

The Bolivian Quaker Education Fund (BQEF) works to improve the education of Bolivian Quakers while strengthening ties between indigenous communities and Friends in the North.

Believed to number more than 30,000, Bolivia's Quakers are largely Aymara, an ancient people whose communities were concentrated on the high plains around Lake Titicaca, an area which domesticated potatoes and quinoa and a number of other foods and herbs.

BQEF currently funds

- * Scholarships for Quaker college students attending Bolivian universities.
- * Educational improvement workshops and programs
- * Internships for Bolivians in the U.S.
- * Volunteer opportunities for Northern Quakers in Bolivia
- * Alternatives to Violence workshops
- * The Internado—a supervised residence for secondary students who live too far to walk to secondary school.

For further information about Bolivian Quakers and programs of the Bolivian Quaker Education Fund, see www.bqef.org.

Tax deductible donations may be sent to:

Bolivian Quaker Education Fund
11253 Springville-Boston Road
East Concord, NY 14055

Bolivian Foods and Friends



Presenting a Bolivian Dinner with music, videos and slides of Bolivian Quakers.

The following menu items have been sent by Bolivian Quakers or adapted by American Quakers from recipes in cookbooks or on the internet. Many ingredients of traditional Bolivian cooking are not available in the U.S., so these recipes have been adapted to use U.S. ingredients and to be cooked for a group dinner in under an hour.

Cucumber Potato Salad

Diced cucumber

Feta cheese (or quesillo—Bolivian cheese)

Diced tomato (optional)

Diced fresh cilantro

Red potatoes (optional)

Olive oil and white wine vinegar to taste (Add honey if too tart)

- Cook and cool the potatoes then cut into small pieces as for potato salad.
- Mix olive oil, vinegar and cilantro to taste for dressing.
- Mix cucumber, feta cheese, tomato, potatoes and dressing.

*This recipe was adapted by BQEF board member Barbara Stanford from several Bolivian recipes. Potatoes were domesticated near the home of Bolivian Quakers and are central to Bolivian diets. In the picture below Alicia Lucasi's family is planting potatoes.



Bolivian-Chinese Stir-Fry from the Internado

Rice

Oil

Vegetables as available - (broccoli, cabbage, onion, beans, garlic, corn, chili)

- Cook the rice according to directions.
- Chop the vegetables.
- Stir-fry vegetables in oil.
- Serve with rice.

*This is a recipe from the Internado, a residence for young people who live too far in the mountains to walk to high school. It was founded by a graduate of our scholarship program, Benito Jallurano. You can see a video of Maria Jallurana and students cooking this meal on the BQEF website: www.bqef.org. The fresh vegetables come from the garden which students grow. In the photo below the garden is freshly planted.



Quinoa Salad

Quinoa

Water (2 cups of water for each cup of quinoa).

Chopped vegetables such as tomato, pepper and onion

Feta cheese

Greek olives

Dressing: olive oil, lemon juice, garlic, salt and pepper to taste.

If taste is too tart, add honey.

Wash quinoa until the suds and bitter taste are gone. (Most quinoa in the US is prewashed).

Simmer quinoa in water for 15 minutes and cool.

Mix all ingredients and refrigerate.



Quinoa is a grain domesticated in the Andes. It is more nutritious than rice or wheat. Many of the Quakers in Bolivia are farmers. The Bolivian Quaker Education Fund is helping several students who are studying agronomy to help improve the crops in the unique growing conditions of Bolivia. Wilmer Mamani is completing his degree with a thesis on Quinoa.

Pumpkin, Potato and Peanut Soup

4 cups chicken or vegetable stock

1 cup peanut butter

2 tablespoons olive oil

1 minced onion

2 chopped carrots

1 can pumpkin

3 cups potatoes

garlic to taste

cilantro to taste

cumin to taste

pepper to taste

salt to taste

Tabasco sauce or chili to taste

Bring all ingredients to a boil. Cover and simmer 20 minutes.

This is a quick-cooking and vegetarian adaptation of recipes found in several cookbooks by BQEF board member Barbara Stanford.



K'íspiña (Andean Quinoa Snacks)

quinoa flour (You can make your own with a coffee grinder or seed grinder.)

warm water

salt

Put the flour in a large bowl, add water until you have a kneadable dough and add a little salt. Knead for several minutes, then form into cookies.

Pinch off a small amount of the dough and form into a ball.

Alicia's method: Pat it on the palm of your hand to form a cookie.

Ruben's method: Place the ball in one hand and squeeze twice. The resulting dumpling will have the imprint of your fingers.

Put the dumplings in a steamer over boiling water and steam for 15-20 minutes.

This recipe is from Alicia Lucasi and Ruben Hilari, graduates of the BQEF scholarship program. Both served as interns at Quaker Schools in the U.S. and are now working part-time promoting Education reform and English classes for BQEF in Bolivia.

Ruben Hilari, Gladys Marca Nina and Alicia Lucasi.



Pork Fricassé

Pork cut into chunks (Use whatever cuts you have available)

Garlic

Cumin

Chiles or hot sauce

Hominy (canned hominy is readily available)

Chuno or small peeled potatoes.

Stew large chunks of pork in a broth flavoured to taste with garlic, cumin, and chiles (or a small amount of hot sauce) until tender. (About 30 minutes)

Boil potatoes (About 20 minutes)

Heat hominy

Fill a large shallow soup bowl about half full with hominy. Add about a dozen small chuño or potatoes.

Cover with broth and top with a large hunk of the cooked pork

*Chuño is freeze-dried potato. It is the product of an ancient Andean tradition of preserving food.. In winter, the potatoes are spread on the ground and left to freeze at night. The next day when they thaw in the sun, family members do a dance on them to squeeze out the water. Depending on the climate conditions, they may need to repeat this 2 or 3 days to effectively extract the liquid from the potatoes. Thus dehydrated, they can be stored under a pile of brush or straw for several years. Besides being considered a delicacy, they have the advantage of a reserve in case of a bad crop year.

This was the lunch served at a workshop on education presented by Bolivian Quaker Education held at the Quaker church and school in Batallas in January, 2010. It was attended by nearly 100 pastors from Santidad Yearly Meeting. There is a wonderful enthusiasm among them for new ideas and plans for changing Quaker Education. This dish is typically eaten between 10:00 a. m. and noon, because the large portion of pork is considered too heavy to eat later in the day. It was definitely well past noon when it was served to us, but everyone ate with relish. (from Barbara Flynn)