

# Make a meal of it



## BBQ recipe ideas

Zimbabwean recipes, salads, vegetarian burgers

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Having fun in the sun

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## BBQ RECIPE IDEAS

In Zimbabwe, braais (the Zimbabwean word for 'barbecues') are very popular. Although similar, the braai is not to be confused with its South African neighbour that shares the same name, because the Zimbabwe braai is prepared and spiced differently!

Here's an idea from Tearfund's Zimbabwe advisor Evie Kennedy for how to create an authentic Zimbabwean braai.

### Evie Kennedy's guide to making a good braai:

#### You will need:

Sun (probably a little more guaranteed in Zimbabwe than in Britain!)

A good fire

Good selection of meat (Nyama in the Shona language) – steak, *Boerewors* (see below), sausages, chicken and almost any other meat apart from hot dogs and hamburgers!

Bread rolls

Selection of salads: green, potato, coleslaw

Garlic bread

*Sadza* (this is the Zimbabwean staple food of corn meal cooked up until thick)

Braai relish

### Meat (Nyama)

- Some people may like to marinate the steak but if you're going for true authenticity, black Zimbabweans do not do this. They opt just to season the steak with salt, or curry powder, or maybe drizzle some oil over it so it does not become too dry.
- Chicken can be nice marinated in a few squeezes of lemon juice, some mixed herbs and some garlic chopped up small. Leave for a couple of hours or overnight.
- *Boerewors* is a South African sausage which is a key part of a braai if you can get it. It is available at most South African shops. If you Google 'South African shop', you should be able to find one in your area.

(For your vegetarian guests, you might like to use the chickpea and herb burger recipe created by Jenny Bristow, a celebrity chef in Northern Ireland – see below.)

### Sadza

You can usually buy maize meal (in Zimbabwe, it's called *mielie meal*) in South African shops, but it's also now available in some big supermarkets. If you can't find *Sadza*, it is not the end of the world and you should be fine with your rolls and salads!

*Sadza* is a little bit tricky to cook and requires some upper-arm strength as there is a lot of stirring involved!

For instructions on how to cook *Sadza*, go to [www.chirundu.com](http://www.chirundu.com)

### Braai relish

Relish is great, either as a condiment to put on your meat in a roll, or to accompany your *Sadza*!

### Ingredients

5 large ripe tomatoes diced (or if you prefer convenience like me then two cans of chopped tomatoes)

1 onion diced

Garlic finely chopped (amount depends on how much you like)

Mixed herbs

Chopped chilli (this does add a bit of a bite but be careful not to add too much!)

Worcestershire sauce

Salt and pepper to taste

### Method

1. Lightly fry the onions, garlic, herbs and chilli until golden brown.
2. Add the tomatoes and a splash of Worcestershire sauce and bring to the boil. Then turn down and allow to simmer for ten minutes, stirring occasionally.
3. Add salt and pepper to taste.



## Salads

A braai would normally have a good selection of salads. There is no special trick to these, but adding some avocado to the green salad would give it a more Southern African flavour.

Northern Ireland celebrity chef Jenny Bristow has come up with these recipes:

### Jenny Bristow's cucumber and radish salad

#### Ingredients

- 1 large cucumber, peeled and diced
- 10-12 red radishes, topped and cut into fine strips
- 1 dessertspoon finely shredded coriander or flat leaf parsley, finely shredded
- 1 tablespoon white wine vinegar
- 1 teaspoon sesame oil
- ½ teaspoon caster sugar
- 1 tablespoon soy sauce
- ¼ teaspoon English mustard
- Lettuce leaves

#### Method

1. Prepare the vegetables and place in a bowl with the coriander or flat leaf parsley.
2. To make the dressing, place the vinegar, oil, sugar, soy sauce and mustard in a bowl or screw-top jar and mix or shake well.
3. Arrange the vegetables in a dish on top of a bed of lamb's lettuce or leaves of your choice.
4. Just before serving, pour the dressing over the salad.

## Vegetarian option

### Jenny Bristow's chickpea and herb burgers

Vegetarian burgers are delicious and can be made using all kinds of ingredients. For a change try replacing the chickpeas with chopped mushrooms or lentils. Be careful not to make the burgers too big or they may break up.

Makes 8–10 burgers

#### Ingredients

- 1 tin chickpeas
- 1 dessertspoon olive oil
- 2 onions finely chopped
- 2 cloves of garlic – finely chopped
- 50g/2oz chopped almonds
- 2 dessertspoons fresh herbs, (e.g. basil, parsley, oregano) finely chopped
- Salt and freshly ground black pepper
- 2 eggs lightly beaten
- 50g/2oz plain flour
- 110g/4oz breadcrumbs

#### Method

1. Drain and mash the chickpeas to a soft purée.
2. In a shallow pan heat the oil and add the onion and garlic. Cook for two to three minutes until softened.
3. Add the chickpeas purée and continue cooking for a further two minutes.
4. Add the chopped almonds and herbs and mix well.
5. Season with salt and freshly ground black pepper.
6. Transfer the mixture to a bowl and allow to cool slightly.
7. Add one egg and mix well to bind the ingredients.
8. Now use a tablespoon or your hands to shape the mixture into round patties.
9. Coat the burgers lightly in flour and dip into the remaining lightly beaten egg.
10. Finally, toss the burgers in breadcrumbs. Pat down well and leave to cool before cooking.
11. When you're ready, cook them on the barbeque for about ten minutes.





## CHILDREN'S ACTIVITIES

1

Children love fundraising – so you might like to get them to make some cakes, and put them in charge of the 'cake table'.

2

If you're feeling creative, and you want to do a themed event, then you could go for a pirate theme and hold a treasure hunt for the children. If you choose to adopt Zimbabwe as your theme – and use the braai recipe ideas – you could hand round Zimbabwe quiz sheets. (You can download a Zimbabwe multiple-choice quiz from our website at [www.tearfund.ie](http://www.tearfund.ie)).

You could always charge children 20 pence for a quiz sheet, with half the amount raised forming a prize fund for the winner (or the child's parent – depending on who answers most of the questions!), and the other half going to Tearfund.

3

You could ask someone with a loud voice (or a whistle) to oversee a ten- or 20-minute games slot. Ideal games for a summer event outside include:

- three-legged race
- egg-and-spoon race
- relays
- passing things between legs or over heads
- sack races.

For those of you planning a fairly long event, you could consider using the children's races as a way to raise money in a fun way. Maybe the children could be sponsored for a relay race or a walk around the field or garden? Sponsorship forms can be downloaded from the Tearfund Ireland website: [www.tearfund.ie](http://www.tearfund.ie)

You might want to download the short Zimbabwe quiz from the website as a wet weather back-up plan!

**[www.tearfund.ie](http://www.tearfund.ie)**



## ORGANISER'S CHECKLIST

### CHECKLIST FOR A LARGE EVENT

We've done all the hard work – so you don't have to! It may be that you're just planning a small gathering with a few friends, but if you'd like to organise a larger event for your church or community, here are some ideas:

#### ONE OR TWO MONTHS BEFORE

- Gather a good team of helpers to plan and execute the event.
- Invitations/advertising: personal invitations are always best. As well as using flyers or posters, you could ask people to ring around friends in other local churches, networks, places of work etc. Phone up/remind people again a week or two before the event.
- Identify a neutral venue, local playing field, community centre etc.
- Draw up a wet weather contingency plan.
- Involve a local celebrity (if you have one!)
- Inform local media, as it might make an article in the local paper or an item on local radio, and they might want to diary the event and send a photographer or reporter along.
- Health and safety considerations:
  1. Barbecues are hot...!
  2. For regulations regarding electric cables etc for your PA system, or having music, please get advice from your local council. The council will also advise on the requirements concerning Public Liability Insurance which may apply depending on the size of your event.
  3. If you're selling food you will need to consider legal requirements relating to food safety, health and hygiene. It's best to check with your local council beforehand.



- You could ask for contributions towards the event from local businesses, eg bread rolls, drink cans at cost price, sale-or-return food – and you might want to acknowledge traders' generosity on your invites, at the event or in a local newspaper article about the event.

#### ON THE DAY

- Have a Tearfund table with literature – resources are available to order in the 'get involved' section of our website: [www.tearfund.ie](http://www.tearfund.ie)
- Children love fundraising – so you could ask any children coming along to make some cakes, and then put them in charge of the 'cake table' on the day. Alternatively, you might want to run a quiz or treasure hunt for the children, but there's a lot more preparatory work involved in that of course! It might be easier simply to organise a few games such as a three-legged race, egg-and-spoon race, relays, passing things between legs or over heads, or sack races. If your event is fairly long, ie. 2-3 hours, you could ask guests to sponsor the children to take part in a relay race or a walk around the field as a way of raising money in a fun way. Sponsorship forms can be downloaded from the Tearfund Ireland website.
- If you decide to go for an entry charge to your event rather than a donation-on-the-day, then your ticket price could include food, but you could also sell cakes made by children, or have a drinks table where non-alcoholic drinks can be bought.





## DONATIONS AT YOUR MAKE A MEAL OF IT EVENT

Your summer event is about having fun together – but it is also about raising vital support to meet the urgent needs in Zimbabwe where the poorest of the poor face a desperate hand-to-mouth existence.

Please leave a box where people can put their cash donations or cheques.

### Cheques

Please ask people to make cheques payable to 'Tearfund'.

Thank everyone: encourage your friends, family, church and/or community that they have been part of a miracle – helping to release 50 million people from material and spiritual poverty through a worldwide network of 100,000 local churches.

### Afterwards:

#### Cash

If you receive cash donations, please make out one cheque for the total amount, payable to 'Tearfund'.

#### Sending everything to Tearfund

We would love to hear how you get on.

Please fill in a feedback label which you can download from [www.tearfund.ie](http://www.tearfund.ie)

Then, in *one* envelope, send all the cheques (with the words **Make a meal of it** written on the back of each) and the feedback label to:

#### Address

Tearfund Ireland  
5–7 Upper O'Connell Street  
Dublin 1

We will send you an acknowledgement of how much your church has raised.

[www.tearfund.ie](http://www.tearfund.ie)

Registered Charity No. CHY 8600

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