

How cookbooks can save Peace Corps

using crowdsourcing, APIs, iterative development,
and user-centered design to usher the agency into a
new era of service and volunteerism



How can Americans be
engaged in the experience
of Peace Corps Volunteers?

norman
rockwell
Jessie
Ethiopia

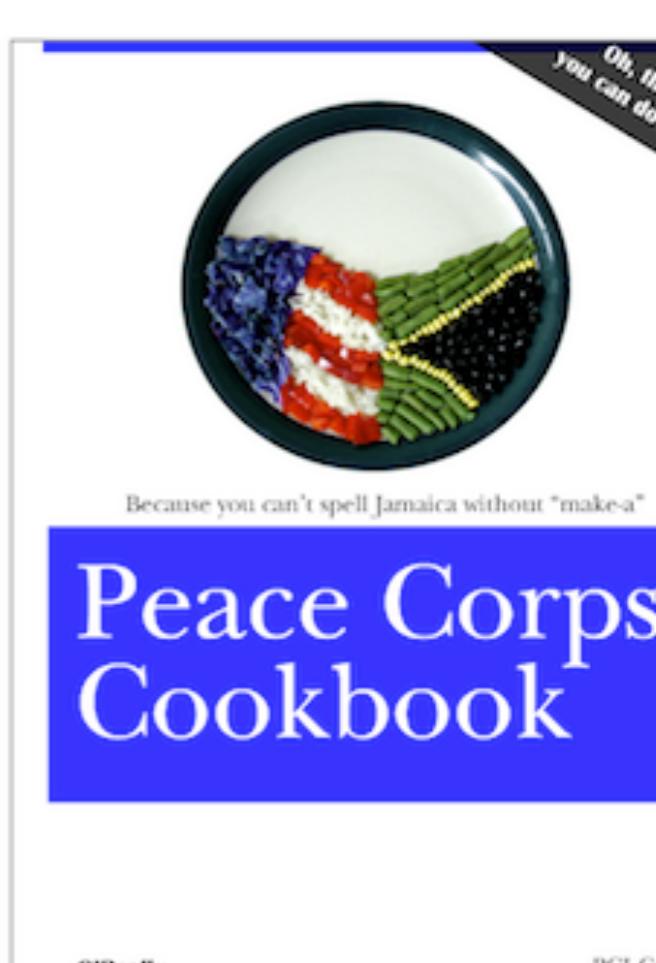
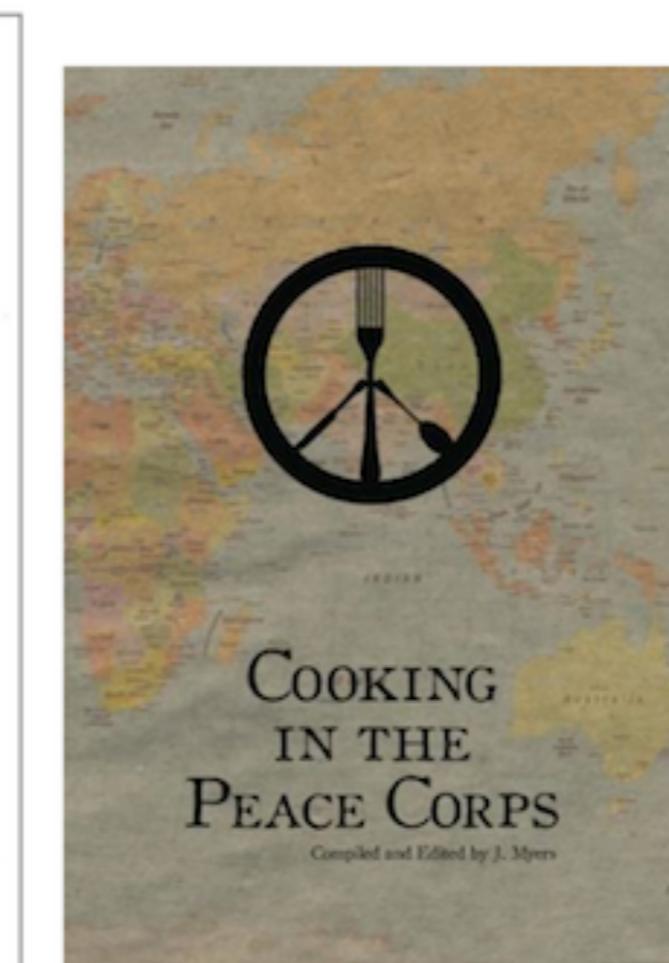
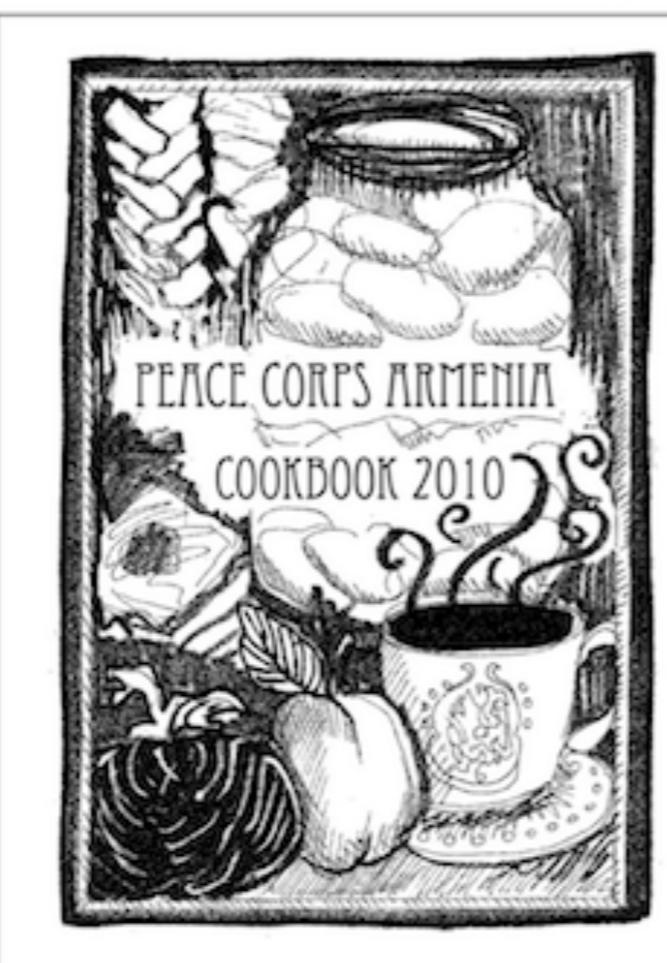
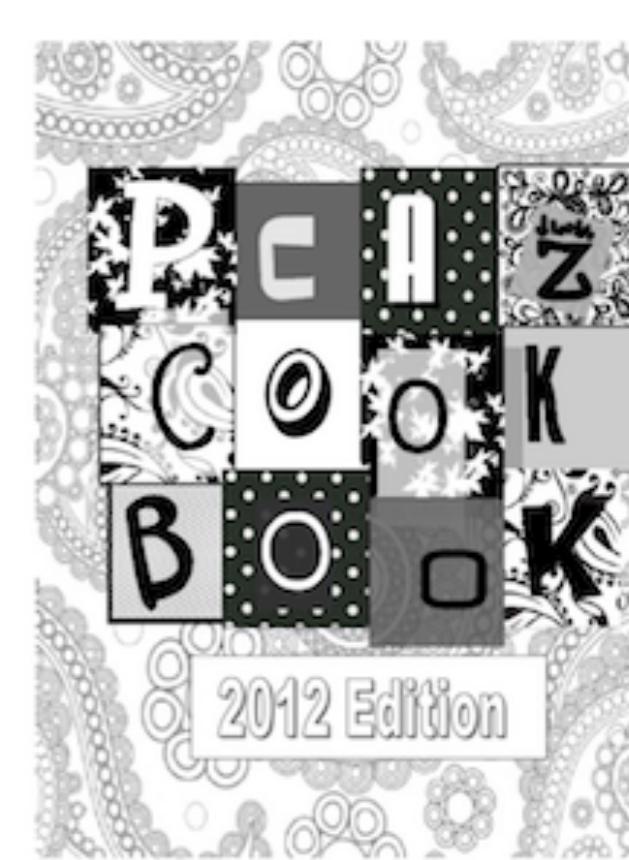
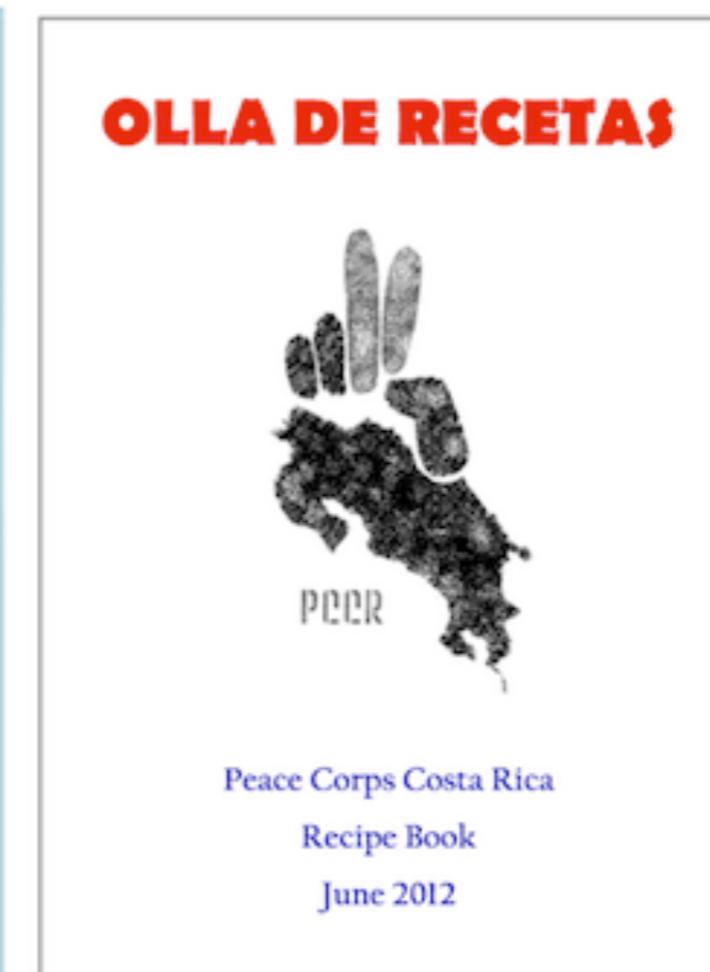
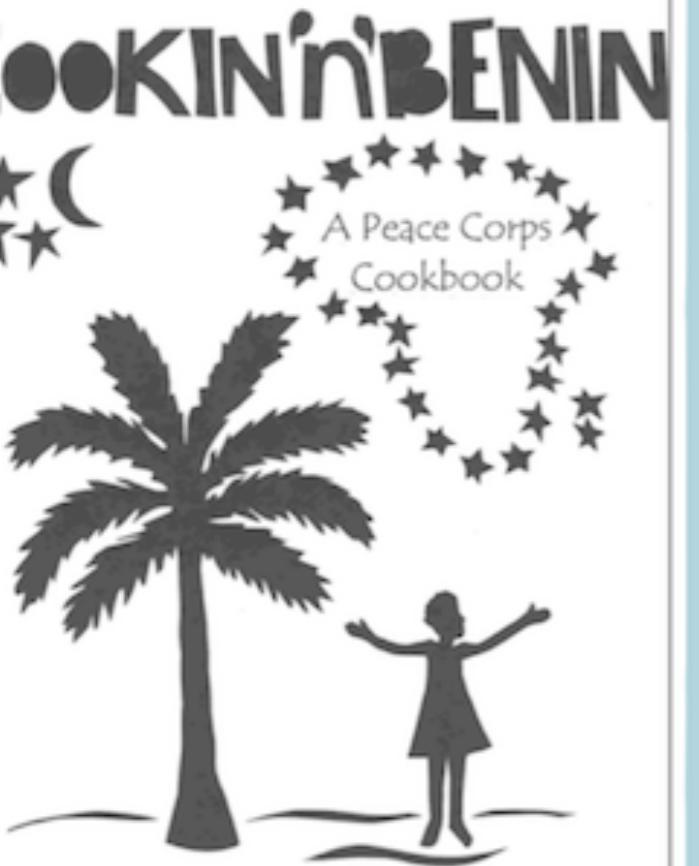


200,000 Volunteers
x 3 meals/day
x 27 months

= 273,000,000 meals

*If each meal were placed side by side, it would be 5 times the length of the Great Wall of China.

Peace Corps Volunteer cookbooks
– crowdsourced from 54 years,
over 100 countries, and nearly
200,000 Volunteers.



RecipeBox seeks to collect, organize, and share the collected recipes from every all Volunteers.

1. Library of cookbooks and an organized database
2. Site to browse, search, add, and modify existing recipes and information
3. App to use interface from a mobile phone or tablet with limited or no connectivity
4. Open-source edited cookbook available as HTML, PDF, and ebook formats.

What we have now

A photograph showing a person's lower body and hand. They are wearing blue jeans and brown boots. Their right hand is holding a thick stack of white paper or thin booklets. In front of them is a large, light-colored wooden cabinet or shelf filled with many books. A small metal object, possibly a keychain, hangs from a chain around their neck.

~ 72 digital cookbooks
~ 7,200 pages of recipes

Indian Fry Bread (Where there is no Whopper)

4 1/2 cups flour
1/2 tsp salt
2 tsp baking powder

" cup powdered milk (optional)
1 1/2 cups water
1/2 cup milk

Mix flour, salt, baking powder and powdered milk together. Stir in water and milk. Knead with hands. Pat or roll into 5 inch diameter circles. Fry in several inches of HOT oil. Dough will puff and bubble. Turn when golden brown. Drain on paper and serve hot with honey, cinnamon and sugar, or powdered sugar.

Mofo Aina

Mofo aina is bread that is enriched with soy flour to provide protein. The following recipes are in French and English so that you can share them with your local street food sellers. The Ministry of Health makes special mofo aina flags that mpivarotras can use to advertise, ask in the health sector office.

Mofo-Gasy

Ingr'dients
1 kg koba-bary
1/4 kg farine de soja
1/4 kg sucre
Eau
Bicarbonate 1/2 cuill'r'e < caf'
Huile pour friture

Ingredients
1 kg of rice flour
kg of soya flour
kg of sugar
Water
1/2 tsp baking soda
Vegetable oil

La veille de la cuisson, m"langez la farine de riz avec l'eau jusqu' ce que la p'te soit "passe mais fluide. Laissez reposer la p'te toute la nuit. Le matin, ajouter les autres ingr'dients et faites frire dans de l'huile bouillante.

The day before the cooking, mix rice flour with water till the dough is thick but fluid. Let the dough rest all night. In the morning, add the other ingredients and deep fry .

Mofo Soja

Ingr'dients:
1kg de farine de Soja
1/2 kg de farine de Bl"
1/2 kg de sucre
2 ūufs
3/4 de litre d'eau ou de lait
1 sachet de levure chimique

Ingredients
1 k of Soya flour
1/2 k of wheat flour
1/2 k of sugar
2 eggs
3/4 liter of milk or water
1 packet of baking powder

Battre les ūufs avec le sucre; M"langer < part la farine de Soja ave < c la farine de Bl" ainsi que la levure; Ajouter le lait ou l'eau dans le premier m"lange, puis le m"lange des farines. Faites frire dans de l'huile bouillante.

Mix eggs with sugar. Mix soya flour with wheat flour and baking powder. Add milk or water to the eggs and sugar, combine the two mixtures. Deep fry.

Chutneys, Jams, Jellies, and Peanut Butter

For any jam: Clean the fruit well. Peel and seed/core as desired. Chop up into small pieces. Heat in sauce pan with sugar. Try to use 1 part fruit to 1 part sugar. Taste it. Not sweet enough? Add sugar. Some fruits will need a little water during the cooking process, but don't add too much unless you want to make juice. Glass jars keep jam fresher longer than plastic containers. (Never add water to peach jam.)

What does development
look like (maybe)?


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 ajouter les autres ingrédients et faites frire dans de l'huile bouillante."  
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What do we kind of
want?



Mofo Gasy (Malagasy bread)



A staple of Malagasy cuisine, mofo gasy can be found throughout the entire island. Mofo gasy is most commonly made and eaten at the start of the day. Try the regional variations and put your own spin on it!



Ingredients

English (metric units)

1 kilo of rice flour
1/4 kilo of soya flour
1/4 kg of sugar
Water
1/2 tsp baking soda
Vegetable oil

Directions (english)

The day before the cooking, mix rice flour with water till the dough is thick but fluid. Let the dough rest all night. In the morning, add the other ingredients and dep fry.

Directions (french)

La veille de la cuisson, mélangez la farine de riz avec l'eau jusqu'à ce que la pâte soit épaisse mais fluide. Laissez reposer la pâte toute la nuit. Le matin, ajouter les autres ingrédients et faites frire dans de l'huile bouillante.

Tips

Reviews

Region

Country

Food type

