

SEKAI WA HITOTSU

English

2011

Summer

No.
119



◀ Ayumi Nakatsuka,
4th Grade Tokino Elementary School



Seiya Chiba, ▶
2nd Grade Tokino Elementary School

Issued by: Gifu International Center

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New Consultant Introduction

To respond to the various needs of foreign residents in Gifu Prefecture, the Gifu International Center has employed consultants since April 2009. Below we introduce the new faces for this year.

Hello everyone!

My name is Andreza Seiko Chiba Corrade. I am a third generation Japanese Brazilian born in Manaus city, Amazonas state, Brazil. I first came to Japan age 3 and have lived in Ogaki ever since. I have attended Japanese schools from nursery all the way to high school.

Twice a week since April, I have been providing assistance to foreign residents at the Gifu vehicle tax office. This includes interpreting, translating and giving general information.

From here on, I will try my best to be of service to everyone.



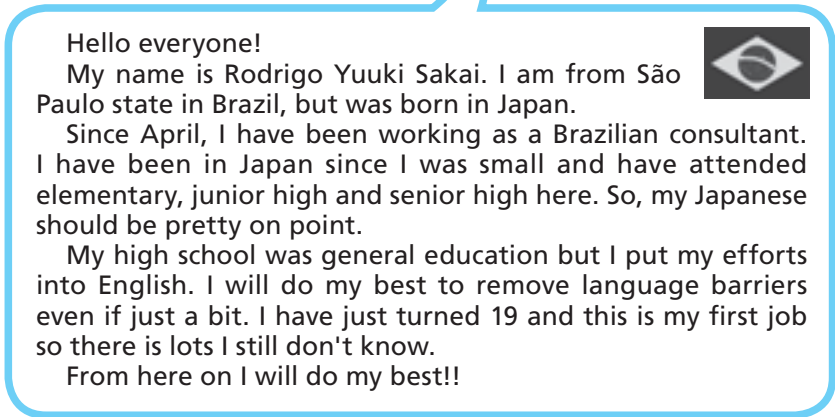
Hello everyone!

My name is Rodrigo Yuuki Sakai. I am from São Paulo state in Brazil, but was born in Japan.

Since April, I have been working as a Brazilian consultant. I have been in Japan since I was small and have attended elementary, junior high and senior high here. So, my Japanese should be pretty on point.

My high school was general education but I put my efforts into English. I will do my best to remove language barriers even if just a bit. I have just turned 19 and this is my first job so there is lots I still don't know.

From here on I will do my best!!



Hello everyone!

My name is Chen Yuling and I am from Taichung, in Taiwan. In middle school I watched the manga "Slam Dunk", got interested in Japanese and started to study it in high school. Even now I still love Rukawa-kun ! (lol)

At present I am working as a Chinese consultant at the Gifu International Center. I hope that I can be of help to the Taiwanese and Chinese residents of Japan. If you have any problems, please feel free to get in touch. I will do my absolutely best to help!



Hello everyone, (^o^)/

My name is Jeanette Nagaya. I was born in Manila in the Philippines but have been living for the last 22 years in Japan. I love festivals and lily of the valley flowers.

I am proud to be able to work at the Gifu International Center and I am happy to be of service to fellow foreigners. Feel free to get in touch and together we will think of a solution to your problems. All the best!



As Japanese staff answer the phone, first say "Ei-go-de" and you will be put through to an English speaking member of staff



*Gifu International Center

Consultants are on hand to listen to any worries or problems you have in your day to day life at the below times.

Gifu International Center Gifu Fureai Kaikan 6F Yabuta-minami 5-14-53, Gifu	Tel: 058-277-1013 Fax: 058-272-8839 E-mail gic@gic.or.jp	Mon - Fri 9:00am - 6:00pm Sun 9:00am - 4:00pm Closed Saturdays and end of year holidays
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* Consultant Dispatch Locations and Work Days

Consultants are dispatched to frequently used administrative offices and do their best to create an environment to help everyone. Below is a list of locations consultants work at.

Location/ Language	Telephone	Days
Gifu Vehicle Tax Office/Portuguese 2648-3 Hikie, Gifu	058-279-3781	Mondays, Wednesdays: 9:30am - 4:30pm
Housing Supply Corporation of Gifu Prefecture/ Portuguese 5-14-53 Yabuta-minami, Gifu (Gifu Fureai Kaikan 7F)	058-277-1045	Thursdays: 10:00am - 4:45pm
Gifu Women's Advice Center/Tagalog Social Welfare and Agriculture Kaikan 2F 2-2-1 Shimonara, Gifu	058-274-7377	2 nd Thursday of every month: 1:00pm - 4:00pm
Tokino Elementary School, Motosu/Tagalog 658 Shime, Motosu	058-324-0505	Mondays and Fridays: 9:00am - 4:00pm
Itonuki Middle School, Motosu/Tagalog 1101-8 Mitsuhashi, Motosu	058-323-1203	Wednesdays: 9:00am - 4:00pm

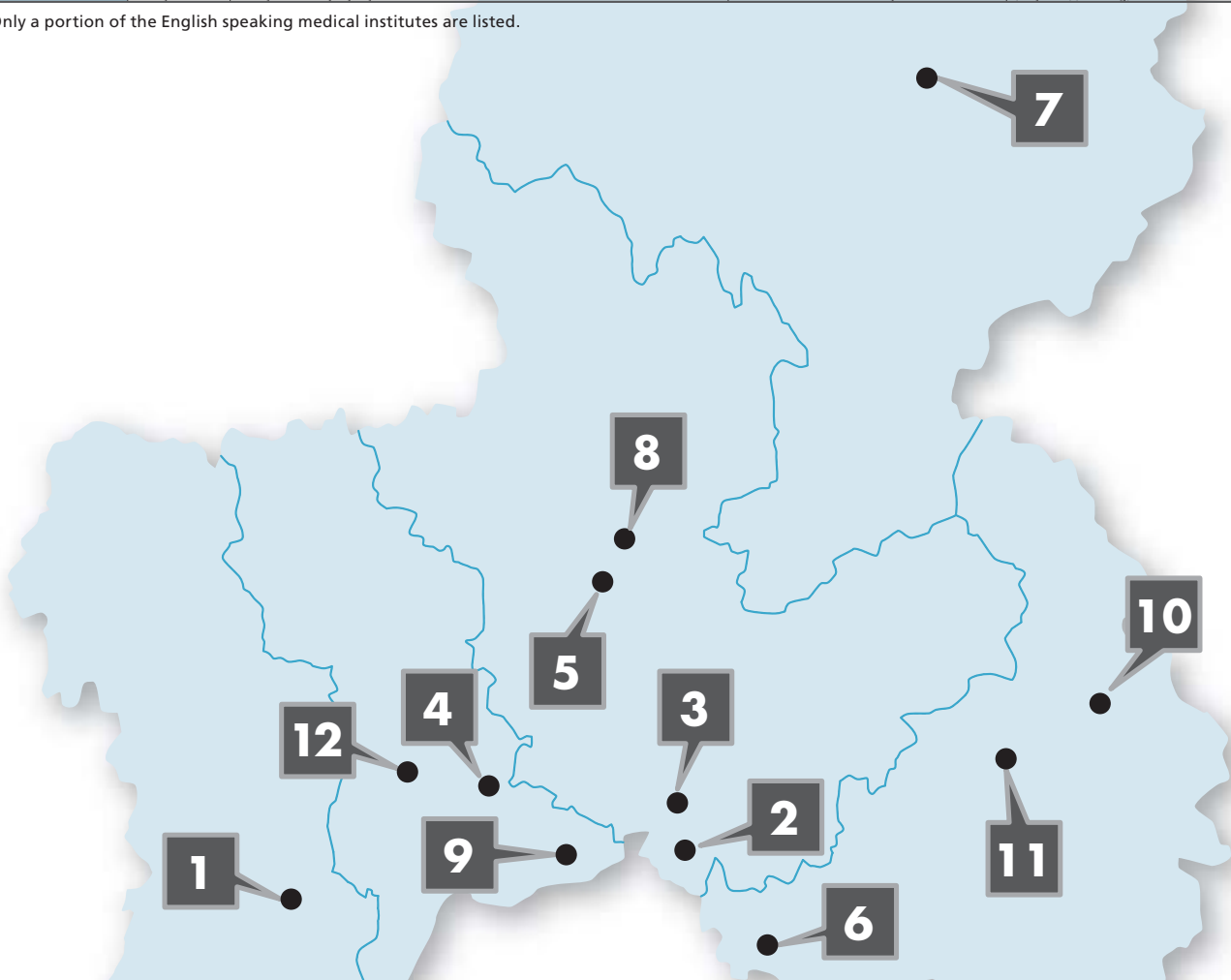
*Consultant days and times are subject to change. Please contact the relevant institute in advance.

Multilingual Medical Institutes

Below is a list of medical institutes which have multilingual support.

Language	Location	Hospital Name	Address	Telephone Number	Hospital Number
Portuguese	Ogaki	Ogaki Shimin Byouin	Minaminokawa-cho 4-86 Ogaki	(Daytime)0584-81-3341	1
	Kani	Gifu Shakai Hoken Byouin	Dota 1221-5 Kani	(Daytime)(Evening)0574-25-3113	2
	Minokamo	Kisawa Kinen Byouin	Kobi-cho Shimokobi 590 Minokamo	(Daytime)0574-25-2181	3
French	Gifu	Iryou Houjin Shadan Kawamura Yasuo Medical Society Kawamura Byouin	Akutami Daihanya 1-84 Gifu	(Daytime)(Evening)058-241-3311	4
German	Gifu	Iryou Houjin Shadan Kawamura Yasuo Medical Society Kawamura Byouin	Akutami Daihanya 1-84 Gifu	(Daytime)(Evening)058-241-3311	4
	Gujo	Jie Chuo Byouin	Minami-cho Oohara1-1 Gujo	(Daytime)(Evening)0575-79-2030	5
Spanish	Kani	Gifu Shakai Hoken Byouin	Dota 1221-5 Kani	(Daytime)(Evening)0574-25-3113	2
	Tajimi	Kenritsu Tajimi Byouin	Maebata-cho 5-161 Tajimi	(Daytime)0572-22-5311	6
	Takayama	Takayama Sekijuuji Byouin	Tenman-machi 3-11 Takayama	(Daytime)(Evening)0577-32-1111	7
Tagalog	Gifu	Iryou Houjin Shadan Kawamura Yasuo Medical Society Kawamura Byouin	Akutami Daihanya 1-84 Gifu	(Daytime)(Evening)058-241-3311	4
	Minokamo	Kisawa Kinen Byouin	Kobi-cho Shimokobi 590 Minokamo	(Daytime)0574-25-2181	3
Chinese (Cantonese, Madarin, Taiwanese)	Gujo	Jie Chuo Byouin	Minami-cho Oohara 1-1 Gujo	(Daytime)(Evening)0575-79-2030	5
		Gujo Shimin Byouin	Hachiman-cho Shimadani 1261 Gujo	(Daytime)(Evening)0575-67-1611	8
Russian	Kakamigahara	Kobayashi Naika	Unuma Haba-cho 3-173 Kakamigahara	(Daytime)(Evening)058-370-5577	9
English	Gifu	Gifu University Hospital	1-1 Yanagido Gifu	(Daytime)(Evening)058-230-6000	12
	Gifu	Iryou Houjin Shadan Kawamura Yasuo Medical Society Kawamura Byouin	Akutami Daihanya 1-84 Gifu	(Daytime)(Evening)058-241-3311	4
	Kakamigahara	Kobayashi Naika	Unuma Haba-cho 3-173 Kakamigahara	(Daytime)(Evening)058-370-5577	9
	Minokamo	Kisawa Kinen Byouin	Kobi-cho Shimokobi 590 Minokamo	(Daytime)0574-25-2181	3
	Kani	Gifu Shakai Hoken Byouin	Dota 1221-5 Kani	(Daytime)(Evening)0574-25-3113	2
	Gujo	Gujo Shimin Byouin	Hachiman-cho Shimadani 1261 Gujo	(Daytime)(Evening)0575-67-1611	8
		Jie Chuo Byouin	Minami-cho Oohara 1-1 Gujo	(Daytime)(Evening)0575-79-2030	5
	Tajimi	Kenritsu Tajimi Byouin	Maebata-cho 5-161 Tajimi	(Daytime)0572-22-5311	6
	Nakatsugawa	Tsuneda Seikeigeka Hifuka	Hon-machi 4-2-15 Nakatsugawa	(Daytime)0573-65-5766	10
	Ena	Shiritsu Ena Byouin	Ooi-cho 2725 Ena	(Daytime)(Evening)0573-26-2121	11
	Takayama	Takayama Sekijuuji Byouin	Tenman-machi 3-11 Takayama	(Daytime)(Evening)0577-32-1111	7

*Only a portion of the English speaking medical institutes are listed.



For more details visit the below link.
 Gifu Emergency Medical Information System
<http://www.qq.pref.gifu.lg.jp/qqscripts/qq/qq21.asp>
 (You can search for medical institutes in Gifu Prefecture which have support in a variety of foreign languages)
 * You can also search from the Gifu International Center homepage

Multilingual Consultation Services (2011 edition)

Body Name	Languages	Days	Times	Location and Telephone Number (Extension)
Gifu International Room	English	Mon - Fri	9:00am - 3:45pm	058-265-4141 (6182,6183)
	Chinese	Mon - Fri	9:00am - 3:45pm	
	Tagalog	Tues	10:00am - 4:00pm	
	Portuguese	Wed	10:00am - 4:00pm	
Gifu International Association	Chinese Tagalog	Mon - Fri	9:00am - 3:00pm	058-263-1741
Ogaki Urban Policy Division	Portuguese English	Mon - Fri	8:30am - 5:15pm	0584-81-4111 (269)
Ogaki International Association	Chinese English	Everyday (excl. Tues and closed days)	8:30am - 5:15pm	0584-82-2311 (225)
	Portuguese	Mon/Wed/Fri	9:00am - 1:00pm	
		Weekends	9:00am - 3:00pm	
Takayama Overseas Strategy Room	English Chinese	Mon - Fri	8:30am - 5:15pm	0577-35-3346
Seki Public Relations Department	Portuguese	Mon - Fri	8:30am - 5:15pm	0575-22-3131 (1351)
Hashima General Policy Planning Division	Portuguese English	Mon - Fri	9:00am - 3:45pm	058-392-1111 (2345)
Minokamo City Promotional Office	Portuguese English Tagalog	Mon - Fri (excluding holidays)	8:30am - 5:15pm	0574-25-2111 (364,366)
Kakamigahara Tourism and Culture Division	Portuguese English	Mon - Fri (excluding holidays)	9:00am - 5:00pm	Kakamigahara Industry and Culture Center 1F International Exchange Salon 058-383-1417
Kani Urban Policy Division	Portuguese Tagalog English	Mon - Fri (excluding holidays)	8:30 am - 5:00pm	0574-62-1500
Kani International Exchange Association (NPO)	Portuguese Tagalog Visayan English	All week (excl. Wed)	10:00am - 5:00pm	Kani Multicultural Center Frevia 0574-60-1200
Yaotsu Industry Division	English Hebrew	Mon - Thurs	8:30am - 5:15pm	0574-43-2111 (2253)
		Fri	8:30am - 11:30am	
Gifu Regional Promotion Office	Portuguese Tagalog English	Mon - Fri	9:00am - 4:00pm	Gifu Government Building, Tsukasa-machi 1 058-264-1111 (Switchboard)
Seino Regional Promotion Office	Portuguese	Mon - Fri	9:00am - 4:00pm	Seino Sogochosha 4F, 422-3 Ezaki-cho, Ogaki 0584-73-1111 (Switchboard) 0584-73-3520 (Direct line)
Chuno Regional Promotion Office	Portuguese Tagalog	Mon - Fri	9:00am - 4:00pm	2610-1 Kobi-cho Shimokobi, Minokamo Kamo Sogochosha 0574-25-1858
Chuno Regional Promotion Office, Chuno Bureau	Portuguese	Mon - Fri	9:00am - 4:00pm	Chuno Regional Promotion Office, 1612-2 Ikushi, Mino 0575-33-4011 (Switchboard) (Ext. 261)
Tono Regional Promtion Office	Portuguese	Mon - Fri	8:30am - 3:30pm	5-68-1 Ueno-machi, Tajimi Tono Seibu Sogochosha 4F 0572-23-1111 (Switchboard) (Ext. 211)
Gifu Vehicle Tax Office	Portuguese	Mon / Wed	9:30am - 4:30pm	2648-3 Hikie, Gifu 058-279-3781
Housing Supply Corporation of Gifu Prefecture	Portuguese	Thurs	10:00am - 4:45pm	Gifu Fureai Plaza 7F, 5-14-53 Yabutaminami, 058-277-1045
Gifu Women's Advice Center	Tagalog English	2nd Thursday of every month	1:00pm - 4:00pm	Social Welfare and Agriculture Kaikan 2F 2-2-1 Shimonara, Gifu 058-274-7377
Tokino Elementary School, Motosu	Tagalog	Mon / Fri	9:00am - 4:00pm	658 Shime, Motosu 058-324-0505
Itonuki Junior High School, Motosu	Tagalog	Wed	9:00am - 4:00pm	1101-8 Mitsuhashi, Motosu 058-323-1203
Gifu International Center	English Chinese	Mon - Fri	9:00am - 6:00pm	Gifu Fureai Plaza 6F 5-14-53 Yabutaminami, Gifu 058-277-1013
	Tagalog	Tues / Thurs	9:00am - 4:00pm	
	Portuguese	Mon - Fri	9:00am - 6:00pm	
		Sun	9:00am - 4:00pm	

Work Consultation

Hello Work Gifu Gaikokujin Corner	Portuguese Chinese English	Mon - Fri	9:00am - 5:00pm	1-9-1 Gotsubo, Gifu 058-247-2712
Hello Work Ogaki Gaikokujin Corner	Portuguese Chinese	Mon - Fri	9:00am - 5:00pm	1-1-8 Fujie-cho, Ogaki 0584-73-9294
Hello Work Tajimi Foreign National Employment Service Corner	Portuguese Tagalog	Mon - Fri	9:00am - 5:00pm	5-39-1 Otawa-cho, Tajimi 0572-22-3384
Hello Work Seki Foreign National Employment Service Corner	Portuguese	Mon/Tues/Thurs/Fri	9:00am - 4:00pm (Tues 9:00am - 5:00pm)	4-6-10 Nishihongo Dori 0575-22-3223
Hello Work Minokamo Foreign National Employment Service Corner	Portuguese	Mon - Fri	9:00am - 5:00pm	1-206-9 Fukata-cho, Minokamo 0574-25-2178

City Life and Work Consultation Corner

Ogaki Foreign National Employment Service Corner	Portuguese	Mon - Fri	9:00am - 12:00pm, 1:00pm - 5:00pm	Ogaki City Hall 2F, 2 Marunouchi, Ogaki (Former Citizens Advice Room) 0584-81-4111
Kani Foreign National One-stop Employment Service Corner	Portuguese	Mon - Fri	9:00am - 12:00pm, 1:00pm - 5:00pm	Kani Sogokaikan 1F, 5166-1 Shimoedo, Kani 0574-63-5585
Minokamo Foreign National One-stop Employment Service Corner	Portuguese	Mon - Fri	9:00am - 5:00pm	Room 503 Minokamo Chuokominkan 5F, 3425-1 Ota-cho, Minokamo 0574-25-5622

Labor Condition Consultation

Gifu Labor Bureau Labor Standards Department Inspection Division	Portuguese	Tues - Thurs	9:00am - 12:00pm, 1:00pm - 4:00pm	Gifu Godochosha, 5-13 Kinryu-cho, Gifu 058-245-8102
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Enquiries Regarding Immigration and Residency Procedures

Body Name	Time	Location and Telephone Number (Extension)
Nagoya Immigration Office Foreign Residents Information Center	8:30am - 5:15pm (excluding holidays and weekends)	5-18 Shoho-cho, Minato-ku, NagoyaTel 0570-013904 IP,PHS,International:03-5796-7112
Nagoya Immigration Office Gifu Branch Office	9:00am - 4:00pm (excluding holidays and weekends)	Nihon Izumi Building 3F, 3-8-1Kanoshimizu-cho, Gifu 058-268-7050 058-268-7052 (FAX)

Center Project Report

2010 Leadership Multicultural Support Projects

The Gifu International Center accepts proposals from the public for leadership and model style projects, which contribute to the formation of a multicultural society, and enacts them as commissioned projects. In 2010 the center selected 4 such projects. From this edition we will introduce the activities of the involved groups.

Group	Area	Project Name
Kotonoha	Ogaki	Spreading "Multicultural Awareness in Neighborhoods" Through Openness.
Minokamo Kayuukai	Minokamo	Building Bridges between Locals and Foreign Residents
Citizen Cooperation Assistance Organization	Ogaki	Community Support Project
SEMA	Kani	Foreign National Multicultural Program

"Kotonoha" Introduction

On this occasion, we would first of all like to extend our deepest heartfelt sympathies to all the victims of the Tohoku Earthquake and their families. We pray for a quick recovery and reconstruction. While carrying out our leadership style multicultural assistance projects in 2010, we had no idea of how the present situation would be. Now everything has changed, if we look at the TV, see the situation and the efforts of everyone working hard in the process of restoration, we instantly know the significance of volunteering. Following the earthquake every time we read the warm messages from all over the world we understand the connection we have with the people of the world and its great power. We experience this every day. Our group's "building bridges to the people of the world" is put into practice from the local level and we believe will accumulate and spread globally. We will without fail reach out to all foreigners in the area. We consider it building for the community, the globe and the next generation.

We held 4 events as part of our 2010 leadership style multicultural assistance projects.

1. "What Image of Japan do Foreigners have?" (Ogaki) July 3rd, 2010
2. "Let's Write a Letter to the People of the World" (Ogaki) July 17th 2010
3. "Stress Relief with the Soothing Bossa Nova" (Ogaki) September 11th, 2010
4. "Can you Speak Easy to Understand Japanese?" (Gifu and Ogaki) September 18th and 25th 2010

In all, 30 Japanese members of the general public showed up and had a good time while studying. We decided on the goals of understanding and appreciating the term "multiculturalism", which seldom leaves the realm of administrative talk, and to branch out to ordinary Japanese people. Our technique is to study music, English and how to talk in themes that do not bring up co-existence, as well as studying the effects of the concept of co-existence. Our techniques have changed but our basic principles have not since we started our organization 17 years ago.

With the Tohoku earthquake much help has been received from abroad. One way in which we can repay this is to welcome foreign nationals into our neighborhoods. We believe this to be a way to expand our connections together.



Bulletin Board

● Takayama

Summer Hida Takayama Illuminations

Come and see Takayama's famous red bridge, "Nakabashi" illuminated. Why not immerse yourself in the wonder of the "Nakabashi" in the cool of the evening?

Dates: July 9th (Sat) – August 21st (Sun) 7:30pm – 10:00pm

Location: Nakabashi area

Access: 12 mins. walk from JR Takayama station

Homepage: www.hida.jp/lightup/shigaichi-area-summer.html

Inquiries: Takayama Tourism Division (0577-32-3333)

● Gifu

Yakushiji National Treasure Exhibition

This exhibition will showcase the national treasures of Yakushiji, a registered World Heritage site. This will be an ideal time to view the treasure.

Explanations by a Yakushiji monk will take place during the showing. Its a must see!

Planned explanations by Monk Houin Yamada, July 29th (Fri), August 27th, 28th (weekend) September 10th, 11th (weekend) and 23rd, 24th, 25th (3-day weekend)

Dates: July 29th (Fri) – October 2nd (Sun)

Location: Gifu History Museum

Access: From either JR or Meitetsu Gifu stations, take a Gifu Bus heading to Nagara and get off at "Gifu koen rekishi hakubutsukan-mae". (Approx. 15mins)

● Gifu

25th Nagara River Takigi Noh Performance

The Nagaragawa Takigi Noh (noh theatre performed at night by a fire) set against Gifu castle, mount Kinka and the Nagara river is a feature of Gifu's summer. Many locals take part in its running.

Date: August 26th (Friday) **Fee:** Free

Time: 6:00pm – 9:00pm

Location: Nagara, Gifu (River bed in front of the Gifu Grand Hotel)

Access: From JR or Meitetsu Gifu stations, take any Gifu bus in the direction of Nagarabashi and get off at "Gifu Gurando Hoteru-mae" and it is a 1 min walk.

● Hida

Rail Mountain Biking

Cycle on mountain bikes atop the old Kamioka railroad tracks.

Dates: (Weekends and Holidays) April 10th (Sun) – November 20th (Sun)

Times: 8:00am – 3:30pm

Fee: 1,000 – 1,500 yen

Location: Azumo, Kamioka-cho, Hida (Hida Onsen Guchi Station, Old Kamioka railroad)

Access: 45 - 60mins. From JR Hida Furukawa station on the "Hida-shi Fureai Gou" bus. (Only 6 services a day)

As there is little public transport access, we recommend you go by car.

● Gifu

Nobunaga Highway Stamp Rally

Go around Kiyosu castle, Komakiyama castle, Gifu castle and Azuchi castle, the castles of the warlord Oda Nobunaga and take part in this stamp rally.

You can pick up the stamp rally booklet from any of the above castles. (For Komakiyama and Azuchi

go to the museum).

Dates: March 11th – September 30th

Fee: Free

Organiser: Nobunaga Castle Cooperation Conference

● Takayama

Tanabataiwa Festival

The Tanabata rocks are a male and female rock standing on either side of a river which flows through the neighbourhood.

Every year on the 6th of August a rope is strung across the two rocks. From this households with boys hang up straw horses and households with girls hang spools of thread.

This event is very old and has taken place since the Edo period.

Dates: August 5th (Fri) – 21st (Sun)

Location: Tanabataiwa Park

Access: 20 mins. from JR Takayama station by car

Inquiries: Takayama Tourism Division (0577-32-3333)

● Gero

Gero Onsen Festival

The Gero Onsen Festival is the summer's largest event! There will be parades, shrines, firework musicals and more.

Dates: August 1st (Mon) – 4th (Thurs)

Times: August 1st, firework musical 8:50pm – 9:00pm

August 2nd, Yu no hana mikoshi parade 6:00pm – 10:30pm

August 3rd, Gero onsen firework musical

performance 8:00pm – 9:00pm

(August 6th Utatsuka festival) Afternoon (Ujou park)

Location: Gero

Access: 5 – 10 mins walk from JR Gero station

● Kani

Japanese Cultural Experience

Have a yukata? Come along and you can put it on and go home wearing it.

Date: August 6th (Saturday)

Location: Kani Multicultural Center "Frevia" (may change)

Applications: Phone in advance

Fee: Free

Inquiries: Kani International Exchange Association
(Kani Multicultural Center)

TEL: 0574-1200

E-mail: npokiea@ma.ck.ne.jp

● Gujo

Gujo Odori

The unique Gujo Odori is a designated national important intangible folk asset.

Location: 520-1 Shimadani, Hachiman-cho, Gujo (Hachiman-cho area)

Dates: July 9th (Sat) – September 3rd (Sat)

Dates and times: Weekdays and Sundays 8:00pm – 10:30pm, Saturdays 8:00pm – 11:00pm

August 13th, 8:00pm – 4:00am, August 14th 8:00pm – 5:00am

August 15th 8:00pm – 5:00am, August 16th 8:00pm – 4:00am

Access: Less than 15 mins. walk from "Joukamachi Plaza" bus stop, (Gifu bus Hachiman line)
Less than 30 mins. walk from "Gujo Hachiman" station, Nagaragawa railroad.



GIC Corner

Hello everyone!

My name is Anderson Misao Morishita and I am from São Paulo state in Brazil. My nationality is Brazilian but I am a third generation Japanese-Brazilian. I graduated from the department of literature at the University of São Paulo, majoring in Portuguese and Japanese. I want to try my best to further tighten the bonds between the people of Japan and Brazil. I will also strive to be of great assistance to everyone in Gifu Prefecture.

Cooking is not my specialty but I do enjoy cooking both Brazilian and Japanese cuisine.

Below I will introduce a famous Brazilian sweet, it's easy to make so try it out.



Brigadeiro

Origin

Brigadeiro is Portuguese for brigadier. In the 1946 Brazilian presidential election, this "sweet of the airforce" was made as part of Brigadier Eduardo Gomes's election campaign and was loved by the people. Even today this sweet is always served at parties.

Ingredients

2 cans of condensed milk
4 large spoons of cocoa powder
1 large spoon margarine
100g chocolate sprinkles

*The recipe will make approximately 60 3cm balls. I recommend placing them into size 4 circle confectionary cases.

Recipe

*Put all the ingredients, except the chocolate sprinkles, in a heavy pot and gently heat.

*Using a wooden spatula stir the contents for approximately 10 minutes.

*When you can see the bottom of the pot, turn off the heat and let cool.

*Cover your hands in margarine and form the mix in into 3cm balls.

*Put the chocolate sprinkles into a plate and cover the balls with them.

JICA Corner

Hello everyone, Juri Kurihara from the Gifu JICA Desk here.

Have you ever tried African food?

Below I will introduce an African recipe to blow the heat of summer away!



Maafe: Sauce with a peanut paste

(Recipe)

1. Finely chop the okra and onion and grate the garlic.
2. Put the olive oil into a pot and cook the chicken until it browns, then remove.
3. Then to the pot add and heat more olive oil and add garlic. When its smell is released, add finely chopped onion and cook on a high heat. Cook until the moisture from the onion is mostly gone while stirring from time to time.
4. When the onion's moisture is gone, weaken the flame. Make sure not to burn the onions by putting the flame from medium to low whilst keeping an eye on them, When they turn amber put the chicken back in and mix through.
5. Straight after mixing add the water, consommé, tinned tomatoes and laurel. When the water boils, turn the flame to low and after 15 mins. add peanut butter then okra and boil them together for a while.
6. After cooking together for 30 mins, add flavor with salt, pepper, ginger and spices. Bon appetite!



Ingredients (serves 4)

- Chicken wings 8
- Peanut butter Sweet or unsweetened 100g
- Tinned tomatoes Half tin (200g)
- Onions 3(finely chopped)
- Garlic 3 pieces (grated)
- Okra 1 net
- Water 800 ml
- Consommé blocks 3
- Spice (Chilli powder, garam masala other) To your taste
- Salt and pepper as appropriate
- Laurel 2 leaves
- Olive oil as appropriate



Feel free to get in touch regarding overseas volunteering or international understanding lectures

Juri Kurihara, Gifu Coordinator for International Cooperation

Gifu Prefecture JICA Desk, at the Gifu International Center, Gifu Kenmin Fureai Plaza 6F

Tel: 058-276-4459 E-mail: jicadpd-desk-gifuken@jica.go.jp

JICA Homepage <http://www.jica.go.jp/english/>