

## A DAY IN HER FOOD PERU MENU



Live a day in the food of a woman from a Quechua family in the Andes, following what she might have for breakfast, lunch and dinner.

A Day in Her Food fact: A woman living in hunger in the Andes will not experience much variety in her food options. For example, lunch is nearly always potato-based, and taken in the fields while herding sheep.

Ingredients for the day (for one person):

- 6 potatoes
- 170g cracked wheat, or bulgur wheat if it's easier to find
- 1 ½ carrots
- 1 corn on the cob
- Half a tablespoon of chopped onion
- Half a tablespoon chopped tomato
- A few mint leaves
- Salt
- Vegetable oil

To drink on the challenge: Water throughout the day (no tea, coffee or other drinks)

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## BREAKFAST

Potato stew with boiled wheat

A simple dish to start her day

Ingredients:

2 potatoes, chopped into cubes  
Half a tablespoon of chopped onion  
Half a tablespoon of chopped tomato  
90g of cracked wheat or bulgur wheat  
1 tablespoon vegetable oil

Method:

- o Lightly fry the onion and tomato in vegetable oil.
  - o When soft, add the chopped potato and mix.
  - o Add around a cup to a cup and a half of water – enough for the potato to boil.
  - o Add salt to taste.
  - o In a separate saucepan boil 90g of cracked wheat/bulgur wheat as per packet instructions.
  - o Add salt to taste.
  - o Once the potatoes and wheat are cooked, serve together.
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## LUNCH

Fried potatoes with grated carrot

Lunch is usually potato-based and would be taken in the fields, while herding sheep

Ingredients:

2 potatoes, chopped into cubes  
1 carrot, grated  
Vegetable oil

Method:

- o In a pan fry the potatoes in enough oil that they are half submerged.
- o Keep stirring, flipping potatoes over so they cook evenly and don't stick to the pan.

- o Once potatoes are fried, drain the oil from the pan.
  - o Add the grated carrot to the potatoes, and on low heat combine thoroughly.
  - o When carrot is heated through, remove from heat, and serve.
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## DINNER

Wheat and potato soup with mint, and corn on the cob

Potato again...

### Ingredients:

80g cracked wheat or bulgur wheat  
Half a carrot, chopped  
2 potatoes, chopped into cubes  
A few mint leaves, chopped  
1 corn on the cob

### Method:

- o In a saucepan, mix the cracked wheat/bulgur wheat with the chopped potatoes and 2 cups of water.
- o Boil per wheat packet instructions.
- o Before the potatoes are completely cooked, add the chopped carrot and salt to taste.
- o In another pan, boil the corn on the cob.
- o When wheat, carrots and potato are cooked, take soup/stew off the heat and serve with chopped fresh mint on top, and the corn on the cob at the side.