



welcome ~ willkommen ~ bienvenue ~ ahlan wa sahan ~ khosh amadid ~ huānyíng ~ bienvenidas

We are really excited to be working with My Bright Kite and Vent 4 Change for Share A Pencil Day 2020! We will share with you - young people in the United Kingdom - a sneak preview from our forthcoming cookbook, **Recipes of HOPE**. Food is a great way to learn more about ourselves, our families, friends and community. Food is a language we can all use to communicate and share our stories - no matter where we are from in the world.



We first met Gulwali Passarlay in The Welcome Tent, a repurposed army catering tent, where we cook and share food with the people we meet. We have hosted and cooked together with families and people of all ages across Europe who have been uprooted by conflict in their homelands. This is what our cookbook is all about.

***We now call ourselves one big family -
the Happiness All Around crew!***

IMPORTANT : Parents or those with parental responsibility must oversee all activities taking place in the home. humankINDER Ltd and partner organisations cannot be held liable for these activities. Always ask permission before taking photos. All Prize Draw entries may be published in the public domain. Thank You.



My earliest memory is of being four years old and running with my grandfather's sheep high in the mountains. Grandfather, or Zoor aba ('old father'), as I called him in my native language of Pashtu, was a nomadic farmer and shepherd. He was a short man, made taller by the traditional grey turban he always wore. His hazel-flecked green eyes shone with a vital energy that belied his years.

Each Spring he walked his flock of thickly fleeced sheep and spiral horned cattle to the furthest reaches of the mountains in search of fresh and fertile pasture. My grandparents' home, a traditional tent made from wooden poles and embroidered cloth, went with them.

Two donkeys carried the tent on their backs, along with the drums of cooking oil, sacks of rice, and the flour my grandmother needed to bake naan bread. I would watch transfixed as my grandmother spread and kneaded sticky dough along a flat rock before baking it over the embers of an open fire. She cooked from a single metal pan which hung from chains slung over some branches balanced over the fire. I loved helping her gather armfuls of wild nettles which she boiled to make a delicately scented, delicious soup.

I don't know how she did it, but everything she created in that pan tasted of pure heaven to a constantly hungry little boy like me.

from Chapter 1, *The Lightless Sky*, (2015) G. Passarlay & Ghouri N

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We can all use food to share stories about who we are and where we are from.

What is your favourite food? Why?

Does it remind you of a certain place or person?

Who do you like to share it with?



Learn how to bake Flat Bread

This is a simple bread recipe enjoyed around the world. We know the health pandemic has led to food restrictions everywhere, but we hope you can get hold of the ingredients easily. In Gulwali's homeland of Afghanistan there is also currently a shortage of food which has increased prices.

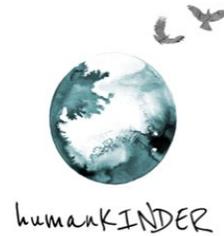
This recipe will take approximately 2 hours to complete. To make 6 breads you will need: 350g plain flour, 235g warm water, 1 teaspoon of salt, 1 teaspoon of dry yeast, 1 teaspoon sugar, 1 tablespoon of olive oil, handful of flour for rolling out

Bowl, spoon, tea-towel or cling-film, rolling pin, oven and baking tray or large pan

1. Place yeast, sugar and water into a bowl. Mix with a spoon and leave to froth for about 10 minutes.
2. Add the flour and salt and oil. Mix well for 2 - 3 minutes.
3. Cover with a tea towel or cling film and put in a warm place for about an hour until the dough has doubled in size. This is called **proving**.
4. Preheat the oven to 220 degrees centigrade.
5. Sprinkle your work surface with flour. Divide the dough into 6 equal pieces and roll out into thin round breads.
6. If you are cooking in the oven, transfer onto floured baking trays and allow to prove for another 15 minutes. Bake for for 6 - 7 minutes until puffed up and slightly golden. Carefully remove from the oven. Enjoy!



If you are cooking in a pan turn up to a medium heat and fry the breads without oil one by one on both sides for a minute or two until puffed up and slightly golden. Carefully remove from pan. Enjoy!



Create your team's own Recipe of HOPE

For Share a Pencil Day 2020 we are offering an exciting opportunity for your creative works to be included in our forthcoming cookbook, *Recipes of HOPE*. To be entered into the Prize Draw, we are looking for your team to share a Recipe of HOPE that celebrates working TOGETHER. We have included a template below:

- 1. What is the name of your team? Draw us a picture of you all. You can team up with people in your house, or by phone, by email ...or even with your pet ;) but don't forget the rules of Lockdown!**
- 2. What is the name of your team's Recipe of HOPE?**
- 3. Tell us why your team chose this Recipe? Be as creative as you want - we LOVE pictures, photos and films - but remember to include clear ingredients and instructions if you want to be included in the Prize Draw!**

Send your creative works by email to TheWelcomeTent@humanKINDER.UK by the 1st June 2020 to be entered into the Prize Draw. The winning team will be announced on the 21st June 2020. We look forward to seeing you on social media with the hashtags #ShareAPencilDay #PencilSelfie #recipesofHOPE2020

Good luck, be safe and have fun!