

toy



CLUB 2/3, division jeunesse d'Oxfam-Québec

Folk+ale

**How the world was created from a drop of milk<sup>1</sup>**

In the beginning, there was an enormous drop of milk. This is how Doondari descended, and he created stone. Stone created iron and iron created fire. Fire created water and water created air. Then Doondari came down a second time, and he took the five elements.

With them, he formed man. But man was proud, so Doondari created blindness, and blindness overcame man. But when blindness became too proud, Doondari created sleep, and sleep overcame blindness. But when sleep became too proud, Doondari created boredom and boredom overcame sleep. But when boredom became too proud, Doondari created death, and death overcame boredom. But when death became too proud, Doondari descended for the third time, and he came in the guise of Guéno, the Eternal. And Guéno overcame death.

<sup>1</sup> Origine du monde Conte Fulani (Mali) – excerpt of a Fulani folktale. Éditions Fédérop (Mali). From the website: [www.contesafricains.com/article.php?id\\_article=22](http://www.contesafricains.com/article.php?id_article=22)

toy



CLUB 2/3, division jeunesse d'Oxfam-Québec

Folk+ale

**The shackle made of sand<sup>1</sup>**

One day, an all-powerful king who behaved strangely at times called all the young people of the town together and said, "This is an order: before the end of the week, you must go and send away all your elderly fathers. They must be sent very far away. After that, I will have something important to tell you."

The young people were very disconcerted by this, but they obeyed the king's order. The elders were sent far away. One week later, the young people were once again called together. They were stupefied to hear the next order: "Each of you must now go and make me a horse shackle out of sand. For those who don't succeed, there will be trouble!"

The young people went home, extremely confused by this new commandment issued by the strange king. How could they build a horse shackle out of sand?

One young person who loved and respected his father had not been able to send him away. He hid his father in a loft and secretly brought him food. When the father was informed of the problem, he said to his son, "Ask to be granted an audience with the king, and ask the king the following: 'If you would be so kind, please show me a model of the horse shackle so that I can copy it.'"

The son followed his father's advice. When the king heard the young man ask to be shown a model, he smiled broadly and said, "Did you hide your father somewhere? Tell me the truth." The son replied, "Yes, I hid him in a loft." "That's good," said the king. "My orders are lifted. Go tell your friends that they can bring their parents back. I have nothing else to say today."

<sup>1</sup> (Conte du Mali. Jean-Claude Carrière, Le cercle des menteurs, Éd. Plon.) From the website: [mythesfondateurs.perso.cegetel.net/Textes/L%27entrave%20de%20sable.rtf](http://mythesfondateurs.perso.cegetel.net/Textes/L%27entrave%20de%20sable.rtf)



UNICEF/HQ05-1247/Roger LeMoine



## Recipe

### Soup from Sierra Leone

#### Ingredients:

- 500 g of boneless beef
- 1 yellow onion
- 750 ml of meat bouillon
- 1 eggplant
- 1 can of chopped tomatoes
- 6 fresh okra
- 1/2 tsp. of salt
- 1 pinch of black pepper



UNICEF/HQ06-0508/Indrias Getachew

#### Preparation

1. Cut the meat into 1-cm cubes.
2. Peel and chop the onion.
3. Heat the bouillon in a large saucepan.
4. Add the meat with 1/3 of the onion, cover and boil for 30 minutes.
5. Cut the eggplant, tomatoes and okra into 1-cm pieces. Add them to the saucepan along with the remaining onion and continue to cook for 15 minutes, until the vegetables are tender.
6. Beat the soup (with a spoon or whisk) to blend the vegetables. Add salt and pepper.

(From the website: [www.recettes-soupe.com/dossiers/dossiers.php?id\\_dossier=8353](http://www.recettes-soupe.com/dossiers/dossiers.php?id_dossier=8353))



UNICEF/HQ02-0439/Giacomo Prozzi



## Recipe

### Corn assola

(This is a highly-prized dish among the populations of southern Angola.)

Preparation time: about 45 minutes

Cooking time: 2 hours

#### Ingredients for 6 people:

- 600 g of corn on the cob
- 75 g of pork fat
- 300 g dried beans
- 1 pinch of chili powder
- salt



UNICEF/HQ05-1407/Christine Nesbitt

#### Preparation

1. Sort and wash the beans. Soak them in warm water for 30 minutes, then cook for 1 hour and 30 minutes.
2. Remove the cornsilk and cook the corncobs for 20 minutes in salted boiling water.
3. Remove the kernels of corn from the cob and mix them with the beans. Salt.
4. Heat the pork fat until it liquefies, and add a pinch of chili powder. Pour over the corn/bean mix.
5. Serve piping hot.

(From the website: [www.diakadi.com/afrique australe/Pays/angola/assolademail.htm](http://www.diakadi.com/afrique australe/Pays/angola/assolademail.htm))



CLUB 213, division jeunesse d'Oxiam-Québec

### Introducing Platero<sup>1</sup>

"Platero is small, gentle and all covered in hair – so soft-looking it's as if he's made of cotton without any bones. Only the jet-black mirrors of his eyes are hard like two carbuncles of dark crystal.

If I let him go free, he heads off to the meadow and brushes his warm muzzle ever so lightly against the little pink, yellow or blue flowers, barely caressing them. If I quietly call "Platero", he trots up to me with a joyful step that seems to be laughing, like some imaginary little jingle bell..."

He eats everything I give him. He is mad about mandarin oranges, amber Muscat grapes and purple figs with their tiny drop of crystalline honey...

He is tender and affectionate like a child, like a little girl, but on the inside he is hard and unyielding like a stone. When we traverse the last lanes of the village on Sunday, the slow country folk, dressed in their finest, stop to look at him:

You'd think he was made of steel...

Yes, steel. Steel mixed with moonsilver."

<sup>1</sup> Drawn from: *Au rendez-vous des cultures, Sagesse du soir I – L'heure du conte avec des aînés de multiples horizons*, Montréal, 2000.



CLUB 213, division jeunesse d'Oxiam-Québec

### The rooster and the duck<sup>1</sup>

One day, a rooster and a duck were going for a stroll along the bank of a river. As they walked, the rooster bragged about how beautiful he was. He made fun of the duck, saying:

"With your feet that look like the leaves of a tree, and your waddling walk, oh, how ridiculous!"

The duck answered:

"You have a pair of magnificent wings! With them, you can fly very high!"

The rooster didn't want to admit to his weakness. He ran up to the river to build momentum so he could make it across to the other shore and thus demonstrate his skills. Right over the middle of the river, he fell. The rooster didn't know how to swim, so he started to flounder and sink. He cried, "Help!"

The duck came to his rescue and said:

"It's thanks to these ugly-looking feet that I saved you."

The rooster remained silent, red with shame. And ever since that day, roosters don't dare brag any more... and the comb on the crown of their head is red.

<sup>1</sup> From the website: [contes.biz/contes-5-Le\\_coq\\_et\\_le\\_canard.html](http://contes.biz/contes-5-Le_coq_et_le_canard.html)



UNICEF/HQ06-2426/Susan Markisz



## Recipe

### Orange flan

#### Ingredients:

- 1 litre of milk
- 2 egg yolks
- 3 tablespoons of white sugar
- 4 oranges
- 1 tablespoon of cornstarch
- cinnamon to taste



UNICEF/HQ00-0382/Alejandro Balaguer

#### Preparation

1. Heat the milk.
2. Mix together the cornstarch, egg yolks and sugar.
3. Gradually add the mixture to the hot milk.
4. Cook, stirring frequently, until it is the desired consistency.
5. Remove from the heat.
6. While the mixture is cooling, peel the oranges, cut into sections and place them in a bowl. Sprinkle with sugar.
7. Pour the mixture over the oranges, sprinkle with cinnamon, and chill before serving.

(From Pan-American Union: 21 *Latin American Meals*. Washington, D.C.: Pan American Union, 21 p.)



UNICEF/HQ06-1039/Palomi Mohan



## Recipe

### Wok-fried Chinese porkballs

#### Ingredients for 6 people:

- 500 g of pork tenderloin
- 1 piece of fresh ginger root (3 cm)
- 2 buds of garlic
- 1 can of chestnuts (250 g), drained
- salt and pepper
- 3 tablespoons of soya sauce
- 1 teaspoon of powdered sugar (icing sugar)
- 2 tablespoons of oil



#### Preparation

1. Mince the pork, ginger, garlic and chestnuts together.
2. Add salt and pepper. Add soya sauce and sugar and combine in the blender for 3 seconds. Make small meatballs.
3. Heat the oil in a wok and fry the porkballs for 10 minutes until crispy.
4. Serve with spring-roll sauce ('nem sauce').

(From the website: [www.leprodelacuisine.fr/recettes/3089](http://www.leprodelacuisine.fr/recettes/3089))



CLUB 213, division jeunesse d'Oxiham-Québec



CLUB 213, division jeunesse d'Oxiham-Québec

## Folk-tale

**Bakoudouba the turtledove<sup>1</sup>**

Kolitkoto Kolitkoto! Kolitkoto! I have a daughter to marry! I have a daughter to marry!  
Every day, this is what Bakoudouba the turtledove sang.

“And what are you asking as a dowry?” inquired Odro the partridge.

“I’ll give my daughter to the one who brings back Vrandjandja, the rain mirage, to the Earth.”

«Vrandjandja, the fleeting rain?» cried the partridge. «Vrandjandja, who suddenly cuts off the traveller’s way, comes near when the traveller is approaching, flees when he arrives, sometimes surprises him from behind, pursues him, leaves him breathless, then disappears from the sky when the traveller reaches a village? I could never lay claim to your daughter’s hand.»

And with those words, Odro flew away. A great multitude of other animals came, and all left with their heads down, powerless. Téré went to find the burrowing spider, who was his oracle.

“Bakoudouba the turtledove is offering her daughter to the one who brings back Vrandjandja, the elusive rain, to the Earth,” he confided to her.

“Ride the rainbow and cut off Vrandjandja’s route,” suggested the terrestrial

spider. “You will capture her and bring her obediently back to the Earth.”

Téré made his way to the source of the brook, where he met with the rainbow and told it about his plan.

“The mirage rain has left for the other end of the Earth and will come back after Apépé, the Moon of Scarcity. As soon as she announces herself, come and ride me and we will go after her to tame her.”

Lengoa the Moon of Renewal followed Apépé, and Vrandjandja arrived. The rainbow carried Téré high up in the sky, joined the two ends of the Earth, and caught the vagabond rain under its arc. To escape the rainbow’s grip, Vrandjandja beat down on the Earth in great, intermittent, polished raindrops. Téré married the daughter of Bakoudouba.

And ever since then, Vrandjandja, now captive, returns every year to water the Earth and announce the time to pull up the peanuts and gather the squash. Sym bol of strength and unity because it supports the archway of the sky and prevents it from falling on the World, whose two extremities it unites, the rainbow continues to be the best known and most venerated totem of humankind.

<sup>1</sup> Based on the website: [www.contesafricains.com/article.php3?id\\_article=15](http://www.contesafricains.com/article.php3?id_article=15)



CLUB 213, division jeunesse d'Oxiham-Québec

## Folk-tale

**The lion that thought he was a sheep<sup>1</sup>**

An abandoned lion cub was taken in by sheep, and they raised him as one of them. The lion cub tried hard to eat grass, which didn’t exactly thrill him, and to bleat, which was difficult for him to do.

When a jackal approached the flock, the young lion fled in fear, imitating the sheep.

One day, an adult lion appeared on a boulder that towered over the plain. All the sheep took off at a gallop, the lion cub at their side.

The lion followed in hot pursuit. He caught up with the flock of sheep, seized the lion cub by the scruff of the neck, and made off with him. The cub trembled in terror and imagined being crunched between the lion’s teeth.

They arrived at the edge of a river. The lion put the cub down on the riverbank and nudged him over to the water’s edge. Then he sat down beside the cub and tilted his head over the water.

The lion and the cub could see their own reflections as they sat side by side. The cub saw that he looked just like the lion. This was reassuring to him.

The two animals drank until their thirst was quenched, then headed off together.

(Jean-Claude Carrière, *Le cercle des menteurs*, Éd. Plon.)  
Based on the website: [mythesfondateurs.perso.cegetel.net](http://mythesfondateurs.perso.cegetel.net)  
(See left column : Légendes et contes africains.)



UNICEF HQ05-1988/Shehzaad Noorani



## Recipe

### Rwandan eggplant

Preparation and cooking time: about 1 hour

#### Ingredients:

- 1 kg of eggplant
- 1 large onion
- 2 tomatoes
- 1 tablespoon of butter
- 2 tablespoons of oil
- 1 tablespoon of lemon juice



UNICEF HQ06-0508/Indrias Gatachev

#### Preparation

1. Place all the eggplant, whole, in a moderate oven.
2. Bake until tender in the centre.
3. While waiting for the eggplant to cook, peel the onion and chop it finely. Peel the tomatoes, remove the seeds, and cut the tomatoes into pieces.
4. When the eggplant is done, cut each one in half and scoop out all the pulp with a fork.
5. In a frying pan, sauté the onion and diced tomatoes.
6. Add the pulp from the eggplant, salt and pepper, and cook, stirring until the preparation becomes almost dry.
7. Mash with a fork.
8. Put this pulp into a salad bowl and gradually mix in the oil and lemon juice.
9. Serve when cooled.

(From the website: [www.delices-defrance.com/legumes/recette-1441-aubergines-a-la-rwandaise.html](http://www.delices-defrance.com/legumes/recette-1441-aubergines-a-la-rwandaise.html) )



UNICEF HQ97-1196/Giacomo Pirozzi



## Recipe

### Touo or Ugali

(Cornmeal mush)

#### Ingredients:

- 500 g of millet flour, corn flour or white cornmeal
- 375 ml of water
- 2 litres of water
- 2 teaspoons of salt



UNICEF HQ99-1031/Giacomo Pirozzi

#### Preparation

1. Mix 375 ml of cold water with the flour or cornmeal to make a creamy mixture.
2. Bring 2 litres of water to a boil and add salt if using millet flour.
3. As soon as it starts to boil, gradually pour the flour mixture into the boiling water, stirring with a wooden spoon.
4. Turn down the heat.
5. Stir continuously so that the creamy mixture cooks evenly. It should gradually get thicker, but not to the point of cracking. As needed, add a little very hot water.
6. It is done when a round flat cake forms that separates from the sides of the cooking vessel.
7. Shape with a spoon or preferably with a calabash spoon like the ones found in Africa, to give it the desired shape.
8. Serve immediately or keep warm in a double-boiler.

(From the website: [www.diakadi.com/afrique/ledest/pays/tanzanie/ugali.htm](http://www.diakadi.com/afrique/ledest/pays/tanzanie/ugali.htm) )



CLUB 213, division jeunesse d'Oxflam-Québec

### The Sad Sorceress<sup>1</sup>

It is said that on a farm known as El Centro, there once were sorceresses who turned into creatures that waited for passers-by on the road, to suck their blood.

This is why no one went out after sunset. There was one man alone who did not believe the story. He lived on the edge of the farm with his 3-year-old grandson who followed him everywhere. It wasn't unusual for the two of them to stay for several days on the mountain to watch over their herds. They would settle down beside a tree and when night fell, they would sleep soundly, unperturbed about sorceresses or apparitions.

One day they arrived in the forest as nightfall was approaching, and before long, the child fell fast asleep. The man wrapped him in a blanket and went about gathering wood. He was already fairly far from the tree when he heard the loud cry of a woman as she came to the place where his grandson was sleeping. The man ran to get the child. In the tree nearest the boy, there was an owl with brilliant eyes and

a terrifying look. When he saw the owl, the man threw a stone to scare it off, but instead the owl approached the child. The man grabbed his grandson in his arms and began to pray, looking the owl straight in the eye. The owl fell silent and dropped from the tree.

The man continued to pray. The creature rolled around on the ground and finally turned into a girl who lived on the farm.

"I beg you, please don't divulge my secret to anyone," said the sorceress.

"Only if you promise you won't come near us," the man replied.

The man never revealed the name of the girl, but he told the neighbours that he had seen a sorceress, and it was a woman they all knew.

Ever since that time, the sad lament of a woman can be heard in the tree. They say it is the sorceress who weeps because someone knows her secret.

<sup>1</sup> Based on the website: [www.elbalero.gob.mx/pages\\_fr/contes/sorciere\\_fr.html](http://www.elbalero.gob.mx/pages_fr/contes/sorciere_fr.html)



CLUB 213, division jeunesse d'Oxflam-Québec



CLUB 213, division jeunesse d'Oxflam-Québec

### A Creature of Gold<sup>1</sup>

Once upon a time, there was a man who earned his living as a cowherd, watching over a rich landowner's herd. When his father died, the cowherd respected his father's last wishes, even though he found them very strange. He buried his father's body instead of cremating it as was the custom, and for an entire year, he put flowers on the grave. When the year was over, he dug up his father's skull, washed it and dragged it around on the end of a string. When the skull became stuck between two rocks, he left it there and fell asleep beside it.

In the morning, he discovered the most bizarre creature ensnared in the skull – a little animal with four ears and five eyes. The man tried to feed the creature but it refused all food until the evening, when it began gobbling up the hot embers from the fire. The next morning when the cowherd awoke, he saw that the droppings left by his creature were made of gold.

Time went by and the man piled the gold nuggets at the back of his garden. One day the king and his daughter passed by in front of his house. The cowherd immediately fell in love with the princess and implored his employer to go to the king on his behalf and ask for the young woman's hand. The cowherd was so insistent that his employer agreed to do it. The king could hardly believe that a simple cowherd might wish to marry the princess, but he nonetheless decided to give him a test, however impossible: to build a bridge made of gold, in front of the palace.

When he learned of the king's response, our man brought all his gold reserves to a goldsmith to have them melted down and moulded into bricks. When the bricks were ready, the cowherd spent an entire night building the bridge. And in the morning, the king was left with only one option: to keep his word.

<sup>1</sup> Based on the website: [www.1000jours1001nuits.net/1001nuits/voyage/contes/index.php?file\\_carnet=THA\\_lanna\\_animaux.txt](http://www.1000jours1001nuits.net/1001nuits/voyage/contes/index.php?file_carnet=THA_lanna_animaux.txt)



UNICEF HQ06-2421/Susan Markisz



## Recipe

### Tortillas with vegetables

#### Ingredients:

- 1 red pepper and 1 yellow pepper
- 1 small squash
- 1 carrot
- 1 onion
- 100 g net of canned corn
- 100 g net of brown beans
- 4 tortillas
- olive oil
- garlic
- 1/2 teaspoon of cayenne powder
- 1 teaspoon of dried oregano
- salt and ground black pepper

#### Preparation

1. Chop the onion finely. Peel the carrot and dice it finely. Heat 2 tablespoons of olive oil in a frying pan and fry the onion, garlic and diced carrot for 5 minutes.
2. Cut the peppers into strips, lengthwise. Remove the seeds and cut into pieces. Dice the squash. Add the peppers and squash to the onion in the frying pan. Cover and simmer for 10 minutes at low heat.
3. Drain the corn and beans in a colander. Rinse with water, shake off the excess moisture and add to vegetables in the frying pan. Cover and simmer for 10 minutes at low heat.
4. Heat 2 tablespoons of olive oil in another frying pan and heat the tortillas one by one until they are soft. Dish out the vegetable mix onto the tortillas. Roll tortillas and serve immediately with various kinds of sauces (e.g., guacamole, sour cream, salsa).

(From the website: [www.leprodelacuisine.fr/recettes/24](http://www.leprodelacuisine.fr/recettes/24))



UNICEF HQ06-1011/Sihetized Noorani



## Recipe

### Mee goreng ayam

(Fried noodles with chicken and shrimp)

#### Ingredients:

- 150 g of yellow Asian noodles (that look like spaghetti)
- 1 tablespoon of (semi-hot) red peppers cut in strips
- 1 teaspoon of oyster sauce
- 1 teaspoon of powdered chicken concentrate
- 1 teaspoon of fish sauce
- 1 teaspoon of dark soya sauce, Asian-style
- 50 g of chicken cut into strips
- 50 g of shrimp
- 1 tablespoon of oil
- a good handful of bean sprouts
- 50 g of mustard greens or *bok choy*
- 1 egg
- 1 bud of garlic

#### Preparation

1. Heat the oil in a wok and sauté the garlic and pepper together.
2. Add the chicken, oyster sauce, chicken concentrate, fish sauce, soya sauce and shrimp.
3. Add the cooked noodles, egg and bean sprouts.
4. Sauté all together and taste.

(From the website: [www.monarkdesign.com/2roues/recettes/recettes3.html](http://www.monarkdesign.com/2roues/recettes/recettes3.html))