

IDEX

International
Development
Exchange

Recipes **THAT CHANGE THE WORLD**



Food is at the core of who we are—as individuals, as families, as communities, as nations. It is not just how we nourish our bodies, but our hearts and souls as well.

From the first bites we are fed as babies, food is a way we are shown we are loved. It shapes our connections to each other and the world around us.

At IDEX, we want to show this love to you. As we celebrate our 30th year anniversary in 2015, we know that the key ingredient for long-lasting social change is visionary and effective local leadership.

Every day, our partners grow food that heals rather than destroys the earth. They rebuild Nepal. They reimagine wealth in their communities. They fight for climate justice.

And what better way to celebrate our partners' successes – *which you make possible* – than by sharing recipes that connect us all!

On behalf of our inspiring and dedicated partners in the Global South, we humbly ask for your donation to help extend their reach and impact. You can use the envelope inside this booklet, or donate online at: donate.idex.org/30recipes

We share these recipes from our hearts to your table. May the tastes and smells of our collection entice and nourish you, and connect you to your loved ones. And may the stories of hope, change, and love from our partners inspire you all year long!

In gratitude and solidarity,

Rajivini Bhansali

P.S. To see the complete set of recipes from our “30 days of recipes that change the world” online campaign, visit: www.idex.org/30recipes.



Genoveva's Taquitos de Papa

3 large potatoes, boiled and peeled	1/3 cup shredded mozzarella
1 medium onion, diced	20-25 corn tortillas
3 cloves of garlic, minced	vegetable oil for frying
1 package queso fresco, crumbled	salt and pepper to taste

In a large bowl, mash the boiled potatoes, mix in onion, garlic and both cheeses. Add salt and pepper to taste. Mix thoroughly and set aside. Heat enough oil in a frying pan to fry taquitos. To assemble, warm up tortilla (in a comal or dry frying pan). Scoop and place a few tablespoons of potato mixture onto the warm tortilla. Roll tortilla into a cylinder and place in frying pan. Fry all sides until golden in color. Drain taquitos on paper towels to soak up excess oil. Serve warm with salsa, guacamole, lettuce, crema (Mexican sour cream) and/or additional queso fresco.



These taquitos – fried rolled tacos with a delectable potato and cheese filling – were a favorite of Verónica Moreno, IDEX's operations coordinator, growing up – a comforting Mexican dish made by her mother Genoveva.

Although you'll need just one type of potato for this recipe, new IDEX grantee Asociación ANDES works with farmers in the Parque de la Papa (Potato Park) in Cusco, Peru. There they are growing more than 1,400 native varieties of potato. More than 6,000 people from five distinct indigenous Quechua communities have united in an effort to preserve and recover the biodiversity of their potatoes.



Matt Wood

Sharon's Magic Raw Walnut Taco Dip

2 cups raw walnuts, soaked overnight drained & rinsed
 2 tbsp oil-free sun-dried tomatoes, soaked until soft (soak in minimal amount of water, just enough to cover them)
 1 clove garlic
 1 tsp fajita seasoning blend (or make your own)
 1/2 tsp smoked paprika
 2 tbsp lemon juice
 1/4 cup chopped yellow onion

Put all the above ingredients in a food processor. Pulse blend until it becomes a coarse crumble mix and enjoy.



Writer, actor and playwright Sharon Bridgforth shared this recipe during a recent workshop with IDEX staff exploring the relationship between art, healing, and community building. Sharon, along with Dr. Omi Osun Joni L. Jones, is an artist-in-residence at IDEX, helping us build a healthy organization from the inside out.

In addition to her many creative gifts, Sharon is also an incredible cook and brought something else (quite literally) to the IDEX table: this delicious and healthy walnut dip. It is wonderful as taco filling, a dip, spread on a sandwich, or in a salad. The IDEX team couldn't get enough of it!

Zimbabwe Specialty: Muriwo neDovi (Leafy Greens in Peanut Butter)



Anton Ignatenco

2 medium onions, finely chopped
 2 tbs butter or oil
 1/2 tsp salt
 1/2 tsp pepper
 1/2 tsp cayenne pepper (optional)
 3 to 4 tomatoes (can also substitute tomato paste)

6 tbsp creamy peanut butter
 1/2 pound leafy greens (Mustard greens or pumpkin leaves work best in this recipe, but spinach, collard greens, etc. are also delicious)

Cook onions with butter in a big stew pot until browned. Add garlic, salt, and seasonings. Add the tomatoes and mash them with a fork. Add half the peanut butter to the pot, lower heat, and continue to simmer. In a separate pan, cook the greens with about 2 Tablespoons of oil or butter in a saucepan until leaves are limp and tender and add them in to the stew pot. Add the rest of the peanut butter and heat for 5 minutes. Add a bit of water if mixture seems too dry. Add additional salt to taste.



When Yeshica Weerasekera, Regional Director for Africa, visited new IDEX grantee ZIMSOFF, she had the opportunity to meet with its chairperson, Elizabeth Mpofu, in her rural homestead. Yeshica was reminded of the long hours small-scale women farmers put in on a daily basis.

Elizabeth is not only a mother, farmer, and chairperson of ZIMSOFF, a dynamic group made up of nearly 20,000 farmers that promotes organic farming and ecological land use. She is also the General Coordinator of La Via Campesina, a global movement of millions of smallholder farmers focused on food sovereignty. To get all this done, Elizabeth definitely needs hearty, nutritious, and yummy food like this!

You're A Part Of The Recipe For Success

For over 30 years, IDEX's work and our grantees' programs have depended on the generosity of people like you. We hope that you will make a long-term investment in IDEX or, if you are new to us, will consider joining our community of dedicated donors.

Why do individuals like you donate to IDEX?

- You care about the **devastating effects of poverty** and injustice on people in the Global South.
- You have experiences in your own life that remind you of the **preciousness of life and the gifts of nature**.
- Contributing to IDEX gives you a **way to make a difference** in the face of some of the world's grim realities.
- You want to **express gratitude** for all of the blessings in your life. It **feeds your hope** when you stand in solidarity with others.

Giving to IDEX makes good sense:

1. Contributions to IDEX **directly reach grassroots organizations** that intimately know and care for people in their communities.
2. IDEX's **investments leverage** the resilience and solidarity found in communities in Africa, Asia, and South America.
3. IDEX partners mobilize local volunteers and resources that **stretch your donation** even further.
4. Our partners' work leads to **lasting and tangible changes** as a result of your contribution.
5. Your generosity gives the true heroes of this world the resources, energy, and **encouragement to keep going** to make a difference.

Four Ways to Give To IDEX

1) All the ways you can imagine

- Easiest is donating online at: donate.idex.org/30recipes
- Snail mail works too. Kindly make checks payable to "IDEX," and with the enclosed envelope, send them to: IDEX, 333 Valencia Street, Suite 250, San Francisco, CA 94103-3547
- To talk to a real human being and donate to IDEX over the phone using a credit card, call Veronica Moreno at 415-824-8384 ext. 109.

2) Stock or securities

If you have appreciated stock that you have held for one or more years, consider a gift of stock to IDEX and save on taxes. When you give the stock directly to IDEX, you not only receive a tax deduction for your gift at the current market value, you also avoid tax liability on the appreciated gain.

For more information on how to make a stock or securities transfer, download information at: www.idex.org/stock-gift or phone 415-824-8384.

3) Matching gifts through your workplace

Many employers make matching gifts to charities that will double the size of your contribution! Find out if your employer participates in matching gift program here: www.matchinggifts.com/uofminn2. If you have any questions, phone 415-824-8384.

4) Legacy or planned gift

Our planned gift program offers a variety of gift vehicles that may offer increased benefits to you and to IDEX by coordinating your giving with your financial or estate planning. Please contact Rajasvini Bhansali, at vinini@idex.org or phone 415-824-8384, ext. 101 for more information.

Benita's Chicken Mole del Alberto (Serves 10 people)



Chicken (and stock)

8 garlic cloves
1 onion
2 chickens cut in pieces

2 kg of mixed vegetables, chopped (carrots, green beans, zucchini, squash, etc...)

1 cup rice
Salt

Mole Sauce

½ cup hazelnuts
½ cup almonds
½ cup walnuts
½ cup peanuts
½ cup pumpkin seeds
½ cup raisins
½ cup ground chili

5 TS of Chocolate "Abuelita"
1 pinch cumin
1 pinch sesame seeds
1 pinch pepper
1 pinch clove
1 pinch thyme

1 pinch cinnamon
1 pinch marjoram
1 pinch mint
1 small piece of bread or 2 tortillas
Garlic
Onion

After setting the chicken, vegetables, and rice to boil, grind all the nuts and spices for the mole sauce. Start cooking them in oil and add the garlic, onion, and bread or tortilla. When the mix heats up, add some of the chicken stock liquid from above and let it cook, stirring slowly, until it becomes thick.

Serve mole sauce over cooked chicken, vegetables, and rice.



This recipe is shared by the members of an artisans cooperative in Mexico supported by an IDEX partner organization, Nepi Behña. Rosalía, who is in charge of the group's vegetable garden and the seedbed, shares: "When I first joined the cooperative, I thought that I just had to deliver my sponges [a beauty product that the cooperative makes], get paid, and that was all. But I have learnt what sustainable agriculture is about.

"Actually we can all have...a backyard vegetable garden. We don't have to buy vegetables. Everything can be natural as long as you know how to cultivate it, and that guarantees a good diet for our families."

Sam's Cauliflower "Fried Rice"

1 medium head (about 24 oz) cauliflower, rinsed
1 tbsp sesame oil
2 egg whites
1 large egg
pinch of salt
cooking spray
1/2 small onion, diced fine

1/2 cup frozen peas and carrots
2 garlic cloves, minced
5 scallions, diced, whites and greens separated
3 tbsp soy sauce, or more to taste (use tamari to make this dish gluten-free)

Remove the core and let the cauliflower dry completely. Coarsely chop into florets, then place half of the cauliflower in a food processor and pulse until the cauliflower is small and has the texture of rice or couscous – don't over process or it will get mushy. Set aside and repeat with the remaining cauliflower.

Combine egg and egg whites in a small bowl and beat with a fork. Season with salt. Heat a large sauté pan or wok over medium heat and spray with oil. Add the eggs and cook, turning a few times until set; set aside. Add the sesame oil and sauté onions, scallion whites, peas and carrots and garlic about 3 to 4 minutes, or until soft. Raise the heat to medium-high. Add the cauliflower "rice" to the sauté pan along with soy sauce. Mix, cover and cook approximately 5 to 6 minutes, stirring frequently, until the cauliflower is slightly crispy on the outside but tender on the inside. Add the egg then remove from heat and mix in scallion greens. Serves 4.

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IDEX Director of Finance and Operations Sam Fowler shares their favorite vegetarian dish. This "rice" is perfect for those on a grain-free diet or those just looking to up their vegetable intake. (Or get more veggies in kids' mouths!)

Vegetables are also the star in the gardens of IDEX partner Surplus People Project (SPP). Started in the early 1980s to support South Africa's black communities to resist forced evictions under apartheid, SPP today works with impoverished communities to access healthy, sustainable food. SPP supports smaller groups like Bambanani Food Garden, which operates out of a local primary school and provides a daily meal to approximately 1,200 students. How's that for getting food into kids' mouths?!



Rajiv's Rejuvenating Remedy, or "Resiliency in a Cup"

2-3 tsp turmeric

12 cloves

6 tsps chopped fresh ginger

1 tsp honey

1 lemon

Take a large pot of water (approximately 4 quarts); add more water if needed. Add generous amounts of turmeric, dozen cloves, chopped ginger.

Boil the above mixture uncovered over high heat. After it has boiled, continue boiling for 6-8 minutes over high heat. You may lose a lot of water, so ensure that you put generous amounts of water at the beginning. Once the home brew has brewed, stir it gently and use a ladle to pour it into a cup. Before drinking, squeeze lemon juice and 1 tsp honey into the cup.

Rajiv's notes on the ingredients: Err on the side of more not less. More ginger, cloves and turmeric will only increase the potency. Also, the turmeric has a tendency to settle at the bottom of the pot and cup, so ensure that you stir constantly even while sipping. Be cautious as you use turmeric because it can stain your counters and any fabric it comes in contact with, so take your time in pouring the home brew into a cup.



"Knowledge of the magic of turmeric comes from my grandmother, who grew up in India" says Rajiv Khanna, IDEX's Director of Learning and Evaluation. "When we were ill, she would give us this drink with one of the most powerful natural antioxidants on this planet."

Tumeric is grown in Rajasthan, India, where IDEX partner GRAVIS works to make communities more resilient in the world's most densely populated desert

ecosystem. GRAVIS reaches over one million people with their holistic approach that focuses on water security, food security, health, and education.

"This home brew is an inter-generational, cross-geographical, ancestral, modern, natural mix," says Rajiv. "It heals our people and communities wherever they may be."



Tuned In

How-to-make-friends Poppy Seed Cake

Cake:

3 cups flour

2 1/2 cups sugar

1 1/2 tsp baking powder

1 1/2 tsp salt

1 1/2 tsp almond extract

1 1/2 tsp vanilla

2 1/2 tbsp poppy seed

1 1/2 cups milk

1 1/4 cups vegetable oil

3 eggs

Glaze:

1/2 tsp almond extract

1/2 tsp vanilla

3/4 cup sugar

1/4 cup orange juice

3 tbsp melted butter

Mix all the above cake ingredients together and beat for 2 minutes. Bake in a well-greased and floured bundt cake pan (or 2 bread loaf pans) at 350 degrees for 1 hour and 15 minutes, or until toothpick comes out clean. Mix glaze ingredients in a separate bowl. While the cake is still very hot, pour the glaze over the top.

"Whenever I get invited to someone's house for the first time, I bake my 'go-to' cake and bring it with me," says Jennifer Lentfer, IDEX's Director of Communications.

In Chiapas, Mexico, IDEX partner DESMI works with a bakery cooperative run by 30 enterprising women who have been baking for 20 years now. DESMI's model for economic empowerment, called the Solidarity Economy, builds on indigenous practices such as *trueque* (barter system) and *tequio* (community improvement projects undertaken collectively). DESMI's revolving loan fund has helped get dozens of cooperatives off and running – including bakeries, organic coffee ventures, vegetable farms, and honey-making projects.



"Baked goods are a natural expression of love and friendship," says Jennifer. "Plus, this recipe makes a tasty, quick, and easy gift!"

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Warm wishes
from the
IDEX family...