

CHRISTMAS AROUND THE WORLD IN 5 DISHES!

WEEK 5



ABOUT THE CHALLENGE

This is the last instalment of the challenge. During the past few weeks, we shared Christmas traditions from 5 countries around the world. We also shared a traditional Christmas dish from that country for you to cook and enjoy as a family.

We hope that exploring Christmas in this way encouraged you to spend more quality time as a family and that the activities encouraged your children to experience new things and try different types of food. This challenge came as a result of available research that tells us that the more time we spend with our children doing things like this, the more connected they will feel. And it is that sense of connection that serves as a protective factor against so many issues while encouraging development of resilience.

So, let's go straight into the last challenge!

Don't forget to share pictures of your Christmas cooking antics with us via email or on social media!

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#FiveChristmasDishChallenge



Other Useful Links:



Facebook Parents Group
<https://www.facebook.com/groups/591081713029985>



Challenge Webiste (all weeks)
move-more.org/CHALLENGE-TERM2



WEEK FIVE! CHRISTMAS IN UGANDA



CHRISTMAS TRADITION: SUMMER STYLE CHRISTMAS!

Christmas in Uganda is celebrated on the 25th of December, and it is known as Sekukkulu. As Uganda is a predominantly Christian country, Sekukkulu is celebrated widely. Festivities begin the night before with a 'watch night' where people attend church. Preparations for the feast on Sekukkulu also take place at home with children traditionally helping to prepare the food for the following day. 'Sekukkulu ennugi' is the expression heard around the streets translating to something similar to 'Merry Christmas'.

Sekukkulu is not about the giving and receiving of presents as it is in the UK but instead about spending time with family, enjoying music and food. After the Sekukkulu feast families enjoy storytelling, games, dancing and singing. The Sekukkulu celebrations continue into the early hours of the morning.

CHRISTMAS RECIPE: UGANDAN CHICKEN STEW

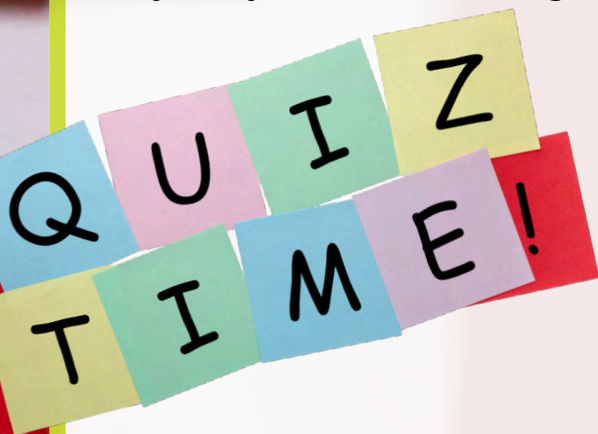


Chicken plays a central role in the Sekukkulu feast and is seen as a luxury meal not eaten many times throughout the year. Christmas chicken is usually first smoked, then well-seasoned and wrapped in smoked banana leaves. These are then steamed with the matoke, a traditional Ugandan starchy staple food made from plantains. On top of the matoke and chicken, different types of meats are cooked and served with sweet potatoes and rice. As chicken is such a special food in Uganda, why don't you try this traditional Ugandan chicken stew recipe?

Now that you've learnt a bit about Christmas in New Zealand, why don't you take part in our fun Christmas quiz?



<https://youtu.be/ZQ7jtYVe3xE>



CHRISTMAS RECIPE:

UGANDAN CHICKEN STEW

1. In a heavy stewing pan, sauté the chicken pieces in hot oil until they are nicely browned.
2. Add the onion, tomatoes, sweet potatoes, salt, curry powder, pepper, and enough water to just cover them. If using, add coconut milk too.
3. Cover the pan and simmer until the chicken is cooked, which should take around 45 minutes to 1 hour.
4. Serve with fluffy rice.

Ingredients

- 1 chicken, cut into pieces (chicken thighs and drumsticks work well too)
- 4 tbsp oil
- 1 large onion, sliced
- 2 or 3 tomatoes, peeled and cut into eighths
- 2 sweet potatoes, peeled and sliced
- 1 tsp salt
- 1tsp curry powder
- 0.5 tsp pepper
- One can of coconut milk (optional)
- Rice

