



# Recipe for Diversity™: Cultivating Tolerance with Children

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Recipe for Diversity was created to address educators' and parents' concerns that have arisen as a result of the tragic events of 9/11. Our nation's collective pain has created a new emotional environment for us and our children. The Community Research Group/NYC RECOVERS has teamed up with Family Cook Productions to tackle community recovery in unique and inspiring way.

We can use the power of food and communing at the table to bring children together and unite them in positive purpose. In this curricula, children select a healthful ethnic recipe they would like to 'dedicate' to creating tolerance and celebrating the diversity around them and throughout the world.

Here is a guide for doing just that, as well as 4 easy recipes representing 4 different cultures. Each is delicious, kid-friendly, healthful and fun to prepare. For more tips on safe and easy family cooking, go to [www.FamilyCookProductions.com](http://www.FamilyCookProductions.com).

## 1. Discuss the idea of tolerance and global understanding.

Discuss how a culture lives, eats, and believes in things is based on their geography, weather, history etc. which create customs that might seem strange to another culture far away. It is important to understand the whys behind these cultural differences. Some examples: Arab and Jewish cultures both do not eat pork; Asians do not eat dairy; Indians of Sikh faith wear turbans, Muslim women cover the hair.



## 2. Discuss how lack of tolerance creates misunderstandings, hatred and hurtful actions.

Use examples they can understand in school or socially and connect them back to 9/11. When you see someone covering their hair or wearing a turban, it looks strange. But these customs have cultural and religious significance that are very important to who they are and their beliefs. If we do not respect and try to understand why these customs are important, then our ignorance breeds lack of acceptance and creates barriers to tolerance. The 9/11 disaster is the greatest example of intolerance creating hatred and harm.



## 3. Discuss how cooking the recipe of a different culture can provide insight into the culture and promote understanding.

Use an example of how a culture utilizes a particular ingredient. Example: grape leaves in the Middle East are eaten as food because they are very plentiful, have nutritional benefits (add vitamins and fiber in the diet), can be preserved in brine at room temperature and provide the perfect 'wrap' for rice mixed with meat and spices. It may seem strange to us in the US to eat 'leaves' but in this part of the world it is a wise use of an otherwise abundant and under-used natural resource and by-product of grapes.



## 4. Review the multi-cultural recipes on the back of this sheet.

Select a culture or recipe that the children would like to honor or feel is most in need of tolerance and understanding.



## 5. Divide up the purchase of the ingredients

(multiply the recipe by 3 for each class of 30 children) among the students. Have each student bring at least one ingredient as their 'offering' for global tolerance.



## 6. Divide your class into 3 groups of ten or less,

moving desks together so each group is working at one big table. Have the children wash their desks with soap or spray cleaner and make them very, very clean. Next make sure they wash their hands thoroughly.

**7. Pass out plastic knives and plastic plates to use as 'cutting boards'** Select a student to write the recipe on the board in large print for all to follow.



**8. Select 2 'Head Chefs'** for each table who will come up to the front and get each ingredient from their instructor. The instructor will slice vegetables for each group into enough slices so each child will have something to chop and manipulate. Measuring should be done by practicing fractions; if 2 cups are called for,



challenge students to use a smaller measuring cup, say 1/4 cup, and determine how many students get a turn to reach 2 cups!



## 9. When the recipe is complete in one large bowl at each table, have the children completely clean their tables.

After the tables are clean and set (with plastic bowls or plates, napkins and plastic forks or spoons), select a student to serve the food to each child.



**10. Before the children take one bite, have them 'dedicate' their recipe to promoting cultural diversity and tolerance** by asking each child how they think preparing the recipe and learning about the culture will help them be more open to that culture.



### Latin American – Caribbean Salsa\*

(Makes 10 tasting portions)

- 1 14-ounce can black beans
- 1 14-ounce can corn
- 1 medium red onion
- 2 plum tomatoes
- 1 red bell pepper
- 1 ripe mango
- 1 bunch cilantro
- 4 limes
- 3 ounces pineapple



juice or to taste  
Kosher salt to taste.

1. Carefully open the cans (adults discard the lids as they are very sharp). Strain the beans and corn in a colander and rinse well. Place them in a large mixing bowl.
2. Dice the onion, tomatoes, red pepper and mango. Transfer diced ingredients to the mixing bowl.
3. Next have kids clean and dry the herbs, pluck off the cilantro leaves from their stems,

tear them up and add them to the mixing bowl. Now squeeze the limes into a measuring cup or right into the bowl. Make sure to get every bit of juice squeezed out -- or use more limes!

4. When the diced ingredients have been added along with the lime juice and cilantro, add the pineapple juice to taste, with kids mixing well with wooden spoons. Add salt to taste, seasoning with more salt and drops of pineapple juice as necessary. Serve as a dip

### Middle Eastern – American –Tabouleh\*

(Makes 10 tasting portions)

- 2 cups #2 grade bulgar
- 2 fresh ripe tomatoes
- 1 bunch scallions
- 1 bunch fresh mint
- 1 bunch fresh parsley
- 3 lemons
- 1/2 cup olive oil
- Kosher salt and freshly ground pepper



1. Measure and place the bulgar in a bowl and cover it with very hot tap water. Let it set for about 20 minutes.

2. While the bulgar is soaking, dice tomatoes and scallions. Next wash and pat the herbs dry. Have kids pluck the mint and parsley leaves from their stems. Discard the stems and tear or chop the herb leaves.

3. Place the chopped veggies in a salad bowl. Now drain the bulgar of excess water,

squeezing one handful of bulgar at a time over a sink (or an extra bowl), and place each handful of squeezed bulgar into the salad bowl with tomatoes

4. When all the bulgar is in the salad bowl, squeeze the juice from the lemons into the salad. Measure and add the olive oil. Now let the kids mix everything up with their clean hands-- kids love this! Adjust seasoning to taste with salt and pepper while children mix.

### African American -- Southern Black-Eye

Pea Salad (Makes 10 tasting portions)

- 2 cans black-eyed peas
- 2 ribs of celery
- 1 large green bell pepper
- 1 small red onion
- 1/3 cup olive oil
- 2 cloves garlic
- 1 tablespoon French's Honey Mustard
- 2 teaspoons molasses (to taste)



kosher salt, black pepper, hot sauce to taste  
1. Carefully open the cans (adults discard the lids as they are very sharp). Strain the peas in a colander and rinse well. Place them in a large mixing bowl.

2. Slice the celery ribs thinly. Adults remove the ends of the bell pepper, then slice lengthwise into the pepper to the core and open it outward, rough side up. Trim the white pulp and seeds and divide into sections. Pass to

the children to slice into strips and then cut then dice the strips into small even pieces.

3. Adults slice the onion into slices and pass to the children to dice.

4. Measure the oil and add to the salad. Crush the garlic in a garlic press and blend. Measure and add the molasses and then season to taste with salt, pepper and hot sauce.

### Asian American -- Spring Rolls

(Makes 10 spring rolls)

- 10 rice wrappers, softened (*banh uot*)
- 1/2 cup white vinegar
- 4 large carrots
- 1 cucumber
- 1 bunch mint
- 1 bunch Asian basil
- 1 bunch coriander leaves
- 3 cups pre-cooked rice noodles
- 1 head Boston lettuce
- 2 cups mung bean sprouts
- 1 4-inch piece of ginger
- 1 mango



For the dipping sauce:

- 1/3 cup nam plah or fish sauce
- 1 clove garlic
- 1 stalk lemon grass
- 1 chili pepper
- 4 fresh limes
- 1 tablespoon French's Honey Mustard
- sugar and water to taste

Equipment: Large plastic tray, grater

1. In a large bowl, mix a gallon of warm water with the vinegar. Soak each spring roll wrapper in the water for 45 seconds (let the kids count out the time) and place on a paper towel to soften and dry. Cover and repeat, stacking each wet wrapper on with paper towels in between until you have 10-12 (make a couple extra in case any tear) at each table. Reserve in a stack covered with paper towels until it is time to wrap the rolls! Don't do this step more than 10 minutes in advance because the wrappers will dry out again.

2. Peel the carrots and cucumbers. Have the children take turns grating the carrots, letting each child count out 5 strokes. Adults cut the cucumbers in half and then slice thin. Pass out the slices to the children and instruct them to cut into matchsticks.

3. Now divide the three herbs into 8 equal portions. Remove the herb leaves and discard the stems. Cover the platter with the lettuce leaves. Begin to arrange each pre-

pared ingredient in a small pile over the lettuce on the platter.

4. Peel ginger and mango. Adults slice thin, and pass slices to children to slice into matchstick size pieces a. Now pass one rice wrapper to each child. Have the children stack one teaspoon of each herb, vegetable, some cooked noodles and sprouts inside. Fold up the bottom, then fold over the right and left sides and roll forward. Make the dipping sauce then slice and dip the roll into the sauce and eat!

#### To make the dipping sauce:

1. Chop the garlic with the kids. Instructor should chop the chili and lemongrass and add to the garlic in a small mixing bowl.
3. Let kids measure nam plah, and squeeze the limes into the bowl. Now help them taste and adjust seasoning to balance it with sugar and water.
4. When desired taste is achieved, dip in the spring rolls and enjoy!