

# African Harvest looks to showcase cuisine, NGO

## A taste of education.

Farm Radio International celebrates its 35th year with 'foodie event' that will highlight the flavours of Africa

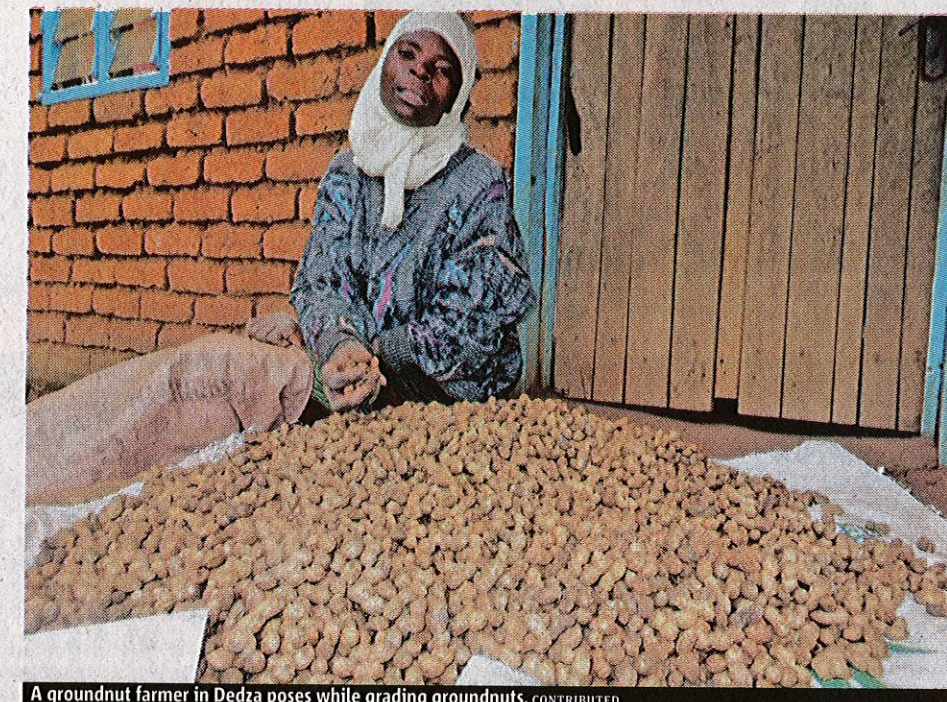
After 35 years of Canadians helping farmers in Africa, two chefs — one from Ottawa and one from Toronto — are teaming up to bring a taste of African cuisine and agriculture to Canada's capital.

"It's our 35th anniversary," said Farm Radio International (FRI) spokesperson Katherine Walraven, of the reason for the "African Harvest" event happening at the Saint Brigid's Centre for the Arts on St. Patrick Street on May 1.

Started in 1975 by a CBC employee named George Atkins, FRI is an NGO that distributes educational radio scripts to 530 broadcasting partners in more than 38 sub-Saharan African countries. Atkins was struck during a visit to Zambia by the gap between what farmers listening to radio needed in terms of informational programming and the information they were getting, which related to issues in more developed countries.

"They were doing programs about how to change spark plugs, when nobody had a tractor," said Walraven.

As FRI's work touches now on issues of food security and sustainability



A groundnut farmer in Dedza poses while grading groundnuts. CONTRIBUTED

the group decided to do a "foodie event," said Walraven.

The event brings together Chef Jeff Crump of the Landmark Group, which runs five restaurants and a 100-acre organic farm, and Ottawa-based Chef Andrée Riffou of C'est Bon Cooking. Together, they will combine a number of ingredients into small plates that will showcase African flavours.

Guests will enjoy live cooking demonstrations and local craft beer.

Tickets for the African Harvest event are available for \$75 by phone at 1-888-773-7717.

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## Groundnut (Peanut) Soup

In many African countries, peanuts are called groundnuts, as they grow underground.

- 3-4 lbs beef, poultry, or fish (Vegetarians can use tofu, beans or quinoa)
- 1 tsp salt
- 1 1/4 cup natural peanut butter
- 1/4 cup tomato paste
- 3 tsp cayenne pepper
- 8 cups water
- 1 tsp ground ginger
- 1 1/2 cubes chicken, shrimp, beef or vegetable stock
- 1/4 cup chopped onion
- 2 tsp salt

Combine meat or fish with 1 tsp salt in large pot with enough water to cover and steam until fully cooked. Mix peanut butter and tomato paste with cayenne in separate pot, and slowly blend in 2 cups water. Cook on medium, cover and stir occasionally for 20 minutes. Add remaining 6 cups water, stirring it in slowly. Reduce heat to medium-low. Add meat or fish, ginger, stock cubes, onion and salt. Boil for 30-40 minutes, stirring occasionally. Makes 6 servings.

FROM THE SPICE OF GHANA LIFE: THE GUIDE TO GHANAIAN CUISINE (2009)