



Version du 18 05 2021

Preparing a **Liquefied Concentrated Porridge** (LCP) consists in putting together « a lot of flour » and « a little water », and then **liquefying** the thick porridge **without diluting** it. It is the "**1+2+3 Recipe**" : 1 volume of flour is cooked in 2 volumes of water, then 3 pinches of malt are added to the thick and warm porridge.

The **liquefaction of thick porridges** prepared with fatty compound flour such as BAMiSA flour enables the preparation of **porridges** containing high protein-energetic density, having a nutritional value up to 3 to 4 times higher than ordinary porridges. LCPs meet the Public Health objective which is to fight child malnutrition with local resources.

It is easy to liquefy thick porridges with malt or with another local amylase (mother's milk or saliva). This document enables health workers, animators in the 'Maquis Bébés' BAMiSA, Moms to explain and pass down to their families the "**1+2+3 Recipe**" during nutritional education sessions and in the schools. It is presented through pictures:

- **The Preparation of concentrated porridge,**
- **Its Liquefaction,**
- **Various situations of the consumption of liquefied porridge,**
- **The "1+2+3 Recipe" as theme of Nutritional Education.**

Documents 04 of the www.bamisagora.org website gives further information on the liquefaction of porridges.



1° - Preparation -

- **Prepare a concentrated porridge by mixing**
 - A lot of flour
 - A little water



Wardogo Burkina Faso 2014

Mix
1
volume of flour,



Wardogo Burkina Faso 2014

In
1
volume of water,



Wardogo Burkina Faso 2014

Then,
pour this mixture in
1
volume of water
which has been set to boil.



2° - Preparation -

Cook briefly



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Cook until the porridge is nice and thick.



3°

- Liquefaction -

Liquefy the porridge

either in the cooking pot,



Wardogo Burkina Faso 2014

Let cool a bit
before mixing the malt



Wardogo Burkina Faso 2014

...The porridge liquefies itself.

A video show the lliquefaction process. On Document 05a 1 www.bamisagora.org website.



4° - Liquefaction -

Liquefy the porridge

Either in each of the children's bowls.



Burkina Faso 2008

Distribute the warm thick porridge



Tambacounda Sénégal 2013

Then add in each bowl,
- 3 pinches of malt,
- or a little of mother's milk,
- or stir with a spoon made wet with mother's saliva.



◦ **- Liquefaction -**

Beneficial effect of the malt on the porridge



Koupéla Burkina Faso 2014

Thick porridge, before adding 3 pinches of malt .

The same porridge, one or two minutes after the action of the malt.



5 - Consumption -

The porridge is liquid enough to be consumed quickly and completely



Koupéla Burkina Faso 2014



Wardogo Burkina Faso 2014

Child can drink the porridge (from 4 months)



Dagana Sénégal 2013

Liquefied porridge can be given with a syringe



6° - Consumption -

At home or at a "Maquis Bébé"



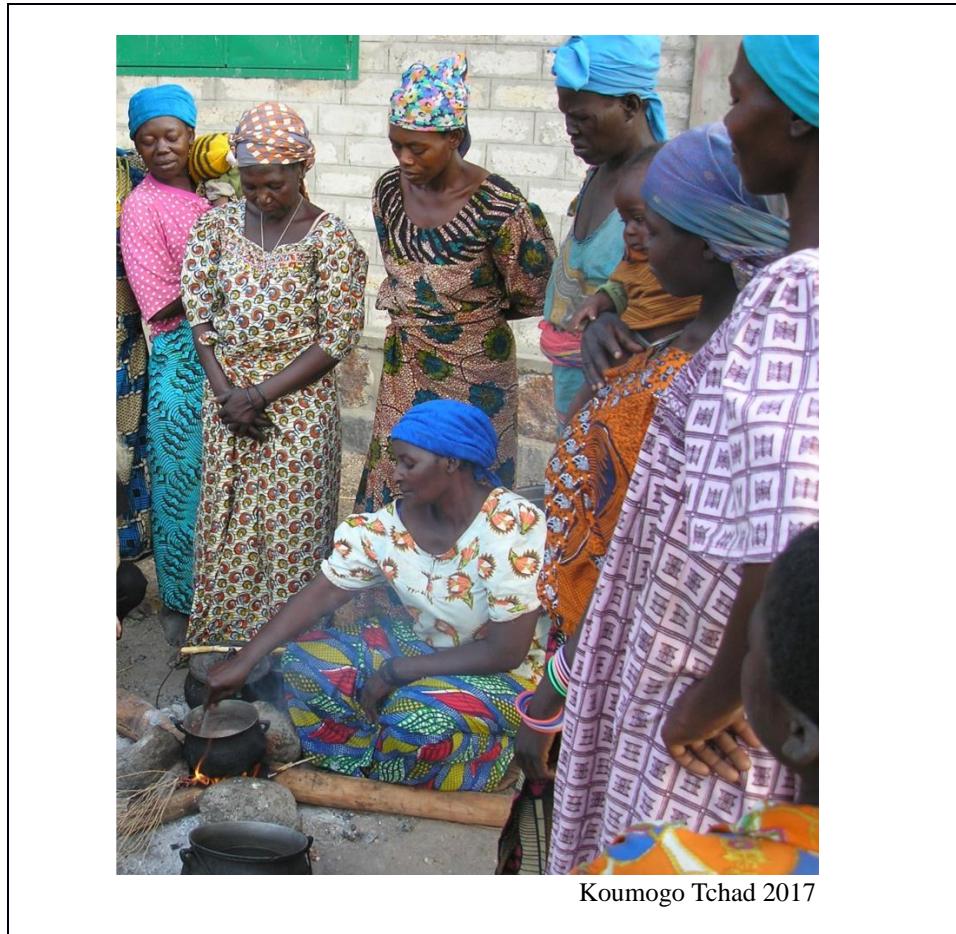
Wardogo Burkina Faso 2014

Distribution of the porridge in a
'Community catering center for children' (Maquis Bébés)



7° - Nutritional Education -

This recipe is to be taught to mothers so that they can teach it to other moms (Peer educators).





8° - Nutritional Education -

A really informative labelling,
as the one on the BAMiSA flour bags,
also plays an important educational role.

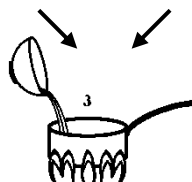
The "1 + 2 + 3 Recipe" of the LCP

1 volume of flour + **2** volumes of water
+ **3** pinches of malt.

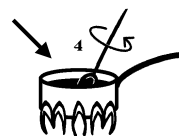
1° In a bowl, mix
1 glass of flour and
1 glass of water.



2° In a saucepan, set
to boil **1 glass of water**.

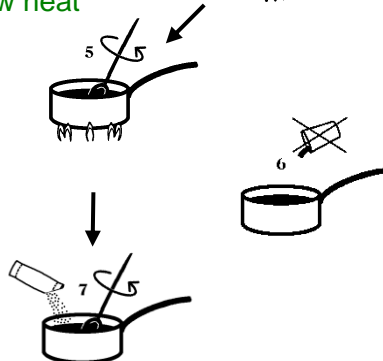


3° In the boiling water,
pour in the mixed flour.



4° Heat while mixing.
The porridge becomes thick.

5° Cook for a few minutes on low heat
while stirring.



6° Remove from heat and
do not add any water.

7° To liquefy without diluting,
add and mix **3 pinches**
of malt to the hot porridge.
Thanks to the amylase
of the malt, **the porridge**
becomes liquid.

8° It is advised to add fruit juice, tomato juice,
red palm oil or other sources of vitamins
and minerals.

*If the liquefied concentrated porridge is not eaten quickly
set to boil again for 1 to 2 minutes.*

Text and drawings at the back of
the normalized bags of BAMiSA® flour.

Other teaching materials are available in Document 05h