

Picnic for Pump Aid!

● 24th to 31st August 2015 ●

If only solving water poverty was a picnic in the park...

Well, it can be this Summer! Gather your friends together and make the most of these long warm evenings, whilst also providing communities in rural and remote villages in Malawi with access to safer water, **24th to 31st August 2015**.

How?

1. Choose a date and invite your friends/colleagues to indulge in a feast
2. Whip up some super recipes (have a look below for inspiration!)
3. Ask each attendee for a small donation towards Pump Aid's work.
4. Take a photo of this feast and send it to fundraising@pumpaid.org by **6th September** to be entered into Pump Aid's prize draw!



£15 could pay for replacement rope, washers and tools to maintain a pump



£35 could pay for the materials and tools needed to deepen or sink a well



£100 could pay for the pump maintenance training for local villagers

**Pump
Aid** Beyond
Water

Walk that extra mile

Think of a theme for your picnic! Make it water-related, Fancy dress anyone? Make it the PERFECT picnic to remember. Check out our **recipes** below for inspiration! For further information and ideas email Emily at fundraising@pumpaid.org.

Here are a few Malawian recipes to get your juices flowing!

Marrows from Malawi

Courgettes, referred to as 'baby marrows' in South Africa make up this fresh salad

Need:

2 cucumbers
2 courgettes
1 red onion
1 lemon
1 tbsp olive oil
pinch salt and pepper

Method:

>Peel the cucumber and courgette lengthways into thin strips and chop the onion
>Add all ingredients together and mix well. For extra crunch add a handful of poppy seeds!

Spice it up!

Need:

500g chicken
2 garlic cloves
½ tsp ground allspice
2 tsp paprika
salt and pepper
1tsp turmeric
2 tbsp vegetable oil

Method:

>Mix together all the dry ingredients & oil to make a paste
>Cut the chicken up and mix with the spice paste. Cover and chill for 1 hour
>Cook the chicken under the grill until thoroughly cooked.

Vegetable Ndiwo

Need:

600g mixed greens (sweet potato/pumpkin leaves, kale, cabbage, collard greens) finely chopped
1 small onion
1 tbsp oil
2 tomatoes
250ml water
Salt, to taste

Method:

Fry the onions in the oil until soft then add all the remaining ingredients, bring to a boil, cover the pan and reduce to a simmer. Cook on medium heat for 5 minutes until the greens are tender.

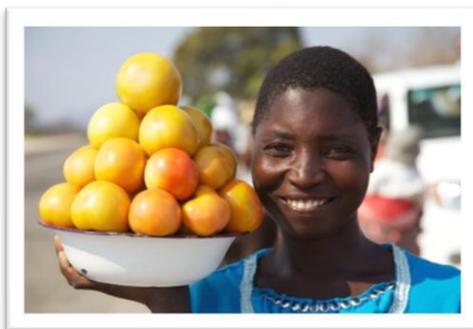
Banana bread (Nthochi Bread)

Need:

100g butter
90g sugar
400g SR flour
1 egg
25ml milk
1 tsp baking powder
1 tsp salt
5 ripe bananas

Method:

>Cream the butter and sugar together then add the egg. Add all the remaining ingredients and beat into a smooth batter.
>Tip into a well-greased loaf tin and place in an oven pre-heated to 160C.
>Bake for about an hour, or until the cake has set. Allow to cool, tip out of the tin then cool completely and slice.



Sticky Cinnamon Oranges

A popular dish in North Africa, a simple and tasty delight to end your picnic

Need:

2 oranges
1 apple
1 tbsp cinnamon

Method:

>Peel oranges and slice lengthways. Slice apple into segments
>Arrange fruit on a plate and lightly dust with cinnamon

Sweet Potato Biscuits (Mbatata Biscuits)

Need:

180g mashed sweet potato
60ml milk
4 tbsp melted butter
250g plain flour
2 tsp baking powder
4 tbsp sugar
1/2 tsp salt
1/4 tsp cinnamon

Method:

>Mix together the sweet potato, milk and melted butter then add all the remaining ingredients.
>Bring together to form a dough and knead on a floured surface.
>Cut 1cm thick biscuits, place on a well-greased tray and bake for 35 mins, 160C. Dust with icing sugar when cool.

Remember to send us a photo of your creations and you can be entered into our prize draw! Email your photo to fundraising@pumpaid.org by **6th September 2015**

Make a donation through our [website](#) or alternatively write a cheque to 'Pump Aid' and post it to Development House, 56-64 Leonard St, London, EC2A 4LT