

Manchester Cooks:

Asian • African • Latino • Middle Eastern

With funding from an anonymous donor through the NH Charitable Foundation, a series of training workshops for the Manchester School Food Service Department took place over school year 2013-2014. The purpose was to educate and train the staff about the cultural diversity found in the Manchester school district.

Manchester is a refugee relocation city and takes in several hundred refugees from around the world every year. A partner on this project has been the Fresh Start Farms Program through the Organization for Refugee and Immigrant Success (ORIS). Fresh Start Farms is a collective of refugee and immigrant farmers who participate in the New American Sustainable Agriculture Project. Through this program, refugees and immigrants learn how to farm in New Hampshire and acquire skill and knowledge to become self-sufficient. Many of the refugee and immigrant farmers have children in the Manchester Schools. These children come to the United States not knowing English and American diets are unfamiliar. Many don't eat school lunch because they don't know what it is or have religious or dietary preferences. By providing this educational opportunity to the food service department, new and familiar foods are being served to the diverse school population. Recipes for the workshops were chosen based on cultural representation, adherence to school nutrition guidelines and ease of preparation.



The first workshop focused on the Asian cuisines of Bhutan, Nepal and India, all part of Asia. In the late 19th and early 20th century many Nepalese were invited to help settle parts of Bhutan to begin cultivating food. This Nepalese population increased and became threatening to the Bhutanese Government. In the 1980's the government implemented a *One Nation One People* policy in order to preserve the Bhutanese culture. The government would not grant citizenship to the Nepalese living and working in Bhutan and enforced Bhutanese language and dress codes. Conflict escalated in the 1990's and many returned to Nepal but were now considered Bhutanese refugees. Nepal is unable and unwilling to take in the returning population which created the need for relocation. Seventy-five thousand of this refugee population have been resettled in the United States with several thousand ending up in Manchester over a number of years including this year. Manchester also has an Asian Indian population but they are not refugees.

Asian Recipes

EMA DATSHI GLAZED CHINESE LONG BEANS MUSTARD GREENS BHUTWA

CHICKPEA CURRY INDIAN SPICED ROASTED EGGPLANT

PUMPKIN CURRY WITH LENTILS AND APPLES



Workshop two featured the African cuisines of South Sudan, Somali-Bantu, Democratic Republic of Congo (DRC), and Burundi. Political unrest, violence and inter-clan and inter-factional fighting are the reasons for refugee relocation from these African countries. The DRC and Burundi are two of the poorest countries in the world. The DRC is also the wealthiest country in the world with its highly valued natural resources. South Sudan has been a country for three years only. Bantu tribes living in Somalia have been marginalized and never accepted as Somali. During the Somali Civil War, Bantus were forced from their land and escaped to neighboring countries. The first Somali Bantu refugees starting coming to the United States in 2003. Several hundred now make their home in Manchester.

African Recipes

SOUTH SUDANESE TOMATO SALAD BLACK EYED PEAS WITH CILANTRO AND COCONUT

COLLARD GREENS WITH ONION AND TOMATO SPINACH WITH CHICKPEAS

SPINACH POTATOES BEEF WITH KALE, TOMATO AND ONION

Workshop three featured cuisine from the Latino countries of Puerto Rico, Cuba, Guatemala and Mexico. Manchester is currently not receiving refugees from these countries but does have immigrants from these countries. About 8% of the population of Manchester identifies as Latino.

Latino Recipes

Black Beans and Rice Sautéed Plantains
Sweet Potatoes with Banana Radish Salad
Stewed Okra Chicken Enchiladas
Quinoa Salad Butternut Squash and Feta Tostada



The final workshop was about the cuisine of three Middle Eastern countries: Iraq, Iran and Afghanistan. The need for refugee relocation is based on political unrest, religious and tribal differences and war. Most of the Middle Eastern refugees coming to Manchester are from Iraq.

Middle Eastern Recipes

Afghan Meat Dumplings Sabse Borani
Afghan Vegetables
Tomato Cucumber Salad with Sumac
White Bean Stew Tabbouleh
Iraqi Carrot Salad Naan

