple and cheap to prepare. It should be eaten with a stew or gravy - if you'd like to try something new, why not make *Mullah Tagalia*, a delicious red stew that is usually eaten with aseeda? The following recipe makes enough aseeda for 1-2 people, depending on the size of the mould used. Aseeda is meant for sharing, so make sure you cook enough for everybody!

Ingredients

- 250g millet flour - finely ground. (Other flours such as wheat, cassava or even rice flour can be used if you prefer.)
- 300ml water
- 2-3 tsp salt
- 250-350ml cold water - to make batter
- 1-2 tbsp oil

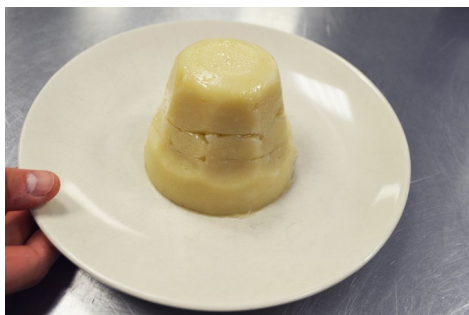
Method



In a bowl, gradually add the millet flour to your cold water while stirring gently. Your aim is to make a light batter without any lumps.



Bring approximately 300ml of water to a gentle boil in a medium sized saucepan. Slowly add the flour and water batter and quickly stir into a thick porridge. Keep the pan on a medium / low heat while occasionally stirring for 5-10 minutes to ensure the flour is cooked throughout and that there are no lumps. The mixture will bubble and thicken into the correct consistency of warmed porridge. If it's too solid or too runny, gradually add water or flour to balance the consistency. Season with salt to taste and stir in.



Prepare cereal bowls as moulds. Jelly moulds may be used for more interesting shapes! Place a tablespoon of oil in the base and grease the sides of the mould.

Check the flour is cooked by removing a small piece of your porridge with a spoon and allow it to cool slightly. If the porridge sticks to wet fingers it has not fully cooked. Pour the cooked porridge into the moulds and allow to cool for 10-20 minutes. Once fully cooled, carefully turn out onto a serving dish.

Aseeda can be served plain, but is best eaten with your choice of stew for a filling meal that provides energy and keeps hunger at bay.

This recipe has been kindly shared with us by Omer Eltigani, author of *The Sudanese Kitchen* which profiles the fascinating culture and history behind Sudan's dishes. For more wonderful cuisine and to order *The Sudanese Kitchen* visit sudaneseKitchen.com