

INTERNATIONAL INSTANT MEETING IDEAS

BOLIVIA

Sparks: Craft: Painted Gourds

Paint a gourd with symmetrical designs for a Bolivian look.

In the Andes, gourd painting is a popular craft. Pick up gourds at the grocery store and carve out the insides the way you would a pumpkin at Halloween. Search for hard-shell gourds for a project that will last a long time. Keep the gourds whole and paint them using Bolivian designs or cut them into shapes to make such things as bird houses, baskets or even purses before painting using Andes-style patterns.



From: http://www.ehow.com/info_8365468_bolivian-crafts-children.html

Brownies and Guides: Craft: God's Eye

The 'Ojo de Dios' or God's Eye is an ancient symbol made by the Huichol Indians of Mexico and the Aymara Indians of Bolivia. In Mexico, The central eye was made when a child was born. Each year, a bit of yarn was added until the child turned five at which point the Ojo was complete.

In Bolivia, 'Ojo de Dios' were made to be placed on an altar so that the gods could watch over the praying people and protect them.

Materials:

- TWO popsicle sticks
- Wool in different colors.
- Scissors
- Glue



Directions:

1. Glue the sticks together in the shape of a cross and let dry (this isn't necessary, but makes it easier for the kids to do the rest)
2. Always go in the same direction around the sticks (you can mark the popsicle sticks with 1, 2, 3, 4 ... the numbers will be covered up in the end, but may make it easier for the kids to keep track of what they're doing).
3. Wrap the wool once around 1, once around 2, once around 3, once around 4.
4. Continue on... once around 1, once around 2, etc. until you're happy with the first layer of the eye
5. Snip the first color of yarn and tie on a second color. Continue on with the second color and then a third, fourth and fifth as desired.

From: http://www.dltk-kids.com/world/mexico/ojo_de_dios.htm

Brownies and Guides: Craft: Masks

Devil masks are worn at certain traditional carnivals.

Masks were used for dances and celebrations in Bolivia. They were frequently designed as stylized animals. Demon-faced masks for carnivals also have a long tradition in Bolivia with artisans spending a whole lifetime perfecting the craft.



Use papier maché to create the head of a dog, llama or cow. Apply several layers of papier maché and let it dry before painting.

Cut eye and mouth holes and then use string for tying it around their head. If possible, play Bolivian music and dance with your masks on.

Guides, Pathfinders and Rangers: Craft: Tupus

Tupus are large silver pins that are worn at the neck of a cloak. They are worn by Quechua-speaking people in Bolivia. Mold a piece of tin or aluminum into an oval-spoon shape and then punch holes in the bottom of it. Hang silver chains from each hole and then make charms to hang on the silver chains. Glue a safety clasp pin to the back.

From: http://www.ehow.com/info_8365468_bolivian-crafts-children.html

Pathfinders and Rangers: Bolivian Recipes

Humintas al Horno (Baked Tamales)

Humintas al horno are very similar to Mexican tamales only they are baked, not boiled. Also similar except that in Bolivia we don't make them with meat inside. There are two types of humintas: boiled and baked.

Ingredients:

- 4 cups of ground white corn
- 3/4 cup of hot shortening
- 5 tablespoons of dried yellow chilli pepper, ground and fried
- 2 tablespoons of sugar
- 1 teaspoon of anise
- 1 criollo cheese cut into strips
- Salt to taste
- corn husks (usually you can purchase these dried in Mexican stores, otherwise try purchasing corn on the cob at a farmer's market and saving the husks - hang them up to dry them in the hot sun).



Directions:

1. Strip or cut the corn kernels from the cob if you purchased it on the cob. (If you purchased dried white corn, soak the corn in water overnight prior to cooking this recipe.)
2. Boil the corn kernels until they are soft (about 1 hour, up to 2 hours). Strain and grind the corn (either in a food processor, or with a little water in a blender - then strain the water off). You don't want to turn it into a completely smooth milky substance; you just don't want large kernels. It should be a thick, smooth paste.
3. Take the whole dried chilli peppers in your hands and break each one open. With your thumb slide the inside core (and seeds) out of the pepper. Break the pepper into little pieces or rub it between your hands until it crumbles. Do this until all the dried peppers have been completely crumbled.
4. DO NOT TOUCH YOUR EYES OR FACE WITH YOUR HANDS - this may provoke an allergic reaction in some people and at the very least will leave your face and eyes numb and burning!! Wash your hand completely with soap and water after you complete this step.
5. Place the crumbled chilli peppers into a pan and fry them. They will smoke a bit, but don't let them burn. You just want to give them a smoky flavour.
6. Add the anise, sugar and salt to the ground corn. Add the hot shortening and ground aji (dried chilli pepper) and mix thoroughly.
7. Wash the corn husks completely and fill each with a substantial amount of the prepared corn mixture, placing it in the center and leaving enough around the sides to fold the husk over two or three times. Place one or two strips of cheese onto each portion of corn mixture.
8. Fold the corn husks over the mixture. Depending on the length and shape of the husks, you can fold them into squares, triangles, or rolls. The shape is unimportant. They don't have to be perfect.
9. Bake at 350°F (180°C) for about 30 minutes (check your oven at 20) or until the husk begins to take on a golden color.
10. You HAVE to watch your oven closely at this point - the husk, if too dry, can begin to burn and may light on fire if you use a gas-lit stove. So take precautions.

Alternative:

- Use any hard, salty type of cheese. Goat cheese and sheep's milk cheese work well. In the Canada there is a Mexican cheese called Queso Cacique that is very similar to what we use here. What you do NOT want to use is a white melty stringy cheese like mozzarella or American sandwich cheese or any other kind of creamy cheese.
- If you can't purchase white corn where you live, try 2-3 cans of hominy (totalling 4 cups).
- If you don't want to go through all the trouble with the peppers, replace the 5 tablespoons of dried yellow chilli pepper with only 2 tablespoons of powdered yellow chilli pepper (you can use red chilli peppers too, but the red ones are WAY SPICIER so adjust according to your taste for spicy foods).
- And by the way, when dried (dehydrated) whole yellow chilli peppers take on a dark RED color - so be sure to purchase the correct ones at the store and read the label carefully.
- Humintas are generally NOT SERVED SPICY. The yellow chilli pepper just gives it a special flavour, it doesn't make them hot. If you use red chilli pepper, it will most likely be spicy.

From: <http://www.boliviabella.com/humintas-al-horno.html>