

Cooking with Sorghum

An activity of "Indonesia wants its people to eat ... more sorghum"

Read "Indonesia wants its people to eat less rice and more sorghum" (page 10, *What's Up* March 2023). It is time to do your part to promote less-known grains such as sorghum. Create a sorghum recipe book that you and your classmates can use at home.

ON YOUR OWN

1) Based on the information in the article, fill in the following cloze passage with suitable words:

Indonesia's government is encouraging its farmers and people to eat sorghum to (a) _____ the country's dependence on rice and wheat. (b) _____ weather conditions, such as floods and droughts, have led to a (c) _____ of rice, driving up prices. The country also struggles to import wheat, which does not grow in its tropical (d) _____. Prices have risen since Ukraine, one of the world's (e) _____ wheat suppliers, was invaded by Russia. Sorghum, which is high in protein, calcium, fibre, vitamins, and (f) _____ such as iron, can be grown locally and is more (g) _____ than many people believe. Sorghum is also (h) _____ slowly, making people feel full for longer and preventing overeating. Additionally, sorghum can be ground into (i) _____ and used to make bread, pasta, and instant noodles, a staple in Indonesia. The government is (j) _____ to boost Indonesia's sorghum cultivation area from 4,000 to 300,000 hectares by the end of 2024. Sorghum grows well in harsh conditions and (k) _____ little water, making it (l) _____ for Indonesia's climate and offering better food security for Indonesians in the face of unpredictable global climate conditions.

IN SMALL GROUPS

2) Form small group of two or three. Select four or five sorghum recipes that looks delicious to you. With the permission of your parents/guardians, try making them at home. You may do this in pairs or individually, with an adult to supervise. Here are three websites with interesting sorghum recipes for you to consider:

20 Tasty Sorghum Recipes You Need to Make Right Now

➤ <https://www.eastewart.com/recipes-and-nutrition/ancient-grains-20-sorghum-recipes-youll-love/> by EA Stewart (10 January 2022)

25 Best Sorghum Recipes and Menu Ideas

➤ <https://insanelygoodrecipes.com/sorghum-recipes/> Insanely Good (10 October 2022)

10 Best Sorghum Recipes

➤ <https://www.yummly.com/recipes/sorghum> Yummly (2022)

3) As a group, select three of the recipes you have tried. Using the given template on the next page, design a page for each recipe for your recipe book. To standardise the look of the recipe pages, each page should have:

- A picture of the sorghum dish (either a photograph or a sketch)
- A brief description (for example, which country the dish is from and what it is served with)
- Ingredients (all the items needed to make this dish)
- Directions (simple step-by-step instructions)

The image shows a recipe card template with a light gray background and rounded corners. At the top, there is a wavy-edged banner labeled "DISH:". Below it is a rectangular box labeled "Brief description:". The card is divided into two main columns. The left column has a rounded rectangular box labeled "INGREDIENTS". The right column has a larger rounded rectangular box labeled "DIRECTIONS".

- 5) Save each typed recipe as a separate Word document. Insert that recipe's illustration (the photo or the drawing). Save the document with the name of the recipe in the file name, your group's name, and the date given in the file name.

AS A WHOLE CLASS

- 4) Take turns to present each group's three recipes to the class. After each presentation, ask the presenters questions to clarify any parts that were not clearly written. The groups can then use the feedback to improve their recipes.
- 5) Have two or three students volunteer to be the layout team. Every group then emails its three recipes to the layout team. The layout team compiles all the recipes into a single file, adds a cover page, and a last page listing all the contributors.
- 6) With your teacher's permission, share the digital copy of your recipe e-book. Those who want a hard copy can then print it out. Consider giving a print copy to your school library!