



## 4R COOKING DEMONSTRATION



It was a beautiful Wednesday morning, the sun smiled its “greeting” to the people of Nkanchina no.2

Men and women rushed to the site announced to hold the cooking demonstration in project area.

Rural Commercial Women who are direct beneficiaries of the 4R dry season garden intervention were curious to know what different cooking recipes the project wanted to introduce to them. They came

along with their cooking pots, saucepans and bowls and ingredients as directed by the Women in Agriculture Development (WIAD) officer at the Ministry of Food and Agriculture (MoFA) in the district. The



demonstration started with a sensitization exercise by the 4R Gender Officer and the WIAD officer, to explain the new recipes that would be introduced and their nutritional benefits to the women, their children and households.

The women were told they were going to cook meals they already know introducing a little twist in their recipe to fortify them. Soyabean was a major ingredient which was used in diversifying



most meals prepared at the demonstration site.

Vegetables, such as bean leaves, okra, pumpkin leaves, hibiscus leaves amongst others were plucked from the dry season garden and incorporated into some meals.

Rural Commercial Women and other women outside the 4R project were surprised to see

soyabeans being added to multiple food recipes (Tuo- Zaafi (TZ) , Tubani , Koose, and Bean leaf soup). They were told of its nutritional benefits and the vitamins they could give to the body.

Participants learnt how to make new meals which some have never prepared before. They learnt how to make soyabean khebabs, soyabean milk, Bean cake salad, soyabean fufu, bean leaf soup with soyabean, soya sauce amongst others.



Men and women took turns to try their hands on the procedures from stirring of TZ to soyabean milk, frying of bean cake and soyabean khebab.

The outcome of these meals raised more interest amongst the women who participated in this demonstration. The smiles

on the faces of participants (men, women and children) and their edge to have more food explains the outcome of the demonstration and how tasty these meals were.

Some Rural Commercial Women in the group identified business opportunities in some of these meal recipes and are ready to commercialize it to sell and make some income to support themselves, their children, and their households.

Many of them pledged to adopt these recipes at the household level to improve their nutritional status.

[Click here to watch video on the cooking demonstration](#)

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**Solution**