



Hello!

Welcome to the Summer edition of IFAD's **Recipes for Change** (R4C) newsletter.

This is your one stop shop for all the latest information on R4C!



MasterChef Italia's Carlo Cracco joins us for another Recipe For Change

We have travelled to our project in [Cambodia](#) to film our latest Recipes For Change Film. Our friend and supporter Carlo Cracco came with us to meet farmer Somreth Sophat and cook a traditional Cambodian recipe, Somlar Kako.

"Climate change is a fact," said Cracco. "Perhaps we can slow it down, but we cannot stop it. So we must help those people who work the land so that there is a change in the way we fight the battle of climate change."



Climate threats to Tuna and Taro in Tonga: A CCAFS report



Read an in-depth scientific report on the climate threats and solutions to tuna and taro leaves in the Kingdom of Tonga.

These are the ingredients being threatened by climate change that we featured in our older recipe, Vai Ika.

The full report can be accessed [here](#).

IFAD celebrates World Environment Day

Rome, 3 June, 2015 - To celebrate this year's World Environment Day on June 5, the International Fund for Agricultural Development (IFAD) partnered with Italian celebrity chef, Carlo Cracco - once again, to highlight the impact that climate change is having on rural communities in developing countries.



Read more about it [here](#).

See more photos from the trip and behind the scenes of filming [here](#)

Learn how to make the latest [#Recipeforchange](#)



SOMLAR KAKO

SERVES 4
Per serving: Calories: 880 • Fat: 49.1g • Carbs: 63.5g • Protein: 48.2g

200g sliced pork belly and/or
450g sliced firm-flesh fish
(such as catfish)
1 tbsp prahok (Khmer fish paste)
3 tbsp green kroeung paste
(green spicy paste)
2 tbsp tik trei (fish sauce)
2 tsp palm sugar
4 tbsp ground roasted rice
1.1 litres chicken or fish stock
200g each of: pumpkin sliced
into chunks, shredded green
papaya, chopped small eggplant
and sliced long beans
1 shredded green plantain
1 pack of trob put-nhomg
(pea eggplant)
2 handfuls sleuk ma-raeh
(or spinach)
A few bird's eye chillies for
garnish

1. Heat oil in large saucepan over medium heat, add pork and stir-fry until golden brown
2. Add kroeung, stir-fry for 1-2 minutes.
3. Stir in fish and prahok, fry for a further 2-3 minutes.
4. Lower heat, remove fish, cover to keep warm and set aside.
5. Turn heat to medium, stir in pumpkin, green papaya and long beans; mix.
6. Pour in stock and roasted ground rice. Bring to a boil, cook for 4-5 minutes.
7. Return fish to mix, add plantain, crushed pea eggplant and chopped eggplant; bring back to boil.
8. Add salt, sugar and tik trei.
9. Lower heat, cook covered for 10-12 minutes until vegetables are tender and fish is cooked through. Stir occasionally to prevent sticking.
10. Stir in sleuk ma-raeh and remove from heat immediately.
11. Transfer to a serving bowl, garnish with chillies. Serve hot with steamed jasmine rice.



Upcoming...

As always we have many things in the pipelines for R4C, including: new recipes, new chefs and new films all coming soon. So watch this space, and keep reading your R4C newsletters for all the latest info!

[Join Our Mailing List!](#)

FOLLOW US!



Contact

Brian Thomson

Communication and Advocacy Manager
Environment and Climate Division

Tel +39 06 5459 2282; Mob +39 366 612 1101
Fax + 39 06 5459 3282
www.ifad.org

IFAD, via paolo di dono 44, rome, lazio 00142 Italy

[SafeUnsubscribe™ {recipient's email}](#)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by cp.neglia@gmail.com