Preparation procedures:

They gradually mix millet flour with boiling water with continuous stirring for about half an hour. After this, they add a small piece of 9atruun to the flour mix. This substance is poured into bowls called koora, and milk, samin and sugar are poured over it.

taktulni- This food is made from cowpeas, sesame and salt.

Preparation procedures:

As with shagratee, they first grind sesame mixed with water in a mortar until it turns to an oily butter-like substance. They then clean the cow peas by soaking them in water and boiling these for about half an hour to an hour until they are soft. The soft cowpeas are then mixed with the oily sesame substance and salt is added. This dish is eaten by itself. It is a common meal for people working in the fields during harvest time.

GENERAL CONSUMPTION PATTERNS OF HOUSEHOLDS IN THIS AREA

The following discussion will focus on general consumption patterns of households in this area, identifying meal times and the usual types of foods eaten. These data were based on 24 hour recalls collected from women in several households of the three villages under intensive study.

Pre-breakfast (shaai or "tea") 6:00 to 7:30 a.m.

Usually the only thing consumed before breakfast is tea. This is either drunk with milk and sugar or with sugar alone. The tea is usually purchased from village shops for 12 to 15 pts. per ounce. Most families obtain milk from their own animals (either cows or goats). However, sometimes milk is purchased from other villages for 20 to 25 pts. a rooVl, or people will buy powdered milk from village merchants. The sugar is either bought from merchants at black market prices (80 to 120 pts. per rooVl) or it is gotten through a government distribution program (tamwiin) for 40 to 45 pts. a pound.

Breakfast (faţuur) 9:30 to 10:30 a.m. (8:00 on the farm)

In most cases, the main breakfast meal includes 9asiida and a mulaaH. Rarely is kisra eaten for breakfast. MulaaH roob is commonly served although sharmuut, tagaliya, luubiya and dam9a are served also. Sometimes shagratee will be eaten for a change of pace. Tea with sugar is commonly drunk after the meal.

Lunch (ghada) 2:30 to 3:30 p.m. (1:00 p.m. on the farm)

Either 9asiida or kisra will be eaten with a mulaaH. Occasionally, in the villages with big markets, lunches prepared on market day will consist of fresh meat and vegetables. Vegetables which may be served include tomatoes, eggplant, potatoes, okra, sweet potatoes, pumpkin.