

Recipe ideas

Here are just two suggestions of recipes that are very easy to make, delicious and meat-free! They are recipes collected from countries we are working alongside to adapt to climate change. These are just a starting point, dig out your favourite recipes - share a meal with those around you, and get talking about climate change.

Bangladesh is vulnerable to environmental disasters including severe floods, drought and more. The South and South-West are the most disaster-prone areas in Bangladesh. Cyclones, floods and waterlogging are all common. CAFOD, through our partners, have worked with local communities to tackle the issues and educate them as to how to live more sustainably within their challenging environment.



Kalachad is a community leader for a village in the Patuakhali District, in Southern Bangladesh.

“When [cyclone] Sidr hit, I went round encouraging people to leave their homes and their belongings. People want to stay to protect their homes but I explain to them that they have to save their lives... I was not afraid of going out in the cyclone. For years I have been determined to face these kinds of challenges without fear.”

Bangladesh: Thick daal

Ingredients

- 1 cup red lentils
- 3 tablespoons corn oil or vegetable oil
- 2 onions
- 1 green chilli
- Salt
- 1 clove of garlic
- Fresh coriander (optional)

Method

1. Rinse the lentils in water.
2. Heat 2 tablespoons of corn oil in a frying pan.
3. Lightly fry the lentils in the oil for a few minutes, stirring continuously.
4. Add one chopped onion and the sliced green chilli and stir for a few minutes.
5. Add 3 cups boiling water and simmer until almost all the water has evaporated and the lentils are soft.
6. Add salt to taste and turn off the heat.
7. In a separate frying pan, gently fry the remaining chopped onion and garlic with one tablespoon of oil.
8. When the onions start to brown, add the lentils and mix together.
9. Add fresh coriander to taste.
10. Serve with roti bread or naan.

Afro-Colombian communities living along the Atrato River in Colombia used to frame their agricultural cycle around one significant flood. Now, due to climate change there is more heavy rain, multiple times a year and crops have been destroyed by unseasonal flooding.



Dana, Fiona and Proto are part of the group Young Guardians (in Spanish *Guardiancitos*, or *Little Guardians*) of the Atrato River, Colombia. In 2016 the Colombian Constitutional Court gave rights to the Atrato River in a ground-breaking ruling.

The three Young Guardians pictured live in Yuto, Northwest Colombia – a region has some of the highest biodiversity in the world and which is at high risk due to climate change. They are part of a group encouraging awareness, raising actions and cleaning the Doña Josefa creek (pictured), which flows into the Atrato River.

Fiona - “We, the guardians of Yuto, want to recover our source of life, which is the Atrato River.”

Colombia: Coconut Rice

Ingredients

- 1 can coconut milk
- 2 cups uncooked long or medium grain rice
- 2 tablespoons sugar (or brown sugar)
- 1 1/2 teaspoons salt
- 1/2 cup raisins (optional)
- 3 cups water

Method

1. Heat coconut milk in a heavy-bottomed saucepan over high heat until simmering. Reduce to medium low and cook, stirring frequently with a wooden spoon until reduced to a thick paste. Continue to cook, stirring and scraping constantly until coconut oil breaks out and coconut solids cook down to a deep, dark brown, about 20 minutes total.
2. Add rice, sugar (more or less to taste), and salt. Increase heat to medium and cook, stirring constantly until rice grains begin to turn translucent and golden, about 2 minutes. Add raisins (if using) and stir to combine.
3. Add water and stir to combine. Bring to a simmer over high heat, reduce to lowest possible setting, cover, and cook for 15 minutes. Remove from heat and let rest 15 minutes longer. Fluff with a fork and serve.