Invitation to Contribute to *Peasant Food*

You are warmly invited to contribute to *Peasant Food* – a global, illustrated, open-source recipe book celebrating traditional cuisine from the rural working classes. We're looking for simple, nourishing dishes that make the most of what is local, seasonal, and readily available – bubbling stews, hearty soups, slow-cooked grains: everyday meals made with ingenuity and care. The recipe book is provisionally being set up at https://www.eayrs.com/food/index.html.

Please do share a recipe from your own country, or from a country where you have lived or which you know well. Before submitting, read the terms and guidelines below to ensure consistency across the project and avoid misunderstandings.

Terms of Participation

- Recipes from private collections such as this are typically not subject to copyright. However, please do **not** submit material copied from books or websites where copyright applies to the text or images.
- All material submitted will be treated as being in the **public domain** and free of copyright restrictions.
- The Editor reserves the right to edit submitted material to ensure a consistent tone and style across the collection.
- The Editor's decision on which recipes to include or exclude is **final**, but reasons will always be provided. These may include avoiding duplication or an overrepresentation of recipes from a particular region or of similar type.
- No payment will be made or expected for submitted material.
- Each published recipe will credit the contributor's **name** and **country of origin**, and, if different, the **country of the dish**.
- All recipes submitted must have been **personally cooked** by the contributor.
- Each recipe must be accompanied by a **photograph of the finished dish**. Please provide a clear, good-quality image, as it will appear alongside your recipe.
- Please also include a **photograph of yourself**, to be published with your recipe (optional but encouraged).
- Include a **brief biographical note** (maximum 50 words) telling us about you: where you're from, a little about yourself, and what the dish means to you.
- You may also include a short **background note** on the dish – for example, its regional variations, family traditions, or typical occasions for eating it.
- Don't forget to include your **name and contact details**. These are for editorial use only and will not be published.

These points may seem a little particular, but they are intended to create some consistency in what can otherwise be a very individual form of expression.

Recipe Submission Guidelines

When submitting your recipe, please follow these steps in order:

1. **Name of the dish**
   - Give the name in the original language.
   - Provide an English translation or brief explanation if helpful.
   - If not written in a Roman script, include a **phonetic equivalent** in English.
2. **Ingredients list**
   - Provide the list in English.
   - Where applicable, include names in the **original or local language** in brackets.
3. **Measurements**
   - Traditional terms like *handful*, *pinch*, or *knob* are fine.
   - If you prefer precision, use **metric units only**:
     - Grams (g), kilograms (kg), millilitres (ml), litres (l)
   - **Avoid** Imperial or US units:
     - No ounces, pounds, cups, pints, or gallons, as their values differ between countries.
4. **Cooking temperatures**
   - Provide temperatures in **both Celsius (ºC)** and **Fahrenheit (ºF)**.
   - **Do not** use gas mark numbers (e.g. *Gas 9*).
5. **Instructions**
   - Divide the process into logical parts (e.g. preparation, cooking, serving).
   - Use **numbered steps** for clarity.
   - Write in **clear, simple English,** accessible to all.
   - Keep the tone appropriate to the spirit of peasant food – **unpretentious, practical, and straightforward**.

Locro (pronounced LOH-croh)   *Argentina – Northwest Region*

Ingredients

- 500 g white corn
- 300 g dried white beans
- 500 g beef brisket or stew meat
- 300 g pork belly
- 2 chorizo sausages
- 1 onion
- 2 leeks
- 1 spring onion
- 2 carrots
- 300 g pumpkin or butternut squash
- 1 tsp sweet paprika
- 1 tsp ground cumin
- 1 tbsp oil or beef fat
- Salt and pepper to taste
- Water (approx. 3 litres)

Preparation

1. **Soak** the white corn and beans separately in water overnight. Drain before using.
2. **Cut** the beef, pork, and chorizo into bite-sized pieces. Peel and dice the onion, carrots, and pumpkin. Clean and slice the leeks and spring onion.
3. **In a large pot**, heat the oil or beef fat. Add the onion, leek, and spring onion. Sauté over medium heat until soft.

Cooking

4. Add the beef, pork, and chorizo. Cook for a few minutes until lightly browned.
5. Add the soaked corn and beans, then pour in enough water to cover everything (approx. 3 litres). Bring to the boil.
6. Reduce the heat to low and simmer **gently for 2.5 to 3 hours**, stirring occasionally. Skim off any foam.
7. After about 90 minutes, add the carrots, pumpkin, paprika, and cumin. Continue cooking until the meat is tender and the corn has softened and thickened the stew.
8. Season with salt and pepper to taste.

Serving

9. Serve hot in deep bowls. Homemade bread and red wine make a good accompaniment. Traditionally accompanied by a spicy sauce called *quiquirimichi*, made from oil, paprika, chilli, and chopped spring onion.

Contributor

Martín Eayrs, Argentina/UK
I've lived in Argentina for more than half my life. I've often eaten locro when travelling in the north. It's a humble dish with deep roots, always served steaming hot in mid-winter. Every family prepares it a little differently, but it always brings people together around a shared table.

Background Notes

Locro is a traditional Andean stew, especially popular in Argentina's northwest and at national holidays like *25 de Mayo* and *9 de Julio*. Its origins lie with the pre-Columbian peoples who cultivated maize, and it remains a powerful symbol of indigenous and rural heritage.