

RECIPE FROM RWANDA

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.



Ibirayi n'amashaza

Genocide in Rwanda

Over 100 days in 1994 over 800,000 Tutsis and moderate Hutus were murdered in the Genocide in Rwanda. The genocide took place following decades of increasing tension between the Hutu majority and the Tutsi minority. The Tutsis faced increasing marginalisation and persecution following the election of the first Hutu government in 1961.

On 6 April 1994 the plane carrying the Rwandan Hutu President was shot down. Extremist Hutu leaders accused Tutsis of killing him and Hutu civilians were ordered by state radio, newspapers and word of mouth to wipe out the Tutsis as their duty.

Despite its colossal scale, the Genocide in Rwanda was carried out almost entirely by hand and victims were murdered through the use of machetes and clubs. Many of the perpetrators were members of the *Interahamwe*, civilian death squads trained for genocide and supported by the Rwandan government. Politicians, civil servants, intellectuals and professional soldiers incited the killers to violence and were often involved themselves. Local officials assisted in rounding up victims and making suitable places available for slaughter.

Frequently the killers were people their victims knew - neighbours, workmates, former friends, sometimes even relatives through marriage.

The genocide had a devastating impact on the food supply of Rwanda, with farmers either fleeing their land or leaving their crops untended to participate in the violence. As food became scarce, people were forced to eat their livestock, further worsening the situation.

In the chaos of the genocide, perpetrators ensured that farmland was neglected, burned, polluted and deliberately poisoned, severely damaging productivity. Food supplies were disrupted by the genocide and people were not able to search for food without the risk of being killed. In some cases weaker members of society such as children and the elderly starved to death whilst in hiding and limited emergency food rations in refugee centres meant many people suffered from malnutrition.

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 Rwanda.

Find out more...

Genocide in Rwanda: hmd.org.uk/rwanda
Holocaust Memorial Day Trust: hmd.org.uk



HOLOCAUST
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Ibirayi n'amashaza

This dish is very widely eaten in Rwanda and is a delicious, filling vegetarian meal enjoyed by all. It is incredibly easy, quick and cheap to make, so why not give it a try!

This recipe comes to us from Sophie Musabe, a survivor of the Genocide in Rwanda, although sadly, many of her family were killed. Sophie managed to escape and went to India for her studies. She met her husband and had children, and now lives in London. Currently working as a nurse, Sophie often gives talks on her experiences during the genocide and in the years since. She has very kindly shared this recipe with us in order to give us a real taste of Rwanda!



Ingredients

- 400g baby potatoes
- 300g peas
- 2 onions, roughly chopped
- 1 red pepper, chopped
- 1 green pepper, chopped
- 300g button mushrooms, chopped
- 1 can tomatoes
- 2 tbsp olive oil
- ½ tsp cayenne pepper
- 3 tsp Aromatt Knorr spice blend or 3 Maggi cubes (available in the world food section of your local supermarket)
- ½ tsp ground black pepper
- 1 ripe avocado, peeled and chopped
- 1 ripe papaya, peeled and chopped (optional)

Method



This recipe feeds 2 people. Steam or boil the baby potatoes whole until they are cooked all the way through. Allow the potatoes to cool and then peel them, setting the whole peeled potatoes to one side.

Heat the oil in a large pan on a medium / high heat, then fry the onions until they become translucent and slightly brown in colour.

Add the peas and cook for a further 2-3 minutes, then add the peppers, tomatoes, mushrooms and spices. Keep stirring the mixture until the mushrooms and peppers are soft and cooked through.

Finally, add the peeled potatoes, and stir the mixture to ensure it is coated in spices. Garnish with the avocado and serve immediately.

For a full meal, serve with a glass of water and the papaya as a dessert.



This recipe has been very kindly given to us by Sophie Musabe, a survivor of the Genocide in Rwanda who now lives in the UK.

You can read Sophie's life story on our website: hmd.org.uk/sophie