Recipes from the world of Pastoralists

NGO AND CIVIL SOCIETY CLUSTERS

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Food made by pastoral communities is as diverse as the animals they rear. Different livestock products, milk, meat and eggs from animals raised under pastoral systems across the world contribute to an astonishing array of cheeses, sweets, yoghurts, teas, smoked meats and preserves, curries and stews. The diverse landscapes contribute to specialized and niche products unique to a region and a community.
A collection of recipes and preparations have been gathered through a simple survey from different groups associated with pastoral communities or from pastoralists themselves. This collection is an attempt to acknowledge the contribution of pastoralists to world cuisines and cultures and most importantly sustainable food production systems.
Did you know that

- the Berbers of Morocco gave the world the Tagine?
- That “Kallari” is a type of cheese made from buttermilk and that too buttermilk from a Gojri buffalo which grazes in the forests of the lower Himalayas?
- That “ghee” can be made in many different ways and is important of its medicinal properties.
- Koumiss is made from “mares” milk by the pastoralists of Mongolia.
- That “churpi” is a cheese made from Yaks milk.
- Kurt is a hardened fermented ball of cheese of Kazhakastan and can be made from sheep, mare, cow, goat, or camel milk.
- Gijze is a cheese made from the milk of the Bardhok sheep of Albania.
- There are 1000’s of cheese varieties made by pastoralists.
Foods produced by Pastoral communities contribute to safe and sustainable food systems and offer human society an astonishing array of cuisines made from different livestock products. Acknowledging these systems is giving recognitions to different, cultures, cuisines, food processing and preservation methods. As foods produced in factories and sold through supermarkets enter remote areas where pastoralist live, their own cuisines are likely to be replaced with modern food products. The loss of these foods is a loss to humanity for, besides cultural capital we stand to lose valuable knowledge and biodiversity related to these food systems.
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