



educate for Life

MEAL PREPARATION AT HUNAR GHAR

These photos illustrate one morning of busy kitchen work. Food preparation begins at the start of the day, with all food made from scratch and local fresh vegetables arriving daily.



This lunch is a menu of freshly made roti, dal, salad, rice and finally Chhachh or Buttermilk – a cool and refreshing beverage to serve on a hot day.



Whole chillies, garlic and shallots are pound together to make the base of the dal, before being fried with black mustard seeds a few tomatoes, spices and a dash of water.





A final addition of some fresh herbs to the dal before it is left to simmer, and attention turns to making the roti.





A noisy lunch queue forms and the youngest children are served first, before silence descends as everyone eats together. Any leftover food is shared out amongst those who would like more – there's always more than enough to go around!

