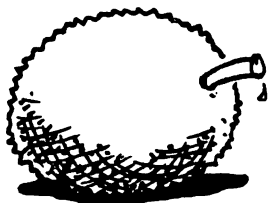


HEAVENLY
FOOD



HEAVENLY
FOOD



***The project staff express their deep gratitude to the
initiators of the DIH project,
Ms Priyanthi Fernando and
Ms Helen Appleton.***

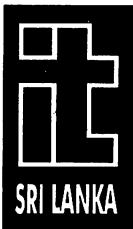
HEAVENLY FOOD

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1. *Introduction*
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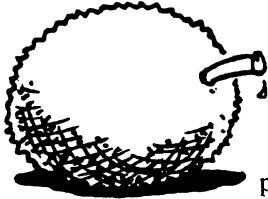
Helen Appelton

Robert Knox

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INTRODUCTION

by HELEN APPLETON



Jack fruit is widely eaten in Sri Lanka: we all know jak , so why do we need a book about it? Well.....it's true that everyone knows about jak, but how many people know about the wide variety of ways in which the fruit is processed, stored and used by different communities, even within Sri Lanka? and how many people know how jak is used in other countries? The material in this book provides answers to some of the questions, and challenges us to re- examine and re-evaluate the common, everyday knowledge possessed by our mothers and grandmothers.

This book is the result of a learning process, a process which set out initially not to find out about jak, but to identify how women use and adapt technology in communities all over the world. Women and Technology are not words that are usually linked, especially by people working in rural communities. However, research carried out by Intermediate Technology in the late 80's, which focused on technical innovation at local level , identified not only that much technical innovation was happening in villages and communities in Africa and Asia, but also that women were heavily involved in the adaptations being made, although their roles were less visible. A further research programme was then initiated, which was designed specifically to highlight the contributions that women make to technical innovation and change. The programme was called '**Do It Herself**'.



The 'Do It Herself' work began in Asia with the identification of potential case studies illustrating women's technical knowledge. Five case studies were eventually selected: one each from India, Nepal, Bangladesh and two from Sri Lanka. And one of the Sri Lankan studies was about jak. At the beginning of the work, little was known about women's use of technology, let alone their contributions to technical innovation. In order to even identify the technical work that women were doing, it was necessary to focus hard on our understanding that technology comprises not only equipment and machinery, but also skills, knowledge and organisation. But recognising the importance of skills and knowledge, the researchers began to identify the technical components of many women's tasks, such as cooking and food processing to identify adaptations and changes taking place and also to appreciate some of the knowledge that women must have, in order to make these changes.

The researchers views changed: instead of looking for women's contributions to technical change, they were discovering that women in villages and communities constantly design, adapt and produce technology. They also contributed to the innovations of others.

"We are discovering a world of invisible scientists" said one researcher. The researchers began to highlight some of the paradoxes: for example, if activities such as cooking, food processing and agriculture are technical when carried out by men in white coats, why are they not technical if carried out by women at home? Furthermore, if technical innovation is a high status activity when carried out in a research department, why is it

ignored when women do it in their own homes?



Much of the excitement stemmed from the information that each researcher had gathered about the technical area she had investigated. Bangladeshi women, abandoned by their

husbands, had developed their own techniques for farming on land reclaimed from the sea; Sri Lankan coir producers had developed technical and business skills in standing up to the exploitation with which they were faced; and women in households all over



Sri Lanka were processing jak in ways that were unknown to the researchers and unrecognised outside their villages.

The jak fruit case study was highlighted by the regional seminar which was held in Bangladesh, where all research done on jak fruit was presented. Each researcher briefly outlined her findings and linked these to the analysis that was beginning to be developed. The audience of mainly Bangladeshi NGO representatives and academics, sat quietly listening until Padmini Abeywardena, the Sri Lankan jak fruit researcher began her presentation. They were intrigued. Quiet no longer, they peppered Padmini with questions. What do you do? How do you do it? How long does it take? What equipment do I need? It transpired that jak fruit is known and widely used in Bangladesh, but few methods of preservation exist. The audience wanted an immediate technology transfer! They wanted to know how to preserve jak fruit in their homes, for use when jak is less plentiful or more expensive.

This example illustrates the usefulness of the "Do It Herself" research. Not only were the researchers (and subsequent researchers in Africa and South America) learning to re-evaluate the roles of women as users and producers of technology in general, they were also collecting valuable information that could be usefully transferred between countries and even regions. It became clear over the course of the research that household food security in many countries depends on techniques such

as the processing of jak fruit, but that this important knowledge is unrecognised outside of households and communities. In Zimbabwe, for example, where tamarind is hardly used, women in a semi arid zone had learnt to process the pulp in various ways, and even to make cereal from the seed. There are many possibilities for adding to their knowledge by sharing information with countries like Sri Lanka, where tamarind is widely used. It is essential that policy makers support and strengthen the sharing of information between people at grassroot level, and ensure that national level policies do not threaten food security in the villages.

After the "Do It Herself "research was completed, Intermediate Technology in Sri Lanka initiated further activities to collect and share information about the many different technologies that women use, particularly the processes jak fruit. Radio programmes and newspaper articles have described various techniques and encouraged listeners and readers to contribute more. This book contains a collection of jak fruit processing techniques which help us to enjoy jak dishes in various forms. Besides it also helps us to understand the lives of many people.

Many more books like this are needed in order to prevent valuable knowledge being lost. Women particularly pass information between themselves by word of mouth. They do not write things down, and as their daughters and granddaughters grow up, go to school and travel, more and more wisdom is not being passed down through the generations. It is essential that such knowledge is not lost: we should all respect the expertise that for centuries has kept people alive, and continues to do so

today. Grandmothers should teach grandchildren all they know!

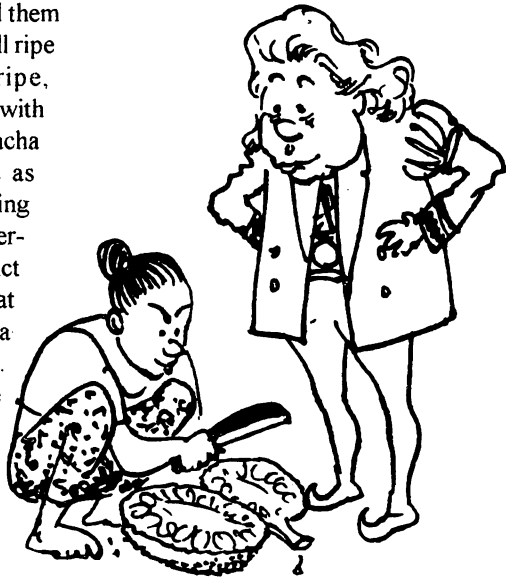


HISTORICAL EVIDENCE

ROBERT KNOX

Robert Knox was a prisoner in Ceylon from A.D. 1660 to 1679. In the year 1681 his autobiography was published in London. Following extract was taken from his book, "An Historical Relation of the Island Ceylon". Spellings and punctuations marks are as the original script.

" There is another Fruit, which we call Jacks; the inhabitants when they are young call them Polos, before they be full ripe Cose; and when ripe, Warracha or Vellas; But with this difference, the Waracha is hard, but the Vellas as soft as pap, both looking alike to the eye no difference; but they are distinct Trees. These are a great help to the People, and a great part of their food. They grow upon a large Tree, the Fruit is as big as a good Peck loaf, the outside prickly like an hedge-hog, and of a greenish colour; there are in them



Seeds or Kernels, or Eggs as the Chingulayes call them, which lie dispersed in the Fruit like Seeds in a Cucumber. They usually gather them before they be full ripe, boring an hole in them, and feeling of the Kernel, they know if they be ripe enough for their purpose. then being cut in pieces they boil them, and eat to save Rice and fill their Bellies; they eat them as we would do Turnips or Cabbage, and tast and smell much like the latter: one may suffice six or seven men. When they are ripe they are sweet and good to eat raw. The Kernels do very much resemble Chestnuts both in colour and tast, and are almost as good: the poor people will boyl them or roast them in the embers, there being usually a good heap of them lying in a corner by the fire side; and when they go a Journey, they will put them in a bag for their Provisions by the way. One Jack may contain three pints or two quarts of these seeds or kernels. When they cut these Jacks, there comes running out a white thick substance like tar, and will stick just like Bird-lime, which the Boyes make use of to catch Birds, which they call Cola, or bloud of Cos. Some will mix this with the flower of Rice, and it will eat like eggs.

(Page 20.)

FOLKLORE

JAK & THE GOD SAKKRA

Generations and generations of Sri Lankan women have prepared Jak and Breadfruit in various ways. Yet the credit has gone to a god for introducing Jak as a food. God Sakkra, the leading god out of thirty three million major and minor gods, performed that act during a period of drought. He came to this world as an old man carrying a well formed Jak fruit.

"Will you boil this fruit for me? the old man asked from a woman.

"Are you crazy grandpa? This is very poisonous," the woman answered.

"Never mind you do as I say. I am very hungry and I want to eat this."

"If you eat it you will die and I can't take the responsibility"

The woman refused many times. Finally she agreed after much coaxing.

When the jak was boiling, it filled the house with a very tempting smell. Failing to resist it, she tasted a little in secret. Thereafter, jak became a valuable food. Jak is known as Hera-li in the low country. Hera is the masculine form of thief in Sinhala. Liya is a woman in Sinhala. Thus folk lore, while glorifying the food value of Jak has unintentionally discredited women's instinct.



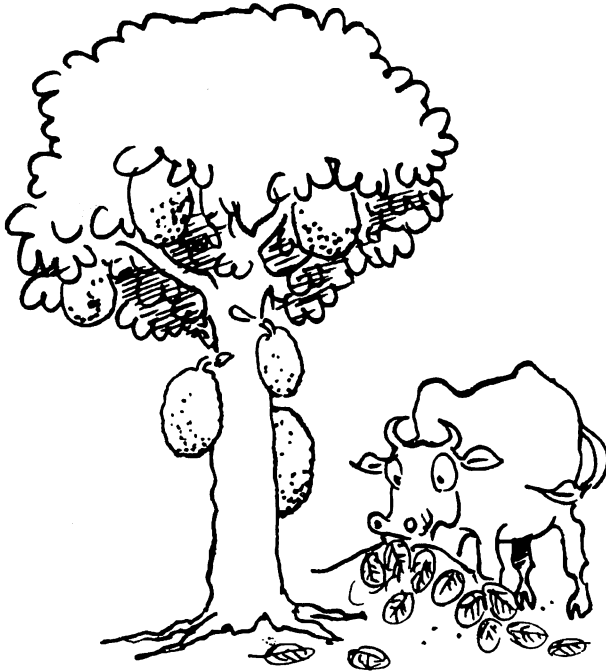
JAK FRUIT-

THE TREE OF RICE

Jak (English), *Kos or Herali* (Sinhala), *Pelaka* (Tamil) *Artocarpus heterophyllis* (Botanical name).

The tree grows in most parts of Sri Lanka. The average height is 25 feet.

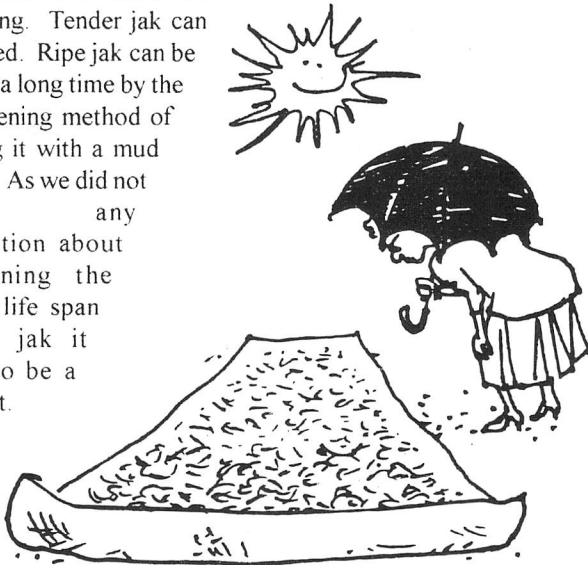
Fruit bearing is in about the third year. Most trees bear fruits during the Yala season, which is from May to September. There are a few trees that bear fruit from October to April. Some trees bear fruits throughout the year. There is also a hybrid variety of a lower height, which starts bearing fruit at eighteen



months. Though it is a year round crop the tree and the fruit is small and the total yield is also less than the traditional variety.

Plucking of fruit is done by men who climb the trees. Fruit available at a lower height is plucked by women using long poles. The mature fruit is used as an alternative for rice. When curried, it becomes an accompaniment for rice. As ripe jak is very sweet it is used as a dessert. Jak is given to breast feeding mothers to increase their milk content. During the second world war Jak was promoted by a philanthropist named Arthur V. Dienes as a tree of rice. He became known as Kos Mama (Jak Uncle). The timber is expensive and the raw leaves are used for cattle and goat fodder and the dry leaves are taken for manure.

Jak bulbs are sun dried, either boiled or raw. It is important to note that no washing is done at any stage in processing. If washed it will increase the moisture content resulting negative effect on sun-drying. Tearing the bulb lengthwise with fingers is said to be better than cutting by knife because it minimize shriveling in drying. Seeds of the mature or ripe fruit are used for processing. Tender jak can be pickled. Ripe jak can be kept for a long time by the air tightening method of covering it with a mud coating. As we did not receive any information about lengthening the storage life span of ripe jak it seems to be a dying art.



BREADFRUIT



Breadfruit
(English), *Del or Rata Del* (Sinhala),
Eri Pelaka (Tamil),
Artocarpus communis
(Botanical name).

Breadfruit is said to be introduced to Sri Lanka during the Portuguese period. It is still known as Rata Del to indicate that it is an imported variety. Though there are no folk stories about breadfruit there is a folk poem about a

woman who plucked breadfruit by climbing a high tree.

*A woman worth a whole country
is plucking del on top of the tree closer to the road.
A golden ring in her small finger
Changing from branch to branch.
Her golden Ola leaf pair of earstuds sings with the wind.
The mother who brought up this daughter*

*who swims in the sea
May gain much merit for that.*

(Folk poems of the Uwa Province)

The poet says she swims in the sea to indicate her braveness. Yet the plucking is mostly done by men climbing the tree. Breadfruit is also a rice substitute and prepared in many ways. It grows in many parts of the island. The extended cultivation is lower than the jak. Height of the tree is approximately 15 to 20 feet.

Breadfruit is processed either boiled or raw. Slicing and sun drying the raw fruit is not a an easy task. The sliced fruit has to be sun dried immediately to prevent staining. It has to be dried well in bright sunshine for at least four to five days to prevent spoilage.



MADAM TASTY



Intermediate Technology Sri Lanka disseminated the information gathered in a research through a series of radio programmes.

A series of situational comedies was woven around a character named Madam Tasty, a British research scientist. The objective was to feed the research information back to the grassroots, and to kindle more interest on women's traditional knowledge. Madam Tasty became a household name, and it paved the way for a network and more research on women and technology. As a response to the radio programme, many innovative ways of processing and preparing jak were sent to ITSL by the listeners.

FOOD COMPOSITION IN JAK & BREADFRUIT

NUTRIENTS	Measure	(100 grams produce, raw weight)		
		Jak bulbs raw	Jak seeds raw	Breadfruit raw
Energy	kc	51	151	113
Proteins	gr.	2.6	4.3	1.5
Fats	gr.	3	4	1.5
Carbohydrates	gr.	9.4	32.6	26.0
Calcium	mgr.	30.0	35.0	25.0
Phosphorous	mgr.	40.0	126.0	Nil
Iron	mgr.	1.7	1.2	1.0
Vitamin A	micro.gr.	Nil	Nil	Nil
Carotene	micro.gr.	Nil	25.0	Nil
Thiamin	micro.gr.	50.0	180.0	100.0
Riboflavin	micro.gr.	40.0	50.0	60.0
Niacin	mgr.	.2	.5	1.2
Vitamin C	mgr.	14.0	17.5	20.0
Moisture	gr	84.0	70.0	60.9



Source- An extract from food composition tables- Medical Institute, Sri Lanka.

It is to be noted that the calorie content of 100 grams of produce dry weight, would be considerably higher due to the reduction in moisture content.

THE RECIPES



MAKING ATTU KOS

Sri Lankan women's traditional storage place is called Attuwa. Made out of wood, it is placed over the kitchen hearth to store food. Sun dried jak and breadfruit are known as attu kos and attu del

MIXED CURRY OF ATTU DEL & KOS

Handfull of *attu del*
One cup of water
Handful of *attu kos*
Four green chilies
Two pods of garlic
Tea spoon of powdered maldive fish.

Small piece of Rampe (curry grass)
Teaspoon of mustard seeds
Table spoon of sliced red onions
Curry leaves (5-10)
Table spoon of coconut oil
Cup of thick coconut milk
Table spoon of chilly powder mixed with curry powder
Teaspoon of turmeric powder
Salt to taste

Wash the dried breadfruit and jak. Mix other ingredients except mustard, onions, coconut milk and oil. Boil the mixture. When it is done, heat the coconut oil. Add mustards and allow to burst open, adding the flavour and the smell. Add onions. Finally add the curry mixture and stir well. Pour coconut oil and simmer gently. (Coconut milk is optional)

JAK BULB FRITTERS

50 mature jak bulbs
Bottle of coconut oil
500 gms. sugar
2 Tea spoons of vanilla
3/4 cup of water (tea cup)

Remove the seeds and cut the bulbs into strips. Heat the oil and deep fry the jak bulbs until golden brown. Leave it in a strainer to drain the oil. Boil the water and sugar until it forms strings. Take it from the heat and mix well with the fried jak bulbs. When cool, store in an air tight container. It can be kept even for a month.

By Punya Chandani- Kandy.

JAK STRIPS (pericarps)

Jak bulbs are cushioned in a bed of thin white strips. Usually after removing the bulbs, the rest is used for cattle feed. This recipe shows that it is good enough for human consumption.

10 table spoons of cut pericarps
Chilly and curry powder (to the taste)
Three red onions- sliced
Tea spoon of mustard seeds
Table spoon of coconut oil
Cup of thick coconut milk.

Cut the strips into small pieces. Mix other ingredients except mustard, coconut oil and milk. Heat the oil and add mustard first and then the other ingredients. When it is done, add coconut milk. Simmer gently and remove from heat.

TENDER JAK SAMBOL

One tender jak
Maldive fish
Black pepper to taste
Four green chillies to taste
Two Bombay onions
Salt to the taste.
One lime fruit
A boiled egg.

Clean and boil the tender jak fruit. Cut or mash it into small pieces. Add all other ingredients. Mix well and serve.

By Indrani Wijasundara Manike, Kahawatta.

PRESERVED JAK STRIPS (pericarps)

Cut jak strips into half an inch pieces. Pour boiling water and leave it for three minutes. Strain the water. Then pour cold water and squeeze into balls by hand. Spread on a mat and sun dry four to five hours. Respread by hand from time to time. When it becomes crunchy, store in a bag or a gunny bag. Keep it near the hearth.

(Sender's name is not mentioned)

JAK CUTLETS

Sri Lankan housewives never "measure" ingredients. They know the proper quantity by instinct and experience. It depends on the family taste and the amount of the basic ingredient. An average jak bulb could be filled with a medium sized mashed potato. This recipe was sent without quantity measurements.

Mature Jak bulbs
Handful of red onions
Salt to taste
Tinned fish
Black pepper to taste
Coconut oil
About two eggs
Powdered rusks

Cut and boil the jak bulbs. Boil the fish. Temper onions and add the mashed fish with salt and spice. Stir well and remove from the fire. Mix mashed jak into the fish. Make small balls. Dip the balls into egg whites and cover with rusk crumbs. Heat the coconut oil and fry the balls until golden brown. Tender jak could be made into cutlets in the same way using it as a substitute for fish. Use potatoes or sweet potatoes instead of jak bulbs. Those who have never tasted tender jak before, will never detect the difference.

By Ivony Irish- Allawwa

JAK PAPADAM

Clean and de-seed well formed bulbs. Boil in salt and turmeric powder mixed water. Drain the water. Mash the bulbs and mix a very small quantity of coconut oil. Make small balls. Flatten the balls into thin rounds on a wooden board. Spread those on a mat and dry both sides in very hot sun. Store in a dry container or a polythene bag and store near the hearth. Whenever you need papadams deep fry these.



POLOS SEENI SAMBOL

One tender jak fruit (boiled)
Four pods of garlic
300 grams. red onions
Small piece of ginger
Handful of curry leaves
1" piece of cinnamon
4 table spoons of roasted chilly powder
1 table spoon of black pepper
4 nutmegs and cardamoms
150 grams. maldive fish
25 grams tamarind
1/4 bottle of coconut oil
Salt to taste

Chop boiled tender jak. Mix nutmeg, cardamoms, ginger and garlic. Clean and slice red onions. Mix all except oil and tamarind. Heat the oil and add the mixture. Stir well. Cover and allow it to simmer. When it is done add de-seeded tamarind and stir well. Leave it on a gentle fire until the mixture is quite dry.

(Sender's name is not mentioned)

AN EASY WAY TO PRESERVE JAK SEEDS

SANDY JAK SEEDS

1. A large clay pot
2. Jak seeds (well formed and undamaged)
3. Dry sand

The first step is to dry the clay pot. Then spread a layer of dry sand on the bottom. Spread well dried seeds into 2" thickness. Fill the pot with alternate layers of sand and seeds finishing off with a layer of sand of 2" thickness. Keep it closer to the hearth, making sure to protect it from dampness. These sandy seeds can be kept for longer periods even one year. When jak is out of season we boil, fry or make sweet balls out of these seeds.

By Geetha Chandani, Hettimulla, Kegalle.

JAK SEED CURRY

About twenty large jak seeds
A mature coconut
3 table spoons of curry & chilly powder
Dash of black pepper
A pod of cardamom
Handful of onions
Table spoon of dill seeds
Salt to taste

Boil the seeds with the skin. Crush lightly. (Use stone grinder, wooden mortar or a suitable modern equipment) Leave aside in a wide mouthed clay pot. Roast about one table spoon of scraped coconuts, add chilly and curry powder. Mix roasted ingredients, spices and salt to the crushed seeds. Squeeze milk out of the scraped coconuts. (about 4 cups of coconut milk). Pour milk into the mixture and cook over very low heat. (30-45 minutes)

By Indrani Manike, Andana- Gabbewela.

JAK SEED BALLS

Crush and remove the outer skin of 30 jak seeds. Add thinly sliced or crushed five green chilies, five onions, curry leaves and salt to the mashed seeds. Mix well and make small balls. Heat the oil and fry the balls. It can be kept for about two days.

By M.U. Manojan, Bandarawela.

JAK SEED LADDU

Laddu can be made with fresh seeds or sandy seeds.

About 50 mature jak seeds

Half a coconut scraped.

Half a bundle of jaggery or one cup of sugar (depends on individual taste)

Salt to taste

Roast seeds with the skin. When seeds burst open remove from heat. Remove the skin and pound seeds in a wooden or stone mortar. Mix scraped coconuts and pound. Add sugar or jaggery and pound again. Add salt and mix well. Make balls out of the mixture and serve with tea.

By Padma Liyanaarachchi, Ratmalana



SWEET BALLS (*AGGALA*)

(The writer has not mentioned the quantities)

Roasted jak seeds

Roasted scraped coconut

Roasted rice flour

Treacle or caramelized sugar

Pound the seeds. Mix scraped coconuts and rice flour and pound. Boil the treacle. Keep aside two cups of roasted rice flour. Mix the pounded ingredients and the boiled treacle. Make small balls. Dust with roasted rice flour. Store in an air tight container. It can be kept for more than a week.

By Shamsad Begum, Bandarawela.



JAK SEED FLOUR

Our grandmothers have made Aluwa (sweet), hoppers, *roti* (flat bread) and *pittu* (steamed block of flour and scraped coconuts) out of jak seed flour. By nature jak seed flour is not smooth. It is better to mix a little rice or wheat flour to form the proper consistency for a food item.

Jak seed flour can be made by thinly slicing well formed mature jak seeds and spreading it over a mat and drying it for about two to three days. Well dried slices could be powdered easily. Traditional mortar or a modern grinder could be used for that. Strain the flour and pack into an air tight container.

JAK SEED FRY

15-20 Jak seeds.
Crushed green chillies
10 curry leaves
Coconut oil
Salt to taste

Broil the seeds over hot charcoal. When done, crush lightly to remove the outer covering. Try to retain the oval shape of the seed. Heat the oil and fry the curry leaves. Add seeds and salt. Cover it for a while. Add chilly pieces and allow it to simmer on low heat.

D. K. Priyanthi, Varakamulla.

JAK SEED TASTY

25 Skinned and half boiled jak seeds
Table salt
Chilly powder
Handful of curry leaves
Coconut oil

Heat the oil and deep fry jak seeds until golden brown. Take it out and leave aside to drain the oil. (Use an old newspaper or a coconut strainer)
Fry curry leaves. Mix chilly powder, table salt and curry leaves to the seeds and serve hot.

By Sakunthala Liyanarachchi, Dehiwala



**JAK SEEDS
AND SIBIDI (PERICARP)
FRY**

This is an uncommon dish because many people throw away the pericarp not knowing it's food value.

20 Jak seeds and pericaps
3 tea spoons of chilly powder
Handful of red onions
A tea spoon of dill seeds
A small piece of cinnamon
10 curry leaves
A tea spoon of turmeric powder
Two cups of coconut milk
Roasted coriander
Salt to taste
A table spoon. of coconut oil

Clean and thinly slice the seeds. Cut pericaps into two. Grind the coriander. Mix all ingredients except coconut oil, coconut milk, curry leaves and onions. Add coconut milk and boil over a slow fire without allowing milk to curdle. If not, boil it with a cup of water and add milk afterwards allowing to simmer gently.

Finally , heat the table spoon of coconut oil and temper onions and curry leaves. Then mix the curry and remove from heat. Tempering is optional

By Leela Athurupana, Kandy

SUN DRIED PERICARP

Remove the pericarps from the seeds and pour boiling water at once. Drain the water quickly.

Spread over a mat and sun dry until crunchy. Store in an empty milk can or a polythene bag. Fry this with red chilly pieces and red onions. Add salt to taste and serve. This can be used as for papadam substitute.

By Daya Saranapala, Galle

PERICARP CURRY

Pericarps of a whole jak fruit

Chilly powder to taste

2 tea spoon of turmeric powder

Handful of chopped red onions

A tea spoon of maldive fish

2 cups of coconut milk

Curry leaves

A pod of cardamom

Wash and cut pericarps into two. Mix all the ingredients. Cook on a gentle fire without allowing the milk to curdle.

By R.A.P. Ratnayake, Kaleliya



BREADFRUIT SHORT-EATS

Scrape the green outer skin of the bread fruit. Boil and cut into thin slices. Spread over a mat and dry in hot sun. Run your hand over it from time to time until it is crunchy. Store it in a bag or a clay pot. Keep it in the smoke rack over the hearth. You can keep it for many months. When needed, deep fry and mix with caramelized sugar or boiled treacle. If not, add table salt and chilly powder.

By Sumana Dodanwela, Elkaduwa

JAK LATEX OMELETTES

According to our traditional customs, various dishes are kept on the festive table of a wedding. The bridegroom's party has to name the various dishes. It is an occasion to show the culinary talents of the bride's family. One has to prepare something difficult to identify and to show that the bride is capable of making a meal out of anything. Omelette made out of jak latex was a popular item at the traditional wedding lunch table.

Jak latex is the white sticky substance that comes out of the jak fruit. Women remove latex from the fruit with a little water or coconut oil. This is used to season the winnowing fans made out of bamboo strips. Women repair leaky clay water pots with this latex. Spread over the underside of a winnowing fan it is dragged over the rice plants to catch pests. Today nobody eats jak latex.

.Jak latex of a well formed fruit
3/4 red onions
Green chillies
Curry leaves
Chilly or black pepper powder
Coconut oil
Handful of red county rice flour
Handful of wheat flour
Handful of grated coconuts
Salt to taste.



Boil the latex in a pot of water for about half an hour. Drain the water. Mix flour and grated coconut to the latex. Grind the mixture on a stone grinder. Add other ingredients except the oil. Make the mixture into a flat *roti* (flatbread). Heat the oil and fry both sides. This looks like an omelette.

By Vasantha Chandrani, Matale

RIDDLES ABOUT JAK

**Puffed up on a branch of a tree
Covered with a thorny blanket
A belly full of siblings
Who in thus?**

**Grandpa Grandda there is a woman
far above
Three hundred and sixty siblings
in her belly
One of them is fathered by
the sun god
If you diddle the riddle
a brainy!**



THE OTHER DOOR

The above recipes were published in the Madam Tasty page of Na Navaliya, the most popular women's newspaper. After that, women contributed many other indigenous recipes and technologies to the page. It became a research tool. When an open invitation appeared to send processing methods of lotus and other water plants, women and men both participated with much enthusiasm. Then another research based on cooking utensils sprang up on their own initiative. The first batch of selected regular contributors were given a brief training on formal research methods, basic photography and writing skills. Now some of them are contributing to Gamma magazine published by ITSL and Navaliya. Punya Chandani has become a freelance writer to Navaliya. Now she hopes to contribute to the mainstream press on women and technology. The second batch will be trained and introduced to some of the editors and other development organizations, in December 1995.

The Madam Tasty page continues with the kind cooperation of the Upali News Paper Group and the Navaliya editor Ms. Chandani Wijethunga. Women have opened another door beyond recipes. It extended from hair oils to home remedies for various ailments. Some of them started writing to each other complimenting on their short entries in Madam Tasty Page. The water plants food processing methods will be analyzed by a food technologist. The page has become a platform for awareness, expression, stimulation and participatory research on indigenous technology. At the same time it has become a network forming unit demystifying science and technology.



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