

STREET JUSTICE

amos  **trust**

**DINNER FOR 6
FUNDRAISING AND RECIPE PACK**



**EVERYTHING YOU NEED TO HOST AN
INDIAN MEAL TO HELP US HIT GENDER-BASED
VIOLENCE FOR 6!**



DINNER FOR SIX PACK

FUNDRAISING FOR AMOS TRUST

“ Cricket has changed my life completely. Because nobody respected us when we were living on the streets. Now people respect us.

Monisha, 17 — Chennai, India

HOST AN INDIAN MEAL FOR 6 (OR 66) AND HELP US HIT GENDER-BASED VIOLENCE FOR 6!

India is hosting the Street Child Cricket World Cup in 2023.

Our partner Karunalaya and Amos Trust, will use this platform to raise awareness of gender-based violence and the steps needed to stop it and equipping girls and young women to live the lives they dream of. But we can only do this with your help.

We are asking supporters to host a curry night and raise vital funds to help Karunalaya hit gender-based violence for 6.

This pack contains everything you need to run a fundraising meal:

- Karunalaya's work
- Monisha and Priya's stories
- Tips to make your event a success
- Recipes
- Publicity poster

Please contact katie@amostrust.org for further resources, films and support for your event.



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KARUNALAYA'S WORK

Domestic and gender-based violence is a daily occurrence for women and girls from Chennai's pavement-dwelling communities. As a result, many desperate parents choose child marriage to keep their daughters safe.

Our partner Karunalaya wants to show that there can be an alternative. They do this in the following ways:

SUPPORTING

Karunalaya are addressing the impact of gender-based violence on girls' lives by providing 1:1 support, sheltered accommodation and counselling.

EMPOWERING

Karunalaya are empowering girls to know their rights and to change their perceptions of themselves by supporting them to stay in school and through their activity camps.

TEACHING

Karunalaya provides street-based classes in pavement-dwelling communities around the issues affecting girls, such as child marriage.

TRANSFORMING

Karunalaya are transforming how society sees and treats girls and young women from pavement-dwelling communities by using their participation in sports and activities such as Theatre of the Oppressed.

EQUIPPING

Karunalaya are equipping pavement-dwelling communities to claim their rights and to address issues like gender-based violence through community initiatives such as the women-led campaign "Niruthuda", which in Tamil means "Man Stop It!"

EDUCATING

Karunalaya are educating and working with the police so that gender-based violence is taken seriously.

[You can read more about Karunalaya here.](#)



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MONISHA'S STORY



DINNER FOR SIX PACK

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Monisha is 17 and lives with her family in the Wall Tax Road pavement-dwelling community in Chennai. We arrive and watch her and some local boys playing cricket in the street before chatting with her. Monisha shares a small shelter with her parents, brother and sister-in-law and wants to work in the police when she is older.

Her family share the public toilets with 70 other pavement-dwelling families. The toilets close from 10pm - 8am and cost between 5 and 10 rupees to use. Monisha tells us what a rush it is for all the children to get through in the morning before getting to school for an 8:30 start.

We ask Monisha about life for women and girls on the street:

“Women and girls find it very difficult to sleep on the streets because they have to sleep only on the pavement, during night time it is always a risk because strangers come and try to sleep next to us, or it may be people who drink and sit and watch us during night time. It is always very uncomfortable when such strangers are around us. Besides that, using the restroom is always a difficult thing.”

Karunalaya has supported Monisha for many years, including participating in their sports programme. In 2019 she was one of the young people who travelled to the UK to take part in the Street Child Cricket World Cup, helping take Team India to victory at Lords.

She tells us: *“Cricket has changed my life completely. Because nobody respected us when we were living on the streets. Now people respect us.”*

Monisha is really looking forward to the next Street Child Cricket World Cup, which takes place in Chennai in September 2023, so people in Chennai can see them play. *“By watching us playing cricket, they all must realise that we are all talented. They should respect our talent.”*



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PRIYA'S STORY



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PRIYA'S STORY

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Priya is 18 and lives in Chennai on the pavement beside an open sewer.

She says: "It is very hard to sleep at night. I have to walk a long way to the public toilets, but they are often locked. They are not safe places anyway. I am scared because there is so much violence on the street. When my mother was alive, I felt safer. But now it's up to me to try and look after my two younger sisters."

Despite her extremely challenging living conditions, Priya finds hope and kindness from the staff at our long-term partner, Karunalaya, who have supported Priya since she was 12. They encouraged her parents to keep her in school when many other girls became child brides. In addition, they provided extra tutoring to support her education, as well as practical help with books and uniforms.

Priya started to attend Karunalaya's activity camps, being coached in football and other sports. These camps give young people a break from their lives on the streets so they can recognise their strengths and resilience and develop hopes for the future.

Paul Sunder-Singh, director and founder of Karunalaya, says: *"Playing sport is a big taboo for girls — many communities think that the place for girls is in the home. But it's a mystery to me why families think girls should stay indoors when so much abuse occurs in the home."*

Priya continues to show incredible resilience with the support of Karunalaya. She still lives on the streets but has started a BA degree in history while caring for her two younger sisters. Karunalaya and Priya are now working together to support her sisters as they move into their sheltered accommodation and find a safer place to live. They hope to be involved in the Street Child Cricket World Cup in 2023 and have been practising hard to hone their cricket skills.

Priya says: "We want to use this opportunity to show our talents in sport and to speak out against the discrimination and violence we've experienced. Everyone is against us because we come from pavement-dwelling communities, but that needs to change."



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HOSTING A DINNER FOR SIX: SOME PRACTICAL HINTS AND TIPS

Whether you decide to organise a dinner party, a bring and share picnic (perhaps with a cricket match), or share some Indian-style sweet treats at work, here are a few hints and tips to help you:

1. Set a date and promote your event early. [Use the poster on page 25 of this pack](#) to let people know what you are up to or ask them to save the date and send out publicity later.
2. We are delighted that we're able to share some delicious recipes from professional chef Manju Malhi in this pack ([see page 11](#)) but feel free to use your own tried and tested recipes too.
3. If you want to raise more money, think about holding a raffle or something similar and charging or asking for donations for the meal.
4. [Click here to download our fundraising pack](#) for a few more tips on running successful events and for everything you need to know about collecting the money, paying funds in etc.
5. We have some short films about Karunalaya and Monisha. Please contact katie@amostrust.org, and she will send these to you along with other resources and Gift Aid envelopes for use at your event.
6. Most importantly, have a great time!

Thank you for helping us hit gender-based violence for 6!

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MONISHA LIVES WITH HER FAMILY IN A PAVEMENT-DWELLING
COMMUNITY IN CHENNAI



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RECIPES

Here are some delicious recipes that professional chef Manju Malhi has put together for our Dinner For Six pack. Feel free to use your own tried and tested recipes too.

MALABAR KING PRAWN CURRY

Serves 8

- 1 tsp turmeric
- 1/2 tsp salt
- 40 raw king prawns, peeled and black veins removed (frozen is fine)
- 5 tbsp olive oil
- 4 tsp peeled and grated root ginger
- 3 onions, finely chopped
- 6-8 garlic cloves, chopped
- 2 green chillies, chopped
- 4 tomatoes, chopped or 1 x 450g can of chopped tomatoes
- 1/4 tsp pinch of chilli powder (optional)
- 450ml coconut milk
- 8-10 curry leaves (optional)
- 1 tsp brown mustard seeds

Sprinkle the turmeric and salt over the prawns and set aside. Heat 4 tablespoons of the oil in a large frying pan over a medium heat. Add the ginger, onions, garlic and green chillies and fry, stirring occasionally, for 6-8 minutes until the onions are golden brown.

Bring 125ml water to the boil.



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Add the tomatoes and chilli powder, (if using), and fry for a further 2 minutes. Tip in the prawns and continue stirring for 2 minutes.

Pour or add the coconut milk into the pan with the just-boiled water and simmer for 2 minutes, or just until the prawns turn opaque.

Heat the remaining 1-tablespoon of the oil in a small frying pan over a medium heat. Add the curry leaves, (if using), and mustard seeds and fry for 30 seconds, or until the seeds splutter. Watch carefully so they do not burn. Stir them into the prawn curry and serve hot

TEMPERED RED LENTILS — TARKA DAL

Serves 8

- 600g split red lentils
- 120g butter
- 1.5 tsp brown or black mustard seeds
- 10-15 curry leaves (optional)
- 2-3 green chillies, chopped
- 1.5 tsp turmeric
- 1/2 tsp salt
- 1/4 tsp asafoetida (hing)

Bring 1.5 litres of water to the boil in a large saucepan over a high heat. Add the lentils and return the water to the boil. Partially cover the pan, reduce the heat to low and simmer, uncovered, stirring occasionally, for 20-30 minutes until the mixture becomes mushy. Watch carefully so the lentils do not burn.

Top up with extra boiling water if necessary. Heat a frying pan over a medium heat. Melt the butter. When it bubbles slightly, add a few of the mustard seeds.

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TEMPERED RED LENTILS
— TARKA DAL



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When the seeds appear to be crackling or sizzling, add the remaining seeds, curry leaves, chilli, turmeric, salt and asafoetida and fry, stirring constantly, for 30 seconds, or until the spices splutter. Watch carefully so they do not burn.

Stir the buttery spice mixture into the lentils, then cook for a further 2 minutes.

WHITE CABBAGE WITH RED CHILLI AND MUSTARD SEEDS

Serves 8

When choosing cabbages, pick ones that feel heavy for its size with unblemished, smooth leaves.

- 1 kg white cabbage, finely shredded
- 2 tsp lemon juice
- 1.5 tsp brown or black mustard seeds
- 5 tbsp Bengal gram or chana dal
- 3-4 dried red chillies
- 4 tsp rapeseed or olive oil
- 2 tsp turmeric

Remove the thick outer leaves of the cabbage which appear damaged or bruised. Then place the cabbage in a bowl of salted water for 5 minutes. Then rinse under a cold tap for a few seconds.



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Pick over the Bengal gram or chana dal lentils to check for stones. Then put them in a bowl and add about 120ml of water and set aside to soak.

Cut the cabbage into quarters. Cut off the stem and tough core from each wedge. Place the flat part of the pieces against the board so it's sturdy and thinly slice the cabbage into strips.

INDIAN COCONUT TREATS

Makes approximately 10-12 treats

- 100ml/6½ tbsp condensed milk
- 125g coconut powder
- 5-6 cardamoms, seeds removed and crushed

Pour the condensed milk into a small saucepan and warm over a low heat. Add 100g or ½ cup coconut powder and simmer for 2-3 minutes, stirring constantly, until the mixture leaves the sides of the pan. Watch carefully so it does not burn. Add the crushed seeds of the cardamom pods and mix.

Remove the pan from the heat and set aside until the coconut mixture is just cool enough to handle.

Sprinkle the remaining coconut powder onto a plate. Wet your hands and shape the mixture into 10-12 balls of equal size. Roll each ball in the coconut powder to cover them evenly. Serve immediately, or transfer to an airtight container and refrigerate for 5-6 days.



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TOMATO, ONION AND CHILLI SALAD — TAMATAR PYAAZ AUR MIRCH KA SALAAD

Serve 8

Indian salads are refreshing compliments to elaborate dishes that are loaded with spices and flavour. This sharp tangy recipe is remarkably simple and pairs well with meat or chicken.

- 4 tomatoes, chopped
- 1 red onion, finely chopped
- 2 green chillies finely chopped (optional)
- 2 tbsp freshly squeezed lemon juice
- 1 tsp sugar (optional)
- a generous pinch freshly ground black pepper
- a pinch salt

Put all the ingredients in a non-metallic bowl and toss together. Cover the bowl with cling film and refrigerate until required. Taste and adjust the seasoning, adding more pepper, if necessary just before serving. Serve chilled.

CHETTINAD CHICKEN

Serves 8

The interesting thing about this dish is that it has all the flavours of a rich luxurious curry with very little oil. Black peppercorns stimulate digestion and has been known to be carminative (a substance which helps prevent the formation of intestinal gas).

It is from the south Indian state of Tamil Nadu where a variety of spices are used in their preparations and most of the dishes are eaten with rice.

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TOMATO, ONION AND
CHILLI SALAD



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To make the paste:

- 2-3 dried red chillies, stalks removed
- ½ tsp black peppercorns
- 2 tsp fennel seeds
- ½ tsp cumin seeds
- 2 tsp peeled and grated root ginger
- 6-8 garlic cloves, crushed
- 4 tbsp desiccated or frozen grated coconut
- 1 kg skinless and boneless chicken pieces, cut into 2cm pieces
- 4 tbsp olive oil
- 2 x 2.5 cm cinnamon stick
- 8 green cardamoms
- 4 cloves
- 2 onions, chopped
- 8-10 curry leaves (optional)
- 3 tomatoes, chopped
- 1 tsp turmeric
- a few washed and chopped coriander leaves

To make the paste, heat a pan on a medium heat and add the red chillies, peppercorns, fennel and cumin seeds. Roast for a couple of minutes. Remove from the heat and allow to cool.

In a coffee or a spice mill, blend into a medium to fine powder. Add the remaining ingredients for the paste and grind again.



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Place the chicken pieces in a bowl and add the paste. Mix well. Cover and place in the refrigerator for 10 minutes. Heat the oil on a medium heat and add the cinnamon, cardamom and cloves. Mix for 30 seconds until you can smell the aroma of the spices.

Add the chopped onion and the curry leaves, if using, and fry for 5-7 minutes until the onion pieces are golden brown. Mix in the tomatoes and sauté for 5 minutes.

Add the marinated chicken and turmeric. Sauté for 10 minutes, adding 4 tablespoons of water. Cover with a lid and cook on a medium to low heat until the chicken pieces are done.

To check that the chicken is cooked, cut a piece in half and if it is white on the inside, the chicken is ready. Garnish with coriander leaves and serve with plain Basmati rice.

KERALA CHICKEN STEW

Serves 8

Keralan cuisine has adopted colonial British stew recipes, adding spices to make them their own. In southern India, stew is made with coconut milk and Malabar Coast spices.

- 6 green chillies, roughly chopped, plus 2 more, slit lengthways, to garnish
- ½ tsp turmeric
- 2 tsp ground coriander
- ½ tsp ground cinnamon
- 3 tsp peeled and finely grated root ginger
- 6-8 garlic cloves, roughly chopped
- ½ tsp salt



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- 6 tbsp groundnut or sunflower oil
- 6-10 curry leaves (optional)
- 5-6 cloves
- 3 onions, thinly sliced
- 1 kg chicken drumsticks and thighs, skinned and pricked
- 400ml coconut milk

In a blender or with a pestle and mortar, blitz the chillies, turmeric, coriander, cinnamon, ginger, garlic and salt with 1 tablespoon of the oil and 2 tablespoons of cold water to make a coarse paste.

Heat the remaining oil in a heavy-based pan. Add the curry leaves, if using, cloves and onions and fry over a medium heat for 5 minutes. Add the paste and fry for a minute. Tip in the chicken pieces and fry for 10 minutes on a medium to low heat until the chicken is white on the outside.

Rinse out the blender or mortar that contained the paste with 200ml cold water. Mix this with the coconut milk. Pour over the chicken and mix well. Cover the pan and simmer for 15 minutes until the chicken is cooked. Garnish with the slit green chillies and serve hot with lemon rice.



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CUCUMBER YOGURT SALAD

Serves 8

This is a variety of yogurt salad seasoned with chilli and cumin which can be served with a lentil dish and chapatis.

- 400ml natural unsweetened yogurt
- 1 tsp ground cumin
- 2 tbsp finely chopped coriander leaves
- 1/2 tsp salt
- 1 medium cucumber, roughly grated
- 2 tsp sunflower oil
- 2 green finger chillies, slit lengthways
- 2 tbsp unsalted peanuts, crushed (optional)

In a bowl, whisk the yogurt until it is smooth. Mix in the cumin, coriander leaves and salt. Squeeze out and remove as much water as you can from the cucumber and then fold into the yogurt.

Heat the oil in a small frying pan. Add the chillies and peanuts, if using. Fry for a minute, then set aside to cool for a couple of minutes. Mix well with the yogurt and chill for at least 30 minutes before serving.



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LEMON RICE — ELEMICHA SADAM

Serves 7-8

This dish is a south Indian rice recipe. Before cooking Basmati rice, rinse the grains thoroughly in cold water to remove any starchy residue: this makes it less sticky when cooked.

- 2 cups white Basmati rice
- 2 tsp skinned split black lentils or urad dal (optional)
- 2 tbsp groundnut or olive oil
- 6-10 curry leaves (optional)
- 1 tsp brown or black mustard seeds
- 4 medium dried red chillies
- 1/2 tsp salt
- 1/2 tsp turmeric
- 2 tbsp lemon juice

Rinse the rice in a colander or sieve under cold running water for at least 30 seconds. Pick over the lentils, if using, to check for small stones.

Heat the oil in a heavy-based saucepan. Add the mustard seeds. When they pop and crackle, add the lentils and curry leaves, if using, red chillies, salt and turmeric, and stir for few seconds.

Add the rice and mix well, then pour in 4 cups boiling water. Cover tightly and simmer over a low heat for 5 minutes. Add the lemon juice. Replace the lid and simmer for a further 8-10 minutes (all the water should be absorbed by the rice).

Serve hot with Kerala Chicken Stew ([see page 19](#)).



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APRICOT NUT DESSERT — MALAI KHUMANI

Serves 8

- 100g caster sugar
- 500g dried apricots, finely chopped
- 4 drops rose extract or 1 tsp rose water or 1 tsp vanilla extract
- 400ml double cream, stiffly whipped
- 100g chopped pistachios

In a heavy-based pan, gently dissolve the sugar in 400ml cold water, stirring occasionally until all the sugar has dissolved. Add 400g of the apricots and simmer for 10-12 minutes. Drain.

Stir the rose extract, water or vanilla extract into the whipped cream. Fold the apricots into cream and spoon into 8 ramekins or serving glasses,

Serve chilled, garnished with the chopped pistachios and the remaining dried apricots.

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PLEASE JOIN US!
AS WE HIT GENDER-BASED VIOLENCE FOR SIX!

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GIRLS AND YOUNG WOMEN LIVING ON THE STREETS OF INDIA

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All money raised will go to KARUNALAYA, Amos Trust's partner in India.
To find out more, please visit amotrust.org/karunalaya

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