



INTERNATIONAL INSTANT MEETING IDEAS TANZANIA



Sparks, Brownies: Craft: Masai Necklace

The Masai people of northern Tanzania use beads to make colourful necklaces. A simplified version can be recreated using a large paper plate.



Materials:

- Paper plate
- Markers, crayons or pencil crayons

Instructions:

1. Cut the centre circle out of the plate.
2. Colour the outside rim to reflect a colourful beaded design.



From: <http://www.thisgrandmaisfun.com/paper-plate-crafts/>

Guides, Pathfinders, Rangers: Game: Mancala

1. The Mancala 'board' is made up of two rows of six holes, or pits, each. If playing outside, you can create holes in soil or gravel. Otherwise an egg carton works great.
2. Four pieces (stones or beans) are placed in each of the 12 holes. All pieces can be the same colour.
3. Each player has a 'store' to the right side of the Mancala board. Either create a larger hole in the soil/gravel or use a bowl if using an egg carton.
4. To start, one player picks up all of the pieces in any one of the holes on her side.
5. Moving counter-clockwise, the player deposits one of the stones in each hole until the stones run out.
6. If you run into your own store, deposit one piece in it. If you run into your opponent's store, skip it.
7. If the last piece you drop is in your own store, you get a free turn.
8. If the last piece you drop is in an empty hole on your side, you capture that piece and any pieces in the hole directly opposite.
9. Always place all captured pieces in your store.
10. The game ends when all six spaces on one side of the Mancala board are empty.
11. The player who still has pieces on her side of the board when the game ends captures all of those pieces.
12. Count all the pieces in each store. The winner is the player with the most pieces.



Guides, Pathfinders, Rangers: Recipe: Pumpkin & Sweet Potato Soup

Ingredients:

- 2 Tablespoons vegetable oil
- 1 Onion, chopped
- 1 Leek, washed and chopped
- 2 Garlic cloves, chopped
- 1 Teaspoon fresh ground ginger
- 1 Teaspoon ground cinnamon
- 1 Pumpkin, peeled and chopped
- 2 Large sweet potatoes, peeled and chopped
- 4 Cups chicken stock
- 2-3 Cups water
- Salt and pepper to taste
- ¾ Cup of cream
- Small bunch of parsley, finely chopped

Directions:

1. Heat vegetable oil in large soup pan or Dutch oven and sauté the onion and leek until translucent.
2. Add garlic, ginger, cinnamon, pumpkin and sweet potatoes. Cook for 5-10 minutes, but do not brown or burn.
3. Add stock and water, making sure vegetable mixture is covered. If needed, add more water.
4. Bring soup to a boil, then simmer for an hour, or until sweet potatoes and pumpkin is soft.
5. Remove from heat and mash mixture with potato masher (or use an immersion blender). If the mixture is too thick, add a little bit of water.
6. Season with salt and pepper. Before serving add cream and chopped parsley.

From: <http://www.thomsonsafaris.com/blog/tanzanian-pumpkin-sweet-potato-soup-recipe/>

Pathfinders, Rangers: Recipe: Mbaazi wa Nazi (Pigeon Peas with Coconut)

Ingredients:

- 1 lb. dried pigeon peas (or black-eyed peas, yellow-eyed peas, cleaned and soaked overnight)
- 2 -3 cups coconut milk
- oil
- 1 -2 onion, chopped
- 1 jalapeno, cleaned and chopped
- 1 teaspoon curry powder (or turmeric)
- salt, to taste

Directions:

1. In a large pot, combine peas with enough water to cover. Bring to a boil, reduce heat, cover, and simmer until the peas begin to become tender and most of the water is absorbed.
2. Stir in 1 1/2c coconut milk. Continue to simmer over low heat. Add more water as necessary to prevent the peas from becoming dry.
3. While peas are simmering: Heat a few tablespoons of oil in a skillet. Add the curry powder to the oil and stir for a minute. Fry the onion and jalapeno pepper until they are tender.
4. Combine the peas and onion-pepper mixture (add either one to the other). Continue to simmer until peas are tender enough to eat. Add the remaining coconut milk and simmer on the lowest possible heat for five to ten minutes, stirring occasionally.
5. Serve "Swahili style" with Chapati or rice, or "up-country style" with Ugali.

From: <http://www.food.com/recipe/mbaazi-wa-nazi-pigeon-peas-in-coconut-milk-140780>