

**In
pictures**

The Recipe for « Liquefied Concentrated Porridge »



January 25, 2025 version

To prepare a **Liquefied Concentrated Porridge (LCP)**, cook **1** volume of flour in **2** volumes of water then, to liquefy, add a natural amylase, for instance **3** pinches of malt
It is the **"1+2+3 Recipe"**

So you have to put three times more flour than in an ordinary porridge!

To easily and quickly liquefy the thick, still hot porridge, use a natural amylase : either a germinated cereal flour (malt), or fresh or dried sweet potato, or a maternal amylase (saliva or milk). The amylase liquefaction is used to fight the catastrophic dilution of thick porridges with water.

The LCP will be prepared if possible with a compound flour, such as BAMiSA. A BAMiSA BCL has three to four times the nutritional value of regular porridge, while being fluid in consistency.

This document is intended for health staff and facilitators to enable them to explain the "Recipe 1+2+3" to mothers, families and pupils during nutrition education sessions. It is presented through pictures :

- **The Preparation of concentrated porridge,**
- **Its Liquefaction,**
- **The "1+2+3 Recipe" as theme of Nutritional Education.**
- **The LCP directly obtained from local ingredients.**



- Preparation -

**1° Prepare a concentrated porridge by mixing : - A lot of flour
- A little water**



Wardogo Burkina Faso 2014

**Mix
1 volume of flour,**



Wardogo Burkina Faso 2014

**In
1 volume of water,**



Wardogo Burkina Faso 2014

**Pour this mixture in
1 volume of water
which has been set to boil.**



- Preparation -

2° Cook



Wardogo Burkina Faso 2014

Cook until the porridge is nice and thick.



◦ - Liquefaction -

3° Liquefy this porridge with a natural amylase

The thick porridge becomes a Concentrated Liquid Porridge



Koupéla Burkina Faso 2014

The same porridge, one or two minutes after the action of a naturel amylase



- Liquefaction -

4° Liquefy the porridge **either in the cooking pot,**



Wardogo Burkina Faso 2014

Let cool a bit
before mixing the malt



Wardogo Burkina Faso 2014

...The porridge becomes liquid.



- Liquefaction -

5° Or liquefy the porridge in each child's bowl.



Burkina Faso 2008

Distribute the hot thick porridge



Tambaounda Sénégal 2013

Then, in each bowl, add a little malt, or ask the mother to mix with a spoon wet with her saliva or milk. (Maternal amylases)



- Liquefaction -

**6° The porridge is liquid enough to be drunk.
Consumption is fast, complete and clean**



Koupéla Burkina Faso 2014



Wardogo Burkina Faso 2014

Child can drink the porridge (from 4 months if necessary)



Dagana Sénégal 2013

Liquefied porridge can be given with a syringe



- Nutritionnal Education -

7° This “Recipe 1+2+3” deserves to be taught to moms who will teach it to other moms.



Koumogo Tchad 2017



Demonstration of liquefaction in a community site

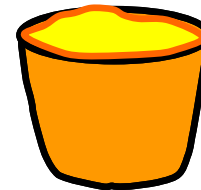


- Nutritionnal Education -

8° Thanks to the “1 + 2 + 3 Recipe”,

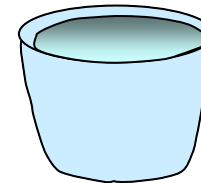
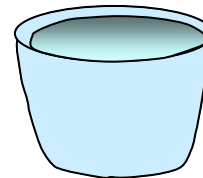
Give your young children a “Concentrated Liquid Porridge”

1 Glass of flour



100 ml ou 60 grammes

+ **2** Glasses of water



100 ml x 2

Cook... and remove from the stove

+ **3** Pinches of malt



0,5 grammes .

*Mix natural amylase (malt, sweet potato) in the still hot porridge,
or mix a little breast milk in the porridge,
or stir the porridge with the wet spoon of the mother’s saliva.*

The porridge will “liquefy”!

- Nutritional Education -



9° The informative labelling as shown on the sachets of BAMiSA flour, is an educational support.

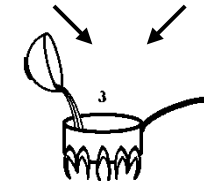
The "1 + 2 + 3 Recipe" of the LCP

1 volume of flour + 2 volumes of water + 3 pinches of malt.

1° In a bowl, mix 1 glass of flour and 1 glass of water.



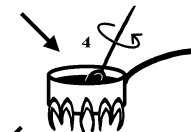
2° In a saucepan, set to boil 1 glass of water.



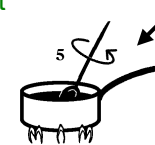
3° In the boiling water, pour in the mixed flour.



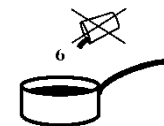
4° Heat while mixing. The porridge becomes thick.



5° Cook for a few minutes on low heat while stirring.



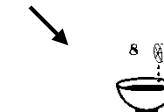
6° Remove from heat and do not add any water.



7° To liquefy without diluting, add and mix 3 pinches of malt to the hot porridge. Thanks to the amylase of the malt, the porridge becomes liquid.



8° It is advised to add fruit juice, tomato juice, red palm oil or other sources of vitamins and minerals.



If the liquefied concentrated porridge is not eaten quickly set to boil again for 1 to 2 minutes.



- Nutritionnal Education -

10° Take the time to explain “1+2+3 recipe”



PÉRÉRÉ, Bénin 2022

**- Nutritionnal Education -****11° What if you don't have BAMiSA flour?****Preparation of Liquefied Concentrated Porridge (LCP)
directly with local ingredients**

- 1° In **9** measures of cold water,
put: **6** measures of cereal flour, toasted if possible
2 measures of toasted soy flour
1 measure of peanut paste
and mix
- 2° In a pot, heat **9** measures of water,
- 3° Pour the mixture into boiling water
- 4° Add a pinch of iodized salt
- 5° Boil for a few minutes while stirring continuously,
If the cereal has not been roasted, cook the porridge a little longer.
The porridge becomes thick
- 6° Do not add water, but
- 7° Liquefy the thick porridge by adding a natural amylase
- 8° Add sugar to the liquid porridge, as you like
- 9° If possible, enrich the porridge with vitamins A and C by adding a little dried Moringa leaf powder, a spoon of red palm oil, a little fruit juice, tomato, spirulina...

This LIQUIFIED CONCENTRATE PORRIDGE recipe follows the proportions 1 + 2 + 3