

Appendix G. Household Food Preparation and Consumption

Cereals

The main food dishes consumed by households in this area are made from sorghum and millet. Millet is preferred over sorghum because of its taste and high nutritive value. Both of these grains are ground into flour (usually at the village mill) and allowed to ferment over night before they are prepared into food dishes. Mainly they are consumed in one of two ways:

- 9asiida - This is a porridge made from fermented millet or sorghum flour. It is prepared by boiling water in a medium container and gradually adding the flour with continuous stirring for a half an hour or more. This porridge is then placed in large bowls and eaten with various types of sauce (mulaah).
- kisra - Made from fermented flour (usually sorghum) it resembles a crepe. It is prepared by pouring the batter onto a hot, flat metal surface (saaj). After spreading the batter out very thinly and allowing it to cook for 15 to 30 seconds, the kisra is peeled off the hot surface and ready to be eaten. It is also eaten with various types of sauce (mulaah).

The fuel used in preparing these grain dishes is usually dry wood (Hatab) gathered by the women of the household. Occasionally, millet stalks are also used in the preparation of kisra.

Sauces

As stated earlier, 9asiida and kisra are usually eaten with a sauce called mulaah. There are several kinds of mulaah eaten in this area, such as sharmuut (made from dried meat), luubiya (made from cow peas), roob (made from milk), and dam9a (made from fresh meat). Descriptions of the ingredients and preparation techniques for each of these types of mulaah are presented below.

mulaah - This is dried meat prepared from beef or goat or rarely mutton or sharmuut camel. This meat is usually obtained from the village butcher who sells it once or twice a week. (kg. costs 130-150 pts.) The meat is usually cut into strips and allowed to dry for several days before it is used.

onions (başul) - Onions are purchased from village merchants. One pound (1 rootl) sells for 20 to 30 pts.

oil (zeet) - This is usually sesame oil or sometimes groundnut oil which is purchased from village shops for 70-80 pts. a pound (rootl).

okra (weeka) - This is usually dried okra powder. Often households grow their own okra. Women are responsible for the cultivation of this crop.