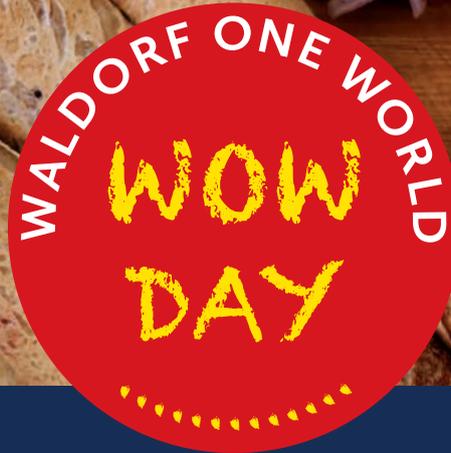




Freunde der
Erziehungskunst
Rudolf Steiners



WOW-Day cookbook

A heartfelt thank you to all who have contributed to the making of this cookbook.

cover photo: Mussakhan/chicken wrap, Bait al-Shams kindergarten, Lebanon
photo: Hussein Shaheen

How this book came to be

Admittedly, I was a bit nervous when I clicked on „send“ to email 60 Waldorf institutions around the world an invitation to send me a recipe for a collaborative cookbook. I was excited and nervous at the same time. Are they going to write back? Was my description clear? And all those different languages ...

With great pleasure I received the first answer from a Waldorf school in Greece: “Thank you so much for the invitation. The staff of teachers is already discussing which recipe to submit.” Then, another response from Brazil: „We are proud to be able to participate in such a project.“ Recipes from Haiti, South Africa, and many other countries followed.

With every recipe, I engaged with ingredients and cooking habits far beyond my previous experience. I was impressed by the culinary variety and immediately felt like trying some of the dishes myself.

To make sure there is a good picture for every dish, some schools went ahead and cooked their recipes again, just to provide a nice photo. Which is admirable, considering that many of them have to struggle with difficult challenges. Only a few Waldorf institutions worldwide receive state funding. The parents of the children can only pay very little or no tuition at all. Many of these children do not get a warm meal every day. The family income is too low. Even more

important for the children is to have a place where someone cares for them. Some schools represented in this book are able to provide their children with a small snack or a warm lunch. A good meal not only fills the stomach, it also makes it possible to learn and grow up in a healthy manner. This not only feeds the children, but also gives a healthy foundation for learning and growing up. Often, however, such an offer can only be realized through donations.

On many photos in this book, you can see how people come together to cook. One can see how much appreciation they experience as part of a community and how much joy they have in working with their hands. And with that we have reached the purpose of the book: to unite people from all over the world.

In this way, the collection you see is much more than a simple recipe book. It is a joint project of many people around the globe. It is a visible connection between all the people who are active on WOW-Day. Last but not least, it is a call to come together, to meet each other – to look anew beyond our own horizons, every day.

With this in mind, have fun cooking!

Jana-Nita Raker

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This collection of recipes from all over the world is the result of the campaign day Waldorf-One-World, WOW-Day for short. On this day, children and young people directly and actively work for a better world. To this end, they organize a large number of extraordinary fundraising campaigns that connect people on all continents. The proceeds give children school time, a caring community or a warm meal.

How can my school take part?

The time frame for WOW-Day is from 29 September to 29 November of each year. During this period, every institution chooses the day that best fits their campaign. To register, please fill out our online form: waldorf-one-world.org. On our website you will also find numerous ideas for campaigns and information concerning the institutions in need of support.

About WOW-Day

What is WOW-Day?

Worldwide solidarity with Waldorf educational institutions – that is the idea behind „Waldorf-One-World-Day“, WOW-Day for short. Once a year, committed people collect donations in many different ways, giving them to Waldorf institutions throughout the world. These institutions provide children with a warmhearted place to learn and grow – no matter how harsh their social reality might be.

Who organizes it?

For almost ten years, the *Friends of Waldorf Education* have been coordinating this worldwide campaign day. The idea was born during a meeting of the European Council for Steiner Waldorf Education. The association of European Waldorf Schools supports the campaign as a steady partner in cooperation with the German Federation of Waldorf Schools.

What happens to the donations?

The *Friends of Waldorf Education* forward 100 % of the donations to Waldorf and social initiatives. For an overview of all the institutions we are funding, please go to waldorf-one-world.org/what-we-have-achieved



In Germany, Finland or the Netherlands we are in a good position. The state provides a large part of the costs needed to run an independent school. Thus only a small part has to be co-financed by the parents through school fees. However, in Poland, Armenia or South Africa, for example, many Waldorf schools have to get by with little or no state funding. To ask for higher tuition fees from the parents is unthinkable in many of these countries. Many parents can raise the money only with great efforts,

Why do Waldorf schools need financial support?

if at all. Nevertheless, they would like their children to receive a Waldorf education for them to grow up healthily.

It is a Waldorf principle not to turn down a child for financial reasons. This was a main concern of Emil Molt when he founded the first Waldorf School together with Rudolf Steiner in 1919. He saw free educations as the answer to the then prevailing circumstances. Free for everyone, no matter what the financial situation of the family was. And also free from

economic interests and free from the demands of the labor market – an education guided only by the needs of the child itself and by the questions the child brings with her.

In order to truly live this ideal and to allow children everywhere in this world to attend school, it is important to remind us of this essential impulse by reaching out to one another beyond national borders – from one continent to another, from one human being to another.



What is the difference to other campaigns, such as calls for donations from other relief organizations?

In comparison to other fundraising campaigns, WOW-Day emerged from within, from the Waldorf movement itself, as a joint project of many countries. Social commitment has always been an integral part of many schools. Many fairs, charity runs, and concerts were initiated by the schools themselves, with the aim of donating the proceeds. The campaign enables us to pool and expand the campaigns that already exist at many schools. We invite more schools to participate and thereby make their worldwide commitment visible.

The *Friends of Waldorf Education* were founded almost 50 years ago, aiming to foster childcare and schooling based on Waldorf education. With the WOW-Day student campaign they mainly support Waldorf institutions. Deliberately, because many of these initiatives are too small to raise international awareness. Some are pioneering institutions, fighting persistently against adversity and restrictions in their country. A path that many schools have pursued before them, oftentimes succeeding only through the support of others. Today, these schools themselves work to help those that come after them. That is both beautiful and moving. Our campaign day opens the door (and the hearts), so that students from around the world get to know and connect with each other.



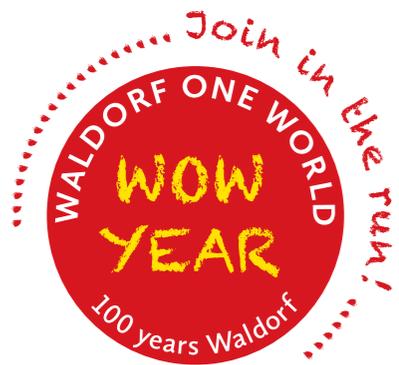
WOW-Day

464 schools participated

from 39 countries

186 projects receive support

in 61 countries



2019 - the WOW-Year

In 2019, you can conduct your fundraising campaigns throughout the entire year, even several times. Together with you we would like to celebrate the centennial of the first Waldorf School in 1919 and the worldwide impulse that followed from this event. Let us make a powerful start into the second century of Waldorf Schools.

www.waldorf-one-world.org

In 2019, Waldorf Education is celebrating it's centennial

On this occasion we would like to invite you to a very special event in cooperation with the **Waldorf 100-relay race**: a charity run that connects all the schools in the world. It can be a simple run to the closest school, a star race connecting all the schools of a region, or a relay race through the entire country – for each distance covered, the runners ask sponsors for donations, large and small.

www.waldorf-100.org





About the Friends

The *Friends of Waldorf Education* e. V. is an association founded in 1976 with the aim of promoting education and training based on Waldorf education. The association supports Waldorf Schools, Waldorf Kindergartens, social therapy and curative education institutions as well as social initiatives. It has been very successful in allowing people around the world to receive a good education. So far, we have been able to support well over 600 institutions around the world, also providing them with volunteer support.

www.freunde-waldorf.de/en

Recipes

from

Waldorf schools

around the world

Schurbat A'atz

Egyptian Lentil Soup

Schurbat A'atz can be eaten with rice or grilled bread croutons and lemon.
Bil hena woa schefa!

Hebet-el-Nil Waldorf School

Even though school attendance is mandatory in Egypt, only about every third child goes to school. Especially in rural areas and in small towns, school means classes of 70 children, rote learning, and shouting answers in unison. Children who lag behind run the risk of being beaten. When the speech formation teacher and actress Nathalie Kux was in Luxor in 2015 on a cultural journey, she met a restaurant owner, who wanted something better for the children of his neighborhood, and she decided to do something about it. She built up a Kindergarten, from which emerged, just one year later, a school. In summer 2016, the kindergarten opened with 60 children, in fall 2017 a first school class started with 24 children.

How to make it:

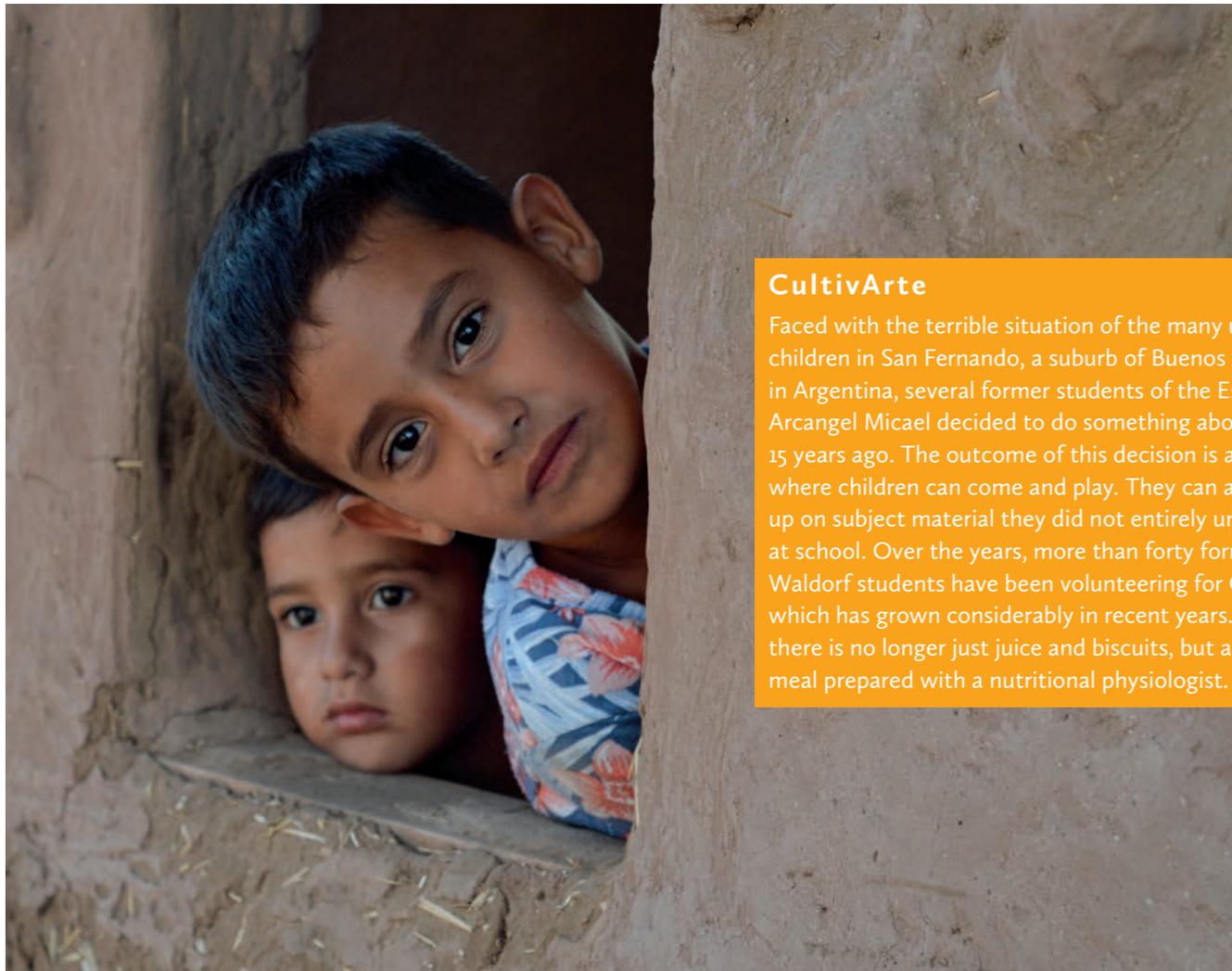
Chop the vegetables, wash and drain the lentils. Pour in a large pot and cover with water. Add salt and spices. In Egypt, the women fire up the oven 2 hours before and put the pot in the embers over night. You can also put the pot on the stove and bring the lentils to ad boil. Then, let it simmer for another hour and a half over low heat. At the end whisk everything well.

You will need:

½ kg red lentils
2 onions, chopped
2 tomatoes, chopped
2 carrots, chopped
2 bell peppers, chopped
2 garlic cloves, chopped
turmeric
cumin
cilantro, chopped



Egypt



CultivArte

Faced with the terrible situation of the many unattended children in San Fernando, a suburb of Buenos Aires in Argentina, several former students of the Escuela Arcangel Micael decided to do something about it nearly 15 years ago. The outcome of this decision is a place where children can come and play. They can also catch up on subject material they did not entirely understand at school. Over the years, more than forty former Waldorf students have been volunteering for CultivArte, which has grown considerably in recent years. For snack there is no longer just juice and biscuits, but a nutritious meal prepared with a nutritional physiologist.



Chipá Guazú

Argentinian Onion Cake

You will need:

- 3 onions, chooped
- 1 kg cormeal
- ½ cup of oil or butter
- 300 g cheese
- 5 eggs, beaten
- 1 cup of milk
- salt
- pepper

How to make it:

Beat the eggs in a bowl until yolk and egg white are combined. Heat oil in a frying pan and sweat onions until translucent. Add milk and simmer for ten minutes. Remove the pan from the heat and add cheese, eggs, cornmeal, salt and pepper. Stir vigorously and pour the mixture into a round greased cake tin.

Heat the oven to 180° C and bake for about 45 minutes until golden on top. Cut the cake and serve hot.

Mbyta

Corn Cake

The Kyringue'i Aty Ñeoguanga kindergarten is located in Ñamandu, a remote mountain region in Argentina. The villagers are organized as a tribe. Cooking often takes place over a wood fire.

Kyringue'i Aty Ñeoguanga

For almost two years, Elisabeth Rybak and Paula Kiefer have been building a kindergarten in Misiones in the rainforest of Argentina, as part of their voluntary service. In the indigenous village of Ñamandu there already is a school for the children of the Mbaya-Guaraní culture. While the state will not fund a kindergarten for the school, the younger children come to school anyway. Therefore, without further ado, the two volunteers founded a kindergarten. After a short time, they received support from other Argentine Waldorf Kindergartens and from Germany.

How to make it:

Cut the cheese into small cubes. In a bowl, mix cornmeal and cheese cubes. Heat oil in a frying pan and fry the onions. Add water and salt and bring to a boil. As soon as the water is boiling, pour it over the cornmeal into the bowl and stir vigorously until it forms a yoghurt-like mass. If needed add some water.

Take a large pot and lay it out with banana leaves. Pour in the mixture and cover with a plate. Put the pot in a fire. If possible, also light a fire on the plate so that the cake is baked evenly from all sides. It is ready as soon as the corn cake is golden brown on top.

The recipe is ideal for camping or school outings. Alternatively, you can bake the cake in the oven and use a greased baking tray or casserole dish instead of a pot.



You will need:

- 1 kg cornmeal, ground
- 250 g cheese (also works without)
- oil
- 2 onions
- 1,5 l water
- 1 tbsp. salt
- banana leaves
- (alternativ: greased cake tin)



Argentina



Baklava

Armenian Pastry



You will need:

75 g walnuts, pistachios, almonds
 390 g sugar
 2 packs puff pastry
 250 ml water
 1 tbsp. lemon juice
 100 g wheat starch
 250 g butter, melted

How to make it:

Finely chop the walnuts, pistachios and almonds, and mix them with 10 g sugar. In a pot, melt the butter over medium heat. Roll out the puff pastry, to produce about 24 thin dough sheets of the size of the casserole dish. Layer half of the dough plates into the casserole dish, dusting each plate with wheat starch and then buttering it. Spread the nut mixture on the layered dough sheets. Layer the remaining half of the dough sheets on top.

Cut the Baklava into squares with a sharp knife and spread the remaining butter over them. Before you bake the sweet pastry at 200° C in the oven for about 35 minutes, let it sit for 30 minutes at room temperature. Heat 380 g sugar, water and lemon juice in a pot until the sugar is dissolved. After you have taken the Baklava out of the oven, wait for 5 minutes. Now spread the syrup over it and let the pastry cool down well before serving.

Aregnasan Waldorf School

The Aregnasan Waldorf School in Armenia was founded in 1994 and, after long struggles with government authorities, received temporary recognition for Waldorf classes in the context of a state school, which became a private school in 2005. Including the entrance level, which accepts children between kindergarten and first class, the Waldorf School now has 12 classes with a total of 300 students. The privatization of the school and the resulting loss of state subsidies have made it necessary to raise school fees.

Moqueca de camarão

Brazilian Prawn and Coconut Stew

Moqueca is a traditional Brazilian seafood stew. Moqueca de camarão is made with prawns and coconut milk and served with rice. The stew is quickly made and contains simple ingredients.

Jardim do Cajueiro

The Jardim do Cajueiro Community School in Brazil was established in 2006 through a local parents' initiative that wanted a better future for their children. The organization "Action for Development" supports sustainable educational projects in Barra Grandes and helped the school develop. The school received further help from two teachers from the Micael School in São Paulo. The Community School sees its task as creating healthy conditions, especially for socially excluded children living in poverty. Only 20 percent of families are able to pay for the costs of bringing up their children. Unfortunately, as everywhere in Brazil, operating costs are constantly increasing.

How to make it:

Chop the onions and crush the garlic. Dice the vegetables. Heat the olive oil in a saucepan over medium low heat and sauté onion until soft. Add garlic, sauté for two minutes then add diced bell pepper and tomatoes followed by the entire coconut milk. Bring to a boil and add the peeled prawns. Season with salt and pepper. The stew is ready when the prawns are pink and well done (do not cook for too long!). Before serving sprinkle with chopped coriander.

You will need:

- 500 g peeled prawns
- 3 tbsp. olive oil
- 1 onion, chopped
- 3 cloves of garlic, crushed
- 1 green bell pepper, diced
- 2 tomatoes, diced, seeds removed
- 700 ml coconut milk
- salt
- pepper
- fresh cilantro, chopped (optional)

photo: Jan Inge Thomassen



You will need:

yeast for the bread
 ½ cup of lukewarm water
 500 g wheat flour (white or wholegrain)
 100 g sugar
 150 g butter
 2 eggs
 1 cup of milk
 1 pinch of salt



Dragon Bread

How to make it:

Dissolve yeast in warm water; gradually add a little sugar and flour, beat until smooth to form a soft dough. Cover and let rise in a warm place for about 15 minutes.

Mix in the dough melted butter (make sure the butter is not hot anymore), the eggs and warm milk until the dough no longer sticks to your hands. Again cover and let sit in a warm place for about 30-45 minutes, until it has doubled in volume.

Roll the dough with a rolling pin, and shape a dragon, which you can decorate with almonds on the back, cherries as eyes, dry figs as claws and a dry red leaf as a tongue. There are no limits for your creativity.

Bake the bread at 180° C to 200° C for about 45 minutes.

ACOMI

ACOMI arose from an initiative of parents, teachers, and friends of Colégio Waldorf Micael de São Paulo, who started doing volunteer work in the immediate vicinity of the Brazilian school in the 1980s. They wanted to give the children of the Boa Vista district, where there are hardly any green spaces or playgrounds, more prospects and leisure activities. At ACOMI, children can take part in extracurricular activities based on Waldorf education every day.

Coxinhas

Brazilian Chicken Croquettes

CREAR

The CREAR is located on the outskirts of „Vila Aparecida“, one of the largest and poorest districts of Capão Bonito in Brazil. CREAR was founded in 1994 with the goal to help the local population and especially the children and adolescents. In the course of time, a wide range of services has been developed: daily full-day care for toddlers and preschoolers, as well as extensive work with adults (needlework groups, gardening, lectures, home visits, social assistance).

How to make it:

Dough

In a large pot heat the water with butter and salt. When the liquid is boiling, add flour and stir vigorously until the mixture is smooth and loosens from the bottom of the pot. Let the dough cool.

Filling

In a pan fry the onions with olive oil until golden brown. Add the chicken, parsley and olives. Season with salt and pepper to taste.

Knead the dough for 2-3 minutes on a lightly oiled working surface to a smooth consistency. Cut off a

little piece of dough and roll it to a ball. With an oily finger make a hole and fill with two tsp. chicken filling. Close it again and form the dumpling into the shape of a drop.

Whisk 2 eggs and prepare a bowl of flour. Roll the Coxinhas first in the flour, then in the beaten egg and then again in the flour.

In a pot, heat enough oil to completely immerse the Coxinhas. Place the Coxinhas one by one in the hot oil, and fry them 7-10 minutes until golden brown. On a paper towel let them drip off.

You will need:

Dough

2 cups of water, chicken broth or vegetable broth
2 tbsp. butter
2 tbsp. wholegrain flour
salt

Filling

2 small chicken breasts, cooked and chopped
2 eggs, whisked
1 onion, chopped
2 tbsp. Parsley or scallions, chopped
olives, chopped (optional)
wheat flour
1 tbsp. Olive oil
salt
pepper

for 20 big coxinhas



Brazil

You will need:

500 g dried corn
2 l water
1 can (400 ml) sweetened condensed milk
400 ml coconut milk
500 ml “normal” milk
2 sticks of cinnamon
½ tsp. cinnamon
10 Gewürznelken

10 cloves
2 tbsp. sugar (to taste)
150 g coconut flakes
peanuts roasted and chopped for sprinkling

Attention! The recipe is for 10 servings - so take a big pot!



Canjica

Brazilian Corn Pudding

Canjica is a Brazilian version of Corn Pudding. It is made with corn and coconut. Muito gostoso – very tasty! We hope you enjoy cooking!

How to make it:

Soak the dried corn overnight in 2 liters of water. Cook the corn in the same water for 50 minutes. Add condensed milk, coconut milk and milk and stir well.

Add the cinnamon sticks, cloves, and sugar and cook for 20 minutes until the porridge thickens nicely. Finally, sprinkle in the coconut flakes and sweeten with sugar according to taste.

Fill the pudding into small bowls or deep plates to serve and sprinkle with chopped nuts – pronto! Bom apetite!

Monte Azul

It has been 40 years now that the children of the Favela Monte Azul called upon Ute Craemers begging for “something” – for some food, clothing, or a bit time together. Ute Craemer gave what she had and started to gaze upon the life of the people in the favela, situated just a few meters away from her house. She decided to find a way to sustainably improve the lives of these children, day by day. In 1979 she founded the Associação Comunitária Monte Azul, which now has 240 staff members and looks after 1.350 children and adolescents, day by day.

Caramelized Banana Cake

We chose this cake because in Brazil there are bananas everywhere. Even low-income families often have a banana plant in their garden when they live in the countryside, sometimes even in a tiny backyard in the favela in the middle of São Paulo. They are also available at any weekly market. And nowadays you can buy bananas all over the world, so you can easily get the ingredients.

The Circus Ponte das Estrelas

The Circus Ponte das Estrelas is aimed at children and young people from the periphery of the Brazilian metropolis of São Paulo. Often they come from the most difficult circumstances. The Circo Ponte das Estrelas, which means “star bridge”, is a healing counterbalance to these experiences. In addition to the circus activities, the young people also learn craft and musical skills.

How to make it:

We are going to bake this cake upside down, which means you start with the topping. Melt the sugar in a cake pan over medium heat until slightly glossy, stirring slightly with a wooden spoon. Cut the bananas. It will turn out especially nice if you first halve the bananas lengthwise and then slice them. Place the bananas on top of the melted sugar. Set aside. Beat the egg white until stiff, set aside. In a bowl mix together egg yolks, margarine and sugar. Mix the salt and baking powder with the flour and add it little by little. Finally add the milk. Carefully blend in the beaten egg white. Spread the batter evenly on top of the caramelized bananas. Bake the cake in a preheated oven at 180°C in the middle of the oven for about 30 minutes. Attention: Invert the cake when still hot so the sugar will not harden in the cake pan. Enjoy cooking and “Bom apetite”.

You will need:

for the batter

3 eggs
3 tbsp. margarine
1 ½ cups of sugar
1 pinch of salt
1 cup of milk
2 cups of wheat flour

1 level tbsp. of baking powder

for the topping

1 cup of sugar
4-5 bananas



Brazil

You will need:

400g or 500g tapioca flour
(depending on the size of the pack)
one pinch of salt
240 ml water
oil or butter for the pan
a solid sieve
filling as you wish

serves 4 persons

The Filling

Fill the pancakes any way you like. You just have to make sure that the filling does not contain too much liquid because the consistency of the pancake would not tolerate it. Anything you like on pancakes is possible.

Examples:

- Butter
- Cheese with oregano
- Spinach and ricotta or goat cheese
- Salads
- Jams
(traditionally: guava jelly with cheese)
- Coconut flakes with sweetened condensed milk
- Banana slices and melted chocolate

Tapioca starch (Cassava)

The plant was probably first cultivated in Peru over 4,000 years ago. It was brought to West Africa from Brazil by Portuguese slave traders at the end of the 16th century. Spanish sailors brought it across the Pacific and it spread to Asia. Tapioca is a staple food in many regions. Important! Cassava must not be eaten raw, as the tuber contains toxic prussic acid, which only evaporates after heating.



Beiju de Tapioka

Tapioca Crepes

Beiju de Tapioca is a type of crêpe or pancake made from cassava starch, salt, and water. They can be filled wonderfully with savory and sweet ingredients. In Brazil, especially in the northeast of the country, this specialty is sold on many street

corners. The dough, which has a rather floury consistency, is easy to prepare, but can also be bought as Tapioca or Goma de Mandioca Hidratada. Tapioca can often be bought online or in most grocery stores.

How to make it:

Add a pinch of salt to the flour, and then gradually add a little water, kneading it to a crumbly mixture. Cool the dough in the fridge for 20 minutes. Some recipes recommend leaving the dough in the fridge over night, others go directly to the next step.

Press the dough through a solid sieve into a bowl. This works best with circular movements.

The result is many small crumbs, almost like flour. Before the whole thing comes into the pan in portions, you should prepare the filling. Because as soon as the tapioca is in the hot pan, you have to work fast. Put a thin layer of crumbs in an oiled pan and wait over medium heat until they combine. Then turn once and place the filling on one half so that you can close the pancake after a short time.

Salva Dor

For many years in Salvador de Bahia, little children are taken off the streets to receive loving care and three meals a day at the institution Salva Dor. Their own families are often not able to provide this kind of care. Together with the rhythm that is established at kindergarten and the worthwhile activities they observe there and then imitate, the children thus receive an internal and an external stability, which hopefully provides them with more strength in their adolescence.

Bolacha de casca de banana

Banana Cookies

Pequeno Príncipe

The Pequeno Príncipe social project is located on the southern outskirts of São Paulo, Brazil, in the paradisiacal surroundings of the Atlantic Forest. “Pequeno Príncipe” translates to “Little Prince”. A little prince wants to be treated respectfully, he wants a good education, and he wants to be allowed to play. This should be the prerequisite for every child to be able to shape his or her life independently later on.

How to make it:

In a bowl, blend butter, eggs, sugar, and banana peels until just combined.

In a second bowl, mix cinnamon, baking powder, and flour and add the banana blend. With your hands knead everything to a firm non-sticky dough. Now put some flour on the work surface or the table and roll out the dough with a rolling pin. You can now use cookie cutters to cut out cookies. Place them on a baking tray lined with baking

parchment and bake at medium heat for about 30 minutes. Bom apetite!

In Brazil, some sweets are made with the peels of fruit. Since there are many bananas, their peels are often left over, but Brazilians also like to make sweet deserts with melon peels. Of course, you can take the banana fruit instead of the peel and mix it with butter, eggs, and sugar.

You will need:

- 2 eggs
- 1 cup of cane sugar
- 200 g butter
- 5 or 6 peels of ripe bananas
- 1 tbsp. cinnamon
- 1 tbsp. baking powder
- 5 cups of flour (half of which can be whole grain flour)



Brazil



You will need:

3 medium eggplants
flour
oil
salt
kitchen paper

for the filling

350 g walnuts, chopped
2 cloves of garlic, chopped
1 tsp. spicy paprika
½ tsp. turmeric
½ tsp. noble sweet paprika
½ cup of chopped parsley
½ cup of chopped cilantro
¼ cup of white wine vinegar
2 tbsp. water
salt

for 4 persons

Badrijani

Eggplant Rolls

How to make it:

Cut the eggplants lengthwise into ½ cm-thick slices. Combine salt and flour and roll the eggplant slices in the mixture. Heat oil in a pan and fry the eggplant slices until they turn golden brown (about 2 minutes from each side). Remove the slices and soak up excess oil using kitchen paper. In a food processor, blend all the ingredients for the filling until you have an even spreadable paste. Spread some of the paste onto each slice of eggplant and roll them up.

Tastes great as an appetizer or as a side dish.

TEMI-community

TEMI in the small village of Gremi in Georgia strives to be a home for the poor and disadvantaged. Homeless people, neglected orphans, and people with severe disabilities come here. There is a small school, a vineyard and a carpenter's workshop. Of the about 70 people, less than half receive a few euros a day of state support. Children and many of the residents in need of care still do not receive any financial assistance. Therefore, each year the community must raise the necessary funds through self-sufficiency, sale of products and free donations.

Chatschapuri

Georgian Cheese Bread

Michael School

Since its inauguration in 1994, the Michael School for Curative Education is the only school for children with special needs in Georgia. The house of the curative education initiative is situated in the center of Tbilisi. The school is funded according to the same rules that apply to every regular school in Georgia: Around 30 children are expected to be in one class. But if there are only six or eight children in one class, the school only receives the corresponding fraction of the usual funds. This amount is so small that the teachers can't make a living, not even in Georgia. This is why the school needs continuous support, to maintain the valuable work of our teachers, who have a lot of experience in education and therapy.

How to make it:

Melt the butter in a saucepan over medium heat. Let cool.

In a large bowl dissolve the yeast in warm water. Add the flour, two eggs, the melted butter and some salt. Knead the dough until it detaches from the bowl and then let it rise in a warm place.

In a bowl crumble the cheese and add the remaining eggs. When the dough has risen enough cut off small pieces and roll them in round shapes with a rolling pin. Place a handful of cheese in the middle of each pastry and close carefully. Roll out the stuffed bread a little and put it into a hot pan. When one side is fried, turn the pancake over and fry it from the other side. Alternatively, the cheese bread can also be baked in the oven. Finish off the bread with a little fat.



You will need:

- 1 kg wheat flour
- 1 kg cheese (mixed: feta, mozzarella or cottage cheese)
- 30-50 g yeast
- 4 eggs
- 500 ml water
- 3-4 tbsp. butter
- salt



Georgia





You will need:

for the dough

200 ml orange juice
 280 ml olive oil
 600 g flour
 ½ tsp. baking soda
 ¼ tsp. cinnamon powder
 1 pinch of dry clove powder
 zest from one orange
 (careful: non-waxed!)

for the sirup

2 cups honey
 2 cups water
 1 small cinnamon stick
 some walnuts and some extra
 honey

for about 40 pastries

Melomakarona

Honey Dessert

How to make it:

Syrup

In a pot heat honey, water, and cinnamon quill. Skim off the foam and let the mixture simmer for 10 minutes until the syrup thickens slightly (do not expect it to become very thick as it is not sugar). Take the pot off the heat and let the syrup cool down a little.

Dough

Mix the orange juice and the baking powder in a bowl with a high rim until the mixture becomes foamy. Add olive oil and herbs and mix until smooth. Slowly add the flour while constantly stirring.

Shape the dough into little balls and carefully place them onto a baking sheet on a tray. Bake the cookies in the pre-heated oven for 30 minutes at 180° C until they are a golden brown.

Dip the hot cookies into the syrup for 15-30 seconds. Then take them out, sprinkle them with chopped walnuts and top them off with a little bit of extra honey. Let the finished Melomakarona cool down to room temperature before you serve them.

TRIANEMI Waldorf School

TRIANEMI, in the Athens area, is the first Waldorf elementary school in Greece. The School started officially on September 9th, 2017, as a collective effort of teachers and parents to respond to the pedagogical aspect of what is sometimes called the “Greek crisis”. The school is growing fast.

Ghanaian Peanut Sauce

Cosmos-Centre

The Cosmos Center is an institution of curative education in Dormaa Ahenkro, giving a safe home to an average of seven to ten children with disabilities. Beside their regular meals and classes adapted to their special needs, the children also experience respect and learn to trust in themselves.

How to make it:

Peel the onions and the garlic and blend them with the chili peppers, the tomatoes, and the ginger until you have an even paste. In Ghana, the ingredients are ground in handmade clay bowls with wooden pestles. In a bowl simmer the paste for about 10 minutes. Add the peanut butter and the canned tomatoes and simmer everything for a few more minutes (Caution: foam!). At the end, season the sauce with salt. Enjoy!

In Ghana you eat this delicious sauce with Fufu, Kenkhe or Banku. You dip small balls into the sauce and deftly push them into the mouth with your fingers. Alternatively, you can enjoy the sauce with dumplings or potatoes.

You will need:

- 1-5 chili peppers (depending on how spicy they are)
- 2 onions
- 2 cloves of garlic
- 3 tomatoes
- 1 piece of fresh ginger
- 150 g unsweetened peanut butter
- 1 can of diced tomatoes
- salt

wood-mortar or blender



Chipilín Tamalitos

Tamalitos are a traditional food eaten in the homes of the local families and also for snack at school. Tamalitos are made from corn and the herb „Chipilín”. Fresh from the pot they are delicious and have a unique flavor. You will have to come to Guatemala to taste them! Even Kindergarten children prepare them in their class as part of their daily activities.

You will need:

1 cup of Chipilín leaves
(Alternatively: Spinach leaves or cheese)
500 g cornmeal
300 ml water
12 cornhusks or banana leaves
1 tsp. salt
1 ½ tbsp. olive oil

kitchen yarn
steam cooker

How to make it:

Wash the Chipilín leaves. Mix the maize flour with water until a smooth, sticky dough is formed. Then add the Chipilín leaves, as well as a pinch of salt. Knead the dough thoroughly. Rinse the cornhusks and soak them in water for a few minutes. Place the dough in small portions on the cornhusks, wrap up the dough in them and tie the small packs up with kitchen yarn. The packs should weigh about 100 g each. Steam these for about 30-40 minutes in a steam cooker.

Escuela Caracol

The name of the Escuela Caracol Waldorf School, which translates as ‘the snail’s shell’, gives us a clue to the vision behind this school located in the village of San Marcos La Laguna, and the close relationship of this school to Maya culture: spiral forms symbolize the connections between life’s manifold facets, and life as a whole. Around 120 children from Maya families and from families who have emigrated from the USA learn three languages: Kaqchikel, the Maya language, Spanish and English. The Escuela Caracol became the first ever school in the modern period to teach in Kaqchikel, and now state schools have followed its example. The majority of the parents from indigenous families have very low incomes and thus the tuition fees are hardly enough for the necessities of every day school life.

Bananes Pesées

Banana Fries

École du Village

Hurricanes repeatedly hit the island state of Haiti. In October 2016, the south of the country was hit particularly hard. Near the harbor town of Les Cayes, there is also the small Waldorf School École du Village. The storm and heavy rains devastated the school buildings and destroyed the few possessions of the community. When the dramatic situation of the school became clear, the Friends of Waldorf Education reacted promptly and sent an urgent call for donations by e-mail. This meant that an initial sum could quickly be transferred to carry out the repairs most urgent for the reopening of the school. The construction of a new earthquake-proof building has also begun.

How to make it:

Peel the bananas and cut them lengthwise into 1 to 3 cm thick pieces. Put these pieces in salty water for one hour. Then take a deep fryer or heat oil in a pot. Once the oil is really hot, deep fry the banana slices for a few minutes. Take them out and place on a kitchen towel to soak up oil. Crush the pieces between two plates to make them flat and even. Fry the bananas again for two minutes, let oil drip off well and serve with a spicy coleslaw.

It is better than French fries! Bon appetit!

You will need:

green plantains
oil
salt

kitchen paper
eventually deep fryer

Indian Chapati

Flatbreads

Chapatis are served with almost all dishes in northern India and can be eaten with curries, for example, to replace rice.

You will need:

200 g atta flour
(or: whole grain wheat or spelt flour)
4 tbsp. ghee
(or: sunflower oil)
flour to dust the work surface
about 120 ml warm water
salt

How to make it:

Combine warm water, flour, and oil, kneading the mixture by hand to a soft and smooth dough. If the dough turns out too dry add a little water. Let sit for a couple of minutes. On a lightly floured surface, form eight balls from the dough and roll them to flatbreads (about 1 cm thick). Heat a skillet over high heat until hot (cast iron or crêpe pans are best). Put in a Chapati and cook it for about 30 seconds from each side. As soon as the Chapati inflates, press it down with a spatula. Flip again, each side is supposed to have brown spots. Take out of the skillet and keep warm. Repeat with the next Chapati.

Darbari Waldorf School

In northwestern India there is a very young Waldorf school for children of the Bhil people, one of the most populous indigenous tribes in India. Despite the official abolition of the caste system, the local families are still excluded from society and live in extreme poverty. At school, children experience respect and learn to trust in themselves.

Ugali and Sukuma

Mbagathi Waldorf School

Nairobi is a progressive city. However, large parts of the population are fighting for survival. Finding work is difficult, and often people are struggling to pay for food, rent, and clothing. The children of Mbagathi School often come from difficult family situations. It is not uncommon to have children whose parents are separated, deceased, or suffer from AIDS. The Mbagathi Waldorf School has been constantly growing since its inauguration in 1992. Today, the school takes care of 300 girls and boys, of whom 90 are living in the school's boarding home. The teaching staff consists mainly of Kenyan teachers, but international colleagues support their work now and again. The school has to deal with an increasing number of applications from parents who are basically not able to afford the tuition fees. Educational sponsorships are an important help for the school since 95 % of the parents can only afford to pay very little in tuition, if anything at all.

How to make it:

Boil the water; add the maize flour little by little while stirring with a wooden cooking stick until firm. After it becomes firm, lower the heat and continue stirring it in intervals until you smell a sweet aroma after about 15 min of cooking. Set the Ugali aside on a plate and start preparing the Sukuma.

First slice the kale into very small pieces. Then cut your tomatoes and onions into small cubes. Heat the oil and first cook the onions for a few seconds; add the tomatoes with the salt and cover the pan until the tomatoes become soft. Now add the chopped kale, stir thoroughly and leave to cook for 5 minutes.

Ugali and Sukuma is a traditional Kenyan meal and you can serve it with scrambled eggs or meat. Serve hot!

You will need:

Ugali

500 g fine, sifted cornmeal
1 l boiling water

Sukuma

400 g kale
2 tsp. oil
1 onion
2 tomatoes
salt
pepper

serves 4 persons



Kenya



Passion Fruit Jello

You will need:

juice from one or two passion fruits
condensed milk
sugar to taste

How to make it:

Dissolve the gelatin in the passion fruit juice following the instructions. If needed add some water. Add sugar and condensed milk, pour the mixture into a bowl and cool in the fridge until firm. Enjoy!

CES Waldorf

The history of CES Waldorf dates back to 1997 when a group of social workers together with Helmut von Loebell, an industrial manager who has been living in Colombia since 1956 and is co-founder of other social projects in Bogotá like the SOS Children's Village Colombia, avoided the eviction of the dwellings of 36 refugee families and achieved their peaceful relocation to the Sierra Morena neighbourhood in Ciudad Bolívar. In Sierra Morena the social workers familiarised the relocated families with the general requirements of an organised community life and helped the children with their academic processes. Inspired by Waldorf education, CES Waldorf offers a unique educational and social program. Through arts, culture as well as medical and psychological assistance, it offers children, adolescents and their parents the opportunity to cope with their difficult living conditions, characterised by extreme poverty, drug abuse and violence, and to fulfil their wish for a dignified life. Despite the donations of several public and private organisations from Europe and Colombia, raising new funds for the operating and maintenance costs remains a daily challenge.

Coconut Dessert

You will need:

1 bag of coconut flakes or rasps
1 can of condensed milk
powdered milk
sugar
butter or oil

How to make it:

In a skillet brown the coconut flakes with a little butter or oil. Add the condensed milk and stir in a few spoonful of powdered milk. Add sugar to taste and let cool before serving. Enjoy!

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You will need:

1 chicken
70 g to 100 g sumac
4 onions, sliced
olive oil
yufka-flatbread
lemon
salt
pepper

photo: Hussein Shaheen

Mussakhan

Palestinian Chicken Wrap

How to make it:

Marinate the chicken with half of the sumac, lemon and seasoning. Slice your onions and cook them with olive oil, the remaining sumac, salt and pepper, till they have just started taking color. Cook your chicken in an oven for 1 hour at a temperature of approximately 190 °C. Once cooked, shred it and mix with the onions-sumac-mix. Place in the flat bread and serve or heat up again in the oven and serve. Spread thickly on the bread and then wrap it and place it back in the oven till it has warmed through again; then serve.

Sumac

Sumac is a spice, fruity and sour in taste. In many countries it is used like lemons. In the Arab world, sumac often refines casseroles, kebabs, dips and salads.

Bait al-Shams kindergarten

To the south of the capital of Beirut lies the refugee camp Shatila. It has been there since 1949. Originally envisioned as a temporary measure, it has been the refugees' home for four generations now. In the completely overcrowded camp, poverty, violence and hopelessness are the permanent condition. But for some children there has been a ray of hope for some time now. They attend the Waldorf kindergarten, founded in 2014. There they can play in peace, experience security, peaceful communication and are surrounded by beautiful things that are otherwise so rare in the camp.

Gundruk

Stew with pickled leafy vegetables

Tashi Waldorf school

In Tibetan “Tashi” means “everything that is good”. In keeping with this motto, the focus of the Tashi Waldorf School, founded in 2000, is to provide students with an education that incorporates the culture and tradition of the country. It is an alternative to the performance-oriented Nepalese school system, but also to expensive private schools. The aim of the school is, above all, to provide children, who would otherwise not be able to attend school, with an education.

How to make it:

Cut potatoes, chili, onions, coriander, and Gundruk into small pieces. Put some oil in a frying pan or wok and fry the soybeans and then the potatoes, one after the other. When they're light brown, take them out of the pan and set aside in two different bowls. In a pan, lightly braise onions, chili and coriander together. If needed add a little oil. Add the Gundruk and mix onions, chili, coriander, and Gundruk for 1 to 2 minutes. Add the potatoes and soybeans to the pan and stir for 1 to 2 minutes. Now add the tomatoes. Stir well and add salt to taste. Finally add 2 cups of water to the pan and simmer over medium heat. This fantastic dish from Nepal should be enjoyed hot!

You will need:

200 g tomatoes	100 g soybeans
150 g onions	20 g coriander
150 g potatoes	4 tbsp. sunflower oil
100 g chili (optional)	salt
150 g pickled, fermented gundruk (or spinach)	serves 4-5 persons



Nepal

Kheer

Nepalese Rice Pudding

How to make it:

In a pot bring coconut milk, whole milk and sugar to a boil. Careful, the milk rises quickly in the pot! Add the rice and simmer for 20 minutes over medium heat. Stir occasionally until the rice is cooked and the liquid thickens. Add sultanas and cardamom and simmer again. In a bowl, decorate the rice pudding with almonds and pistachios.

You will need:

1 can of condensed milk (400 ml)	50 g sultanas
200 ml whole milk	½ ground cardamom
3 tbsp. cane sugar	30 g sliced almonds, roasted
100 g basmati rice	30 g chopped pistachios

Shanti Sewa Griha

The „Leprahilfe Shanti Sewa Griha“ was founded in 1992 by Marianne Großpietsch. Over the years, it grew to encompass a clinic, a hospice, a soup kitchen, a well for drinking water, various workshops as well as a Waldorf-oriented school, kindergarten, and orphanage, which were completely destroyed by the severe earthquake of 2014. With combined efforts and much help from our donors, we were able to get the community through the following monsoon and set up some temporary classrooms in the clinic.

Quinoa-Soup

Kusi Kawsay

The Kusi Kawsay School in the sacred valley of the Incas in the Peruvian Andes provides a good education for indigenous children and adoscelents from poor families. “Kusi Kawsay” means “happy life”.

How to make it:

Rinse Quinoa at least four times. Then roast in a skillet without oil. In a Dutch oven, sauté the onions and the garlic with a little oil until lightly browned. Pour in 2 liters of boiling water; add carrots, squash, potatoes and quinoa. Let everything simmer for about 30 minutes until the quinoa has softened. Remove the strings from the green beans and add the beans to the soup. Add the spinach and oregano and simmer for another ten minutes. Before serving, stir in cheese and milk.

You will need:

1 small onion, finely chopped
3 cloves of garlic finely chopped
2 tbsp. oil
1 big carrot cut into small dices
1 medium butternut squash diced, seeds removed
a handful of green beans
125 g quinoa
a handful of spinach
100 g grated cheese
¼ cup of milk
1 tbsp. oregano
500 g potatoes, peeled and cut in half
salt to taste



Peru



Papas Rellenos con Queso

Stuffed Potatoes with Cheese

You will need:

2 big potatoes
cheese
garlic, chopped
chives, chopped
salt
pepper

How to make it:

Wash 2 large potatoes and bake them in the oven circa 2 hours until soft, this may take up to two hours. Take them out of the oven and cut a hole in the upper side of the potatoes. Carve out the potatoes with a spoon and mix the content of the potatoes in a bowl with grated cheese. Add salt, pepper, chives and garlic. Fill the mixture back into the hollowed potato. Bake them in the oven for 15 minutes before serving. Yummy!

Estrella de Sauce

Estrella de Sauce is the name of the social initiative in Peru founded by Waldorf teacher Lourdes Jibaja. Thanks to her work, children in the Andes near Tarapoto, but also in the Amazon jungle, have access to education or simply a warm meal.

Sarmale

Romanian Cabbage Rolls

How to make it:

Rinse the cabbage in cold water. Remove the outer leaves, cut out the core piece. Take off as many leaves from the cabbage as you want to make rolls.

Chop the onions and combine them with the ground beef in a bowl. Add the uncooked rice, thyme, leek, three spoons of tomato paste, and dill. Season with salt and pepper and combine to a smooth mass. Spread the meat onto the cabbage leaves with a spoon. Wrap the leaves sideways and roll them up.

Cut the remaining cabbage into small pieces and put half into a large pot. Place a few slices of bacon and

the bay leaves on the finely chopped cabbage. Place a few cabbage rolls on top and cover them with another layer of bacon. Layer the remaining cabbage rolls on top and cover them with the remaining chopped cabbage. Dissolve 2 tablespoons of tomato paste in water and pour the liquid over the cabbage rolls. Fill the pot with water so that everything is covered. Cook the cabbage rolls over medium heat for 30 minutes.

Then stew them in the oven for 2 hours. Add water if necessary and serve the cabbage rolls hot or cold, preferably with polenta and sour cream.

Prietenia Pantelimon

Prietenia Pantelimon is a Rumanian facility for people with special needs, which is home to a special-needs school. The curative education facility was opened in

2006 and is situated on a 5-hectare property close to the capital Bucharest. Eventually, there will be jobs for 50 people with special needs and housing for 40.



You will need:

- 300 g ground beef
- 400 g ground pork
- 2 onions
- 6 tbsp. rice
- 4 tbsp. tomato paste
- some dill
- 1,5 kg pickled cabbage
- ground pepper
- 6-7 peppercorns
- 2 bay leaves
- thyme
- 200 g smoked bacon in slices
- salt
- water
- cooking string



You will need:

700 g flour
2 tsp. salt
2 tbsp. sugar
1 sachet of yeast
½ l warm water
kitchen paper

Vetkoek

Deep Fried Bread

Vetkoek, the iconic South African street food, is a traditional snack. They are deep fried yeast buns usually eaten plain or with a filling. Popular fillings are minced meat, grated cheese or sweet with butter and jam.

How to make it:

Combine the yeast with the sugar and warm water and set aside for 10 minutes. Combine salt and flour before slowly stirring it into the yeast mixture until you have a soft dough. Knead for another 10 minutes. If it sticks too much to your fingers, more flour can be added. Cover the dough loosely with a clean cloth and let rise in a warm place for about 1 hour until it has doubled in size. Knead the dough again and roll out, 2 cm thick. Cut out rounds using a glass or a cookie cutter. Pour oil into a frying pan until it is about 5 cm high and heat it to about 200 °C on medium heat. Fry the Vetkoeks until golden brown for about 3 to 5 minutes on each side. Remove with a slotted spoon and drain on paper napkin. Serve warm - with a filling of your choice. Enjoy!

Zenzeleni Waldorf School

Zenzeleni Waldorf School is located in Khayelitsha, the largest township in Cape Town. The institution was established in 1999 thanks to the initiative of a few parents and with the support of the Centre for

Creative Education. Today the school has seven classes and a kindergarten and provides a warm place for 280 children to learn and grow up.

Bobotie

Vegetarian Gratin

How to make it:

Mix all of the ingredients. Put them in a casserole. Bake in the oven at medium heat until fully cooked. Serve with rice and chutney.

Puppetry Community

Since 2004, a number of puppeteers have been performing (table) puppet shows at local schools and kindergartens, mostly in the Xhosa language. The children watch the same show several times so they come to know and love the story. The puppeteers work by themselves or in pairs, and by now the children know them and cheer when they arrive with their bags full of puppets. Many children

and even adults are excited and moved watching the small puppet theater. But the performance is simple, mistakes happen, the puppeteers are non-professionals – and yet the performance develops this great and wonderful effect. For a few moments it is a different world, where the children heal their wounds and draw new strength for the challenges of everyday life.

You will need:

6 cups carrot, grated	1 tbsp. marmite (salty yeast extract)
1 cup nuts, chopped	2 tbsp. vinegar
1 cup tomatoes, chopped	2 tbsp. sugar
1 cup onions, chopped	bay leaves
2 cups breadcrumbs (or cooked quinoa or other grain)	1 tsp. ground ginger (or grated)
2 cups milk	½ cup raisins
2 eggs	2 tbsp. sunflower or other oil
1 tbsp. curry powder	salt
1 tbsp. turmeric	





You will need:

rice with beans

1 kg rice
1 kg soy beans
1 l water
onions, as many as you wish
carrots, as many as you wish
(alternatively, you can use
other vegetables as well)
coconut (optional)
sunflower oil
salt

Flatbreads

500 g wheat flour
350 ml water
sunflower oil
butter or margarine
1 tsp. salt

serves 8 persons

Wali na Maharage

Rice with Beans

How to make it:

Rice with beans

Cook the beans until soft. While the beans are cooking cut the onions and carrots then add to the beans. Cook the rice and add a little sunflower oil toward the end. Personal tip: Crush the meat of a coconut and add a little water to make it runny. Add the resulting cream to either the beans or the rice.

Traditionally, beans and rice are served together. We love eating Wali na Maharage with Chapati.

Flat Breads

Combine flour, water and salt to a smooth dough. Then divide the dough into 8 small balls and roll the balls flat, one after the other. Spread butter or margarine on both sides and roll them back into balls. When you have done this with all 8 balls, roll them out again, this time making sure to get them wafer-thin. Put the pancakes in a hot, oil-free pan and wait until the chapati gets brown spots from below. Then it's time to flip it over and put a spoonful of oil in the pan. When it's nice and brown on both sides, it's done. Karibu chakula.

Hekima Waldorf School

In Dar es Salaam, Tanzania, was founded in 1997 and today has almost 200 school children, 20 percent of which are orphans. After the end of the communist regime, a new openness towards free schools became apparent, which was the prerequisite for the foundation of a Waldorf School.

In Tanzania, the educational situation up to now has been very bad; sometimes, there were large classes with 100 children, and physical punishment was also common. Almost one third of all children did not graduate from primary school.

Varenyky

Filled Dumplings

How to make it:

Bring the lightly salted water to a boil and whisk in half of the flour until well combined. Add the remaining flour and an egg; mix everything to a smooth dough. Roll out the dough thinly on a floured work surface and cut out round shapes with a large drinking glass.

Place a tablespoon of filling on each of the circles. Fold the circles in the middle so that a half moon is formed and glue the edges together by pressing them firmly together. To make them stick even better, you can brush the edges with a little water.

Boil the raw dumplings in salted water and stir occasionally. If they come to the surface, take out the dumplings with a slotted spoon and enjoy them warm.

You can fill the dumplings as you like. For example with mashed potatoes, with onions or with sauerkraut. Our students love Varenyky with cherries and eat them with some sugar and sour cream.

Curative education School Phönix

In 2008, the Phoenix Institution was founded as the first curative education school in Ukraine. Children with severe or multiple disabilities attend this school. The lessons give them the opportunity to learn; through numerous artistic projects, excursions, visits to concerts or plays, the children experience themselves as full citizens of society. The school receives no state support and depends on the support of parents and friends.

You will need:

400 g flour
1 egg
200 ml water
1 pinch of salt

filling as you please
e.g. mashed potatoes,
onions, sauerkraut,
cherries and sour cream



Ukraine





You will need:

for the spring rolls

60 g cooked rice vermicelli or rice noodles
 8 sheets of rice paper
 8 big cooked prawns, peeled and veins removed
 1 ¼ tbsp. Thai basil, chopped
 3 tbsp. freshly chopped mint
 3 tbsp. freshly chopped cilantro
 2 lettuce leaves, chopped

for the dip

2 tbsp. fish sauce
 2 tbsp. lime juice
 2 cloves of garlic, chopped
 2 tbsp. sugar
 1/2 tsp. garlic-chili-sauce
 3 tbsp. hoisin-sauce
 1 tbsp. peanuts, chopped

for 8 rolls

Vietnamese Spring Rolls

How to make it:

Spring rolls

Pour warm water into a bowl. Dip a sheet of rice paper into the water for a second to soften it. Place the rice paper on a plate and spread two half prawns, a handful of rice or noodles, basil, mint, coriander, and lettuce lengthwise in the middle. Leave about 5 cm space on each side of the rice paper. Fold in the uncovered sides and then roll them carefully into a spring roll.

Sauce for dipping

In a small bowl mix fish sauce, fresh lime juice, and a finely chopped clove of garlic with sugar and the garlic chili sauce. In another bowl, mix hoisin sauce and the finely chopped peanuts.

Vietnam Waldorf kindergartens

In and around Ho-Chi-Minh City there are ten Waldorf kindergartens, which are supported, among others, by the Australian association Vietnams Children Project. In 2002, the Dieu Giac Kindergarten was the first to start its work, with 30 children; Thanh Lan Kindergarten followed a year later, and in 2006 the Tho Trang Childcare Center opened its doors. The kindergartens do not receive state support and live on donations from parents and friends.

Do you like the cookbook?

We would be pleased if you support our work with a donation. This will enable us to organize campaigns such as WOW-Day and to forward 100 % of the WOW-Day donations to other countries.

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We will forward 100 % of your donation

Ever since the *Friends of Waldorf Education* were founded we have been working according to this principle. This means the 100 euros you donate for a Waldorf School, for example, are **entirely forwarded** to the school, without deducting administrative costs. This is especially important for small projects where every euro counts. In addition, it means that we are not collecting the donations for our own good.

But it also **means that we continuously need people** who make a conscious decision to support our work with a specific donation. This allows us to hire staff, buy stamps or provide advice.

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Imprint

Freunde der Erziehungskunst Rudolf Steiners e. V.
Editors: Jana-Nita Raker, Christina Reinthal, Karoline Opitz
Design: Jana-Nita Raker, Berlin
Translation: Sara Blum

Association

Wagenburgstr. 6
70184 Stuttgart, Germany
Registry number VR 2806

photo backpage: Bait al-Shams Kindergarten, Lebanon
photo by: Hussein Shaheen

Freunde der
Erziehungskunst
Rudolf Steiners



The WOW-Day cookbook is a joint project of many people around the globe. It collects for the first time recipes by Waldorf institutions from all over the world. In addition to cooking instructions, the booklet provides insights into Waldorf schools and kindergartens as well as curative education and social therapy centers worldwide. Our aim here is to bring people together all over the world, here and everywhere, and to encourage them to create things together - in the kitchen and in the world.

www.waldorf-one-world.org

WOW-Day

this is a campaign of the *Freunde der Erziehungskunst Rudolf Steiners e. V.*
in cooperation with the European Council for Steiner Waldorf Education and the Association of Waldorf Schools in
Germany