



INTERNATIONAL INSTANT MEETING IDEAS PERU



Dragon (<http://www.2ukids.nl>)

Two girls are designated as the chasers and they tag the free children as quick as they can. After 'unos-dos-tres', the free children run to all corners of the playground, and the chasers run after them. When the chaser touches a free child, then she must join the chaser and from then onwards they run together. Each person touched join the chasers, so that there is an ever-lengthening 'chain' of chasers. The chaser, who has touched most children, has won. Then the game starts again.

In-Out (<http://www.2ukids.nl>)

Girls are divided into two groups and one girl is the leader. She stands in front of the groups and is saying either 'in' or 'out' ('en' is Spanish for in, 'fuera' is Spanish for out). When she says 'in' all the girls must jump forwards, when she says 'out', all girls must jump backwards. If a girl jumps incorrectly, she is out. The trick of this game is for the leader to say 'in' and 'out' very quickly and sometimes say 'in' or 'out' twice in a row.

Make a Pan Flute (<http://www.kidspot.com.au>)

Supplies

- 8 plastic drinking straws
- tape
- scissors
- a ruler
- pen or pencil



Cut the first straw at 20cm. Then the next straw will be cut 2cm shorter, at 18cm. Cut each straw 2cm shorter than the last until you have cut them all. Line up your straws longest to shortest. Tape them together in that pan flute formation.

Then blow across the top of the straws to get a sound. The longest straws will be deepest, the shortest will be highest.

Quinoa Soup (www.bitesoutoflife.com)

Ingredients

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| 2 tablespoons olive oil | 1 teaspoon dried oregano |
| 1/2 of a large onion, diced | 1/4 teaspoon smoked paprika |
| 3 cloves garlic, minced | salt and pepper, to taste |
| 1/2-inch ginger, peeled and minced | 2 bay leaves |
| 2 medium carrots, scrubbed and chopped | 2 cups diced yellow potatoes |
| 2 stalks celery, chopped | 1-1/2 cups diced butternut squash |
| 1/2 cup quinoa, rinsed | 1/4 cup chopped cilantro (optional) |
| 1 quart low-sodium vegetable or chicken stock | |

Instructions

1. In a large pot, heat the olive oil. Add the onion, garlic, ginger, carrots and celery and saute on medium heat until the onions begin to brown, 7-10 minutes. Add the quinoa and toast, stirring often, until the seeds brown slightly, about 5 minutes.
2. Add the stock, oregano, paprika, salt (go easy on this, since the stock is pre-salted), pepper, bay leaves, potatoes and butternut squash. Bring to a boil, then reduce the heat to medium-low.
3. Simmer the soup for 20-25 minutes, until the vegetables are fork-tender. Taste and adjust seasonings, then stir in the chopped cilantro and serve.

Papa Rellena (www.perudelights.com)

Ingredients

- 2 lbs potatoes
- ¼ cup vegetable oil
- 1 lb ground beef (or soy meat)
- 1 onion, diced
- 2 garlic cloves, minced
- 1 tablespoon ají panca paste (panca chili pepper paste that you can find in many stores or online. Optional)
- 1 tablespoon tomato paste
- 2 hard-boiled eggs, peeled and chopped
- ½ cup raisins
- ½ cup black olives, sliced
- Salt, pepper
- Parsley, chopped
- All-purpose flour
- 2 eggs

Instructions

1. Cook the potatoes in a saucepan with boiling water until they are tender (around 20 minutes, but it depends on the potato). Peel them while hot, as fast as you can. Pass them through the ricer at once. Add salt and pepper. Keep covered while you cook the filling.
2. In a saucepan heat the oil over high heat, add the onion and garlic stirring, then the tomato paste and ají panca, if using. Add the ground beef or soy meat, salt, pepper. Stir and cover the saucepan. Cook over low heat for around 15 minutes, stirring every now and then.
3. Incorporate hard-boiled eggs, raisins, olives, and parsley. Turn off the heat.
4. With floured hands, knead the potatoes for a few seconds. Take a portion of the potato dough and flatten it between your hands. With a spoon put a portion of the beef or soy filling in the center of the potato round. Close it with some extra potato dough and form a little “football”.
5. Put the flour in a bowl, and mix the 2 extra eggs in another bowl. Roll every roll in the eggs, then in the flour, shaking the excess, and fry in a hot pan with hot oil until the potato forms a thin golden a crusty layer. Move around every now and then to make sure every side becomes golden.
6. Drain over paper towel and serve immediately, with Salsa Criolla or plain rice.