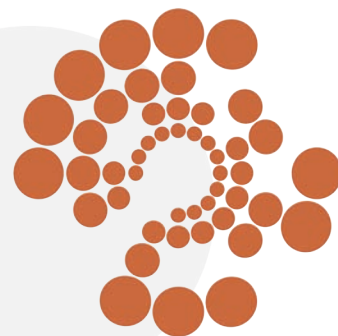


INVITATION

SECOND INTERNATIONAL

COOKBOOK

chefs against hunger



Dear friends,

Chefs against Hunger, a project of the *Hunger-Free Latin America and the Caribbean Initiative*, is proud to announce its **Second International Cookbook**.

This time, after consulting dozens of chefs, cooks and experts, beans or other legumes have been chosen as the main ingredient of the new cookbook. We are inviting all chefs and cooks, professional or not, to send in their original recipes with **beans**.

For over ten thousand years, legumes have been part of the human diet. Some kinds are originated in America; others were brought here by the first settlers. They are widespread in the region and have been very important in the diet of most native cultures. Legumes are a wise and healthy option in modern cuisine, both from the nutritional

and gastronomic point of view. Aside from being an excellent source of natural protein, they provide fiber, important amounts of iron, vitamins and folic acid. As a result they play a key role in the health of local communities. Also, legumes are an inexpensive and very versatile food.

Considering that the 2009 World Food Day will be devoted to *Food Security in Times of Crisis*, it is clear that legumes will play a fundamental role in the struggle against undernourishment.

One way through which chefs can help improve the diet of the underprivileged social groups is by making readily available their knowledge on how to take better advantage of food. Their recipes can help people prepare more nutritious, tasty and interesting food, while also contributing to preserve the gastronomic diversity of the region.



initiative
HUNGER-FREE
LATIN AMERICA AND THE CARIBBEAN

TERMS OF PARTICIPATION

For these reasons the *Hunger-Free Latin America and the Caribbean Initiative* is inviting all chefs, cooks and food lovers to share with us their recipes for the Second International Cookbook of *Chefs against Hunger*.

The Initiative will publish a high-quality book with the recipes selected, which will be distributed throughout the continent, giving the cooks their due credit.

Your effort can contribute to improve the eating habits of the people of Latin America. Chefs, with their knowledge and generosity, are an invaluable source of information.

We trust that, once more, Chefs against Hunger will do their name honor and participate in this effort.

The Initiative thanks all for your willingness, enthusiasm and commitment.

Hunger is everybody's problem, and your involvement is fundamental to eradicate it in our region once and for all.

HUNGER-FREE LATIN AMERICA AND THE CARIBBEAN INITIATIVE

United Nations

Food and Agriculture Organization
Av. Dag Hammarskjöld 3241, Santiago
Phone: (56 2) 923 2175
rlc-iniciativa@fao.org
www.rlc.fao.org/iniciativa/chefs.htm



1. Chefs, cooks or the general public of any nationality may participate with one or more recipes.

2. One or more legumes must be the central ingredient, but not necessarily the only one.

3. The recipe must include ingredients that are inexpensive and accessible in Latin America.

4. The preparation process must be simple and require no professional or unusual tools.

5. The recipes must include a brief introduction, of 150 words or less, in which the chef explains the reasons for his or her proposal. The recipe must follow this order: introduction, ingredients, preparation. Well-written recipes will be favored.

6. Measures should be expressed in cups, tablespoons and teaspoons. Temperatures should be in centigrade.

7. Chefs may also share tips and advice on how to waste less food and cook safely.

8. The variety of legume must be specified in the recipe.

9. Chefs are encouraged to send a photo of their recipe and a portrait of themselves.

10. Chefs must grant the right to publish their recipe to the United Nations Food and Agriculture Organization (FAO).

11. The recipes should be sent by email to rlc-iniciativa@fao.org in Word or similar text format.

12. The Hunger-Free Latin America and the Caribbean Initiative reserves the right to select the most adequate recipes for publication.

13. **Recipes will be accepted until Friday 24th of April, 2009.**

14. The selected recipes will be made public in June, 2009, through the Initiative's website, www.rlc.fao.org/iniciativa

April 24th, 2009

dead line

