

*A recipe made with love is a gift -  
and Global Ministries is happy to offer this gift to you.  
These recipes from our partners that they have shared  
with our missionaries reflect two  
of the core values of Global Ministries –  
**community** and **mutuality**.*

*These recipes reflect decades of experience cooking  
for a family. Nights spent preparing for church suppers.  
Long mornings organizing special holiday meals for community  
celebrations. The comfort that comes to the sick or the bereaved  
in the form of a warm, rich casserole or in a simple cake served  
with a cup of coffee and much-needed conversation.*

*These cookbook recipes haven't been tested in a lab,  
but tested on life. If you look even more closely at these recipes,  
you will see that they are actually stories, that allow us to share  
in the lives of our partners around the world.*

*A recipe seems like a little thing. You can get a recipe from  
virtually anywhere, yet the uniqueness of the recipes that our  
partners have shared goes deeper than the quality of the food  
and deeper than the quality of the book itself.  
With this cookbook, you literally have a tiny piece of the global  
church community - a chance to experience the shared gift of  
love for the people of God from those who serve the church.*



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## Come to the Table... All are Welcome!!

Favorite Recipes from Global Ministries'  
Partners and Friends  
from Around the World

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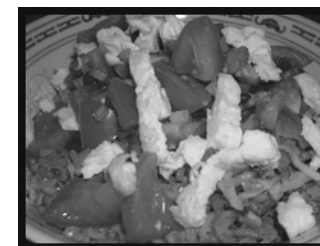
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## Country/Area: Indonesia/Southern Asia

### Nasi Goreng



#### INGREDIENTS:

- 1 - 6 oz. pkg. shrimp
- ¼ Tsp. Garlic
- 1 - 4 oz. Can Diced Green Chilies
- 1 Tsb. Soy sauce
- Salt and pepper
- Cooking oil
- 1 cup chicken cooked
- ½ Large Onion
- 2 Cups Cooked Rice
- ½ Tsp. Accent
- 2 eggs

#### DIRECTIONS:

1. Beat two eggs with a pinch of salt.
2. 1 Tbs. oil in frying pan and cook eggs as a thin omelet . Lift out and cut into strips.
3. Sauté onion, garlic and chilies in 2 Tbs oil. Add meat and stir fry until cooked.
4. Put meat into rice and mix thoroughly.
5. Add soy sauce, Accent and salt and pepper to taste.
6. Heat.
7. Garnish top with egg strips.

*Keith and Jackie Stephenson, Former Missionaries*

## Country/Area: India/Southern Asia

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### *Chapati*

#### INGREDIENTS:

2 cups flour (can be mixture of white and wheat)  
1 teaspoon salt  
1 Tablespoon sugar  
 $\frac{3}{4}$  cup warm water or enough to make soft dough (elastic, but not sticky)  
2 Tablespoons olive oil plus extra for frying.



#### DIRECTIONS:

1. In a large bowl, stir together the flour, salt, sugar, olive oil and water.
2. Knead dough on a lightly floured surface till smooth.
3. Cover and set aside to rest 30 min
4. Divide into 10 balls, then roll out very thin (like a tortilla) on lightly floured surface
5. Coat skillet with small amount of oil and cook one by one turning when brown spots appear (about 30 seconds per side)
6. Best served warm.

*Sharon Hedgerd, Friedens United Church of Christ  
Indianapolis, Indiana*

## Country/Area: Ghana/Africa

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### *Pampoenkoekies / Pumpkin Fritters*

#### INGREDIENTS:

1 cup Cooked pumpkin (mashed and drained)  
2 Eggs  
1 cup all Purpose Flour  
Pinch of Salt  
2½ Tsp. Cinnamon  
1½ Tsp. Baking Powder  
5 Tbsp. White Sugar  
1 Tsp. Lemon Juice  
Oil for frying



#### DIRECTIONS:

1. Drain the pumpkin well. Beat eggs and add them to the pumpkin and mix
2. Add the flour, salt, baking powder, lemon juice,  $\frac{1}{2}$  tsp of cinnamon and 1 Tbsp. sugar and mix well
3. Heat a heavy pan on medium-high heat & add some oil to coat the bottom of the pan
4. When the oil is hot add a tablespoon of the batter
5. Flip it when bubbles start to form on the surface
6. The fritters will puff up a bit when fried. To test them press lightly on them. They spring back a little.
7. Remove from the pan and drain on a paper towel.
8. Make cinnamon sugar topping by combining the remaining 4 Tbsps. sugar with 2 tsp cinnamon and sprinkle on top.

*Kristine Tisinger, Former Missionary*

## Country/Area: Nambia/Africa

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### *Roosterbrood*

#### **INGREDIENTS:**

2.2 lbs of cake flour  
1 small package of instant dry yeast  
1/4 cup of sugar  
1 pinch salt  
lukewarm water



#### **DIRECTIONS:**

Mix the flour, yeast, sugar, and salt together in a large bowl. Form a little pool on top and add a little bit of the lukewarm water. Knead the dough gradually adding more water as needed.

Just like making any dough you want to get it mixed thoroughly and with the right consistency, not too wet and not dry. You should be able to form it in a ball and not have it stick to your hands.

The dough should rise for about an hour.

What really makes this bread special is that it is cooked slowly over a wood or coal bbq. You need to do the usual preparation of your fire and bring it down to nice coals. Break off a piece of dough and roll it into a ball just smaller than a tennis ball. Then flatten it out and lay it directly on the grill.

When they are fairly browned on the bottom you can flip them over. You should see them starting to rise. Once they brown on both flat sides, you can start to roll them on the narrow side. They can lean on each other for support.

Be careful, as they can cook very quickly.

*Loletta Barrett, Former Missionary*

## Country/Area: India/Southern Asia

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### *Tandoori Chicken*

#### **INGREDIENTS:**

3 pounds chicken  
½ Cup Plain Yogurt  
2 Tbsp. Lemon Juice/Vinegar  
1 Tbsp. each of Minced Garlic and Ginger  
1 Tbsp. Ground Cumin  
1 Tsp. Ground Coriander  
½ Tsp. Cayenne Pepper  
¼ Tsp. each of Ground Cardamom, Cloves and Black Pepper  
2 Tsp. Salt/to taste



#### **DIRECTIONS:**

Cut Chicken into small pieces. Marinate them for 6-8 hours in the mixture of yogurt and spices. Take the chicken pieces after it is marinated and brush with oil. Chicken can be grilled or roasted in oven at 450°F. Garnish with fresh cilantro sprigs, lemon and diced red onion. Enjoy the Indian flavor!

*Anil and Teresa Henry, Missionaries*

## Country/Area: Laos/Southern Asia

### *Laap Muu*<sup>1</sup>

#### INGREDIENTS (Serves 4):

- ¼ cup (30 grams) Rice
- 2 Limes, Juiced
- 2 Tbsp. Fish Sauce
- 2 Tbsp. Peanut Oil
- 1 3/4 Lbs. (800 grams) Minced Pork
- 3 (Asian) Red Shallots (available at Asian grocery stores throughout the United States)
- 2 Spring Onions, Finely chopped
- 4 Red Bird's Eye Chilies, seeded, finely chopped (\*1 or 2 extras to serve on side of dish)
- 2 Pieces, 4in. (10 cm long) Pickled Krachai, finely chopped (available in jars from Asian shops)
- 1 Tsp. Chili Powder
- ¼ Tsp. White Pepper



#### DIRECTIONS:

1. First, place rice in a wok over medium heat. Cook, stirring for 2 minutes. Using a mortar and pestle, grind the rice until roughly ground. Set rice aside in another bowl.
2. Mix lime juice, fish sauce, and 1/4 tsp of white pepper in a small bowl
3. Heat peanut oil in wok over high heat. Brown pork. Break up any lumps with a spoon for about 5 minutes. \* Set browned pork aside to cool.
4. Next, toss browned pork with eschalots, spring onions, chillies, chili powder, krachai, and lime juice (mixture), until well combined. Place in a bowl. Ground rice can be scattered within the dish or eaten on the side.

<sup>1</sup>Laap is often served with coriander (cilantro), mint leaves, steamed rice or sticky rice, lettuce leaves, and sliced cucumbers.

## Country/Area: Hungary / Europe-Middle East

### *Pogácsa*

#### INGREDIENTS:

- 1 Cup (8.818 oz./250 grams) Hungarian túró or dry curd cottage cheese
- 1 Cup (8.818 oz./250 grams) cold butter, cubed
- 2 Cup (8.818 oz./250 grams) all-purpose flour, plus extra for dusting
- 2 tsp salt
- ¼ tsp baking soda
- 1 egg, for glaze
- 2 Cups (or more) shredded cheese for topping (Optional)



#### DIRECTIONS:

1. Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
2. In a bowl, combine flour, butter and salt. Using your fingers, rub the butter into the flour until it resembles fine breadcrumbs.
3. Add baking soda and crumble cottage cheese and work it into the dough (it will be a bit sticky).
4. Lay the dough on a surface and knead for 5 minutes. If necessary, add more flour (but not too much).
5. With a floured rolling pin carefully roll the dough out into a 0,5 cm (0,2 inch) thick circle.
6. With a sharp knife, cut straight parallel stripes on top of the dough in one direction and then make the same type of stripes perpendicular to the original stripes.
7. Cut round shapes from the striped dough with a cookie cutter (a small cutter is better to get bite-sized pogácsa).
8. In a small bowl, beat the egg. Place pogácsas on the baking sheet and brush the tops with the beaten egg.
9. Sprinkle shredded cheese of your choice on top.\*\*
10. Bake for about 20 minutes until golden brown. Transfer pogácsas to rack and cool slightly. Serve immediately.

## Country/Area: Hungary / Europe-Middle East

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### *Pogácsa*

If you've been following along with me on social media, then you may have already guessed that I'm not a huge fan of traditional Hungarian cuisine. But, pogácsa has been my saving grace from the start — the one Hungarian snack food that I'm always guaranteed to get excited over. It's basically a deliciously salty little biscuit, with cheese baked on top. (In my favorite version at least. Some recipes leave the cheese off and I simply don't understand that!) These fantastic snacks are basically left out as finger food during various events like family get-togethers, church fellowship time, and work meetings. Everybody munches on them and they're the perfect combo of salty and cheesy.

I made these a few weeks ago with a group from the RCH Refugee Ministries that I work with and they were a hit. A dozen of us, from all different nationalities and religious backgrounds, gathered together to make pogácsa and it was absolutely beautiful. I hope you have as wonderful of a time making them as I did with my international and interfaith community here in Budapest!

*Kearstin Bailey, Global Mission Intern*

## Country/Area: India/Southern Asia

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### *Sooji Dishes: Sooji Upma ("Salty")*

#### **SOOJI UPMA ("SALTY") INGREDIENTS:**

1 cup Sooji (Cream of Wheat)  
½ cup Vegetable Oil  
1-2 Green chilis (chopped)  
¼ cup Peanuts  
½ Onion (chopped/sliced)  
Coriander (Cilantro) Leaves, Handful  
Jeera/ Cumin Seeds (Optional)  
1 cup Water  
½ tsp Salt



#### **DIRECTIONS:**

Preheat oil at medium temperature. Saute green chilies, peanuts, cumin, and onions until brown. After browning of the above mixture, add Sooji and continue to stir at medium temperature until light brown. Add coriander and continue to stir, allowing the dish to continue to cook and brown. Add 1 cup of water and 1/2 tsp of salt; stir until the dish thickens. Reduce heat, cover pan, and simmer for 2 - 3 minutes. Uncover, stir, and serve hot.

Note: Sooji Upma can be eaten alone or topped with your favorite gravy. Spice it up with a side of pickle.

*Sooji Dishes are simple to make. They can be served in smaller sizes as a snack or in larger quantities as a breakfast dish.*

*Prepared by Mrs. Deborah Titus, Laboratory Technician  
Christian Hospital, Mungeli*

## Country/Area: India/Southern Asia

### *Sooji Dishes: Sooji Halwa ("Sweet")*

#### **SOOJI HALWA ("SWEET") INGREDIENTS :**

1 cup Sooji (Cream of Wheat)  
½ cup Clarified Butter (Ghee)  
¼ tsp Cardamom (crushed)  
3-4 sticks of Cloves  
½ cup Cashew Nuts (chopped)  
2-3 Dry Fruits (i.e. raisins, apricots, dry dates, almonds, or your favorite dried fruits)  
1 cup Water  
½ cup Sugar



#### **DIRECTIONS:**

Preheat clarified butter at medium temperature. Temper with cardamom, cloves, and choice of dry fruits (add cashews last as they brown very quickly) until slightly brown. After browning of the above mixture, add Sooji and continue to stir at medium temperature, allowing the dish to continue to cook and brown. Add 1 cup of water and 1/2 cup of sugar; stir until the dish thickens. Reduce heat, cover pan, and simmer for 2- 3 minutes. Uncover, stir, and serve hot.

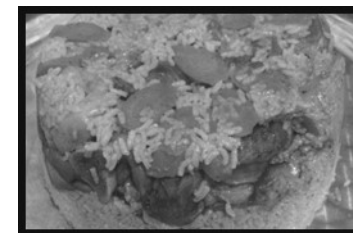
*Prepared by Mrs. Deborah Titus, Laboratory Technician  
Christian Hospital, Mungeli*

## Country/Area: Palestine/Europe-Middle East

### *Maqlubeh*

#### **INGREDIENTS:**

Whole chicken cut into pieces  
6 cups water  
1 Medium onion, quartered  
2 Tablespoons ground allspice  
½ Teaspoon ground cardamom, plus 3 whole cardamom seeds  
4 Whole cloves  
3 Bay leaves  
2½ cups basmati rice, rinsed and drained  
2 Tablespoons ground allspice  
3 Tablespoons vegetable or olive oil  
1 Large potato, sliced into rounds  
1 Large head cauliflower, separated into flowerettes  
2 Medium tomatoes, diced



*"This authentic traditional Arabic recipe consists of chicken, cauliflower, and potato. Serve with plain yogurt and a salad to mix with the rice dish.  
This is very easy, it just has a lot of work."*

#### **DIRECTIONS (PREP 1 HR., COOK 2 HR.)**

1. Place chicken in a large pot with 6 cups water, onion, 2 tablespoons allspice, ground cardamom, cardamom seeds, whole cloves and bay leaves. Bring to a boil, and cook until chicken is tender, about 40 minutes. Remove chicken, strain and reserve broth.
2. Soak the rice in water while waiting for the chicken to cook. When the chicken is almost done, drain the water off, and stir in 1 1/2 tablespoons of allspice.
3. Heat the oil in a skillet over medium-high heat. Fry the potatoes and cauliflower in the hot oil until browned. They do not need to fully cook.

## Country/Area: Palestine/Europe-Middle East

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### *Maqlubeh*

#### DIRECTIONS (CONT.)

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4. In a separate pot, layer fried potatoes on the bottom. This is done so that the rice will not stick to the bottom of the pan. Add the cauliflower and tomatoes, and sprinkle a handful of rice over the vegetables. Remove the bones from the chicken and place the chicken in the pot. Cover with the rest of the rice. Pour in the reserved broth until it reaches a level about 1/2 inch above the level of the rice. Cover the pot, and cook over medium-low heat for 1 hour, until rice is tender.
5. When the liquid has absorbed, have a large round tray ready. Uncover the pot, and place the tray over the top. Invert so that the pan is upside down on top of the tray. Let stand for 5 minutes like this, then slowly remove the pot to let the food fall onto the tray.

*Ariel Royes, Global Mission Intern*

## Country/Area: Indonesia/Southern Asia

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### *Satay Chicken*

#### INGREDIENTS:

3 tablespoons soy sauce  
3 tablespoons tomato sauce  
1 tablespoon peanut oil  
2 cloves garlic, peeled and minced  
1 pinch ground black pepper  
1 pinch ground cumin  
6 skinless, boneless chicken breast halves - cubed  
1 tablespoon vegetable oil  
¼ cup minced onion  
1 clove garlic, peeled and minced  
1 cup water  
½ cup chunky peanut butter  
2 tablespoons soy sauce  
2 tablespoons white sugar  
1 tablespoon lemon juice  
skewers



#### DIRECTIONS:

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1. In a bowl, mix soy sauce, tomato sauce, peanut oil, garlic, black pepper, and cumin. Place chicken into the mixture, and stir to coat. Cover, and marinate in the refrigerator for at least 15 minutes, but not overnight. This will make the meat too dark.
2. Preheat the grill for high heat.
3. Heat vegetable oil in a saucepan over medium heat, and saute onion and garlic until lightly browned. Mix in water, peanut butter, soy sauce, and sugar. Cook and stir until well blended. Remove from heat, mix in lemon juice, and set aside.
4. Lightly oil the grill grate. Thread chicken onto skewers, and discard marinade. Grill skewers about 5 minutes per side, until chicken juices run clear. Serve with the peanut sauce.

*Karen Campbell-Nelson, Missionary*



## Country/Area: Haiti/Latin America & Caribbean

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### *Pickliz (Cole Slaw)*

#### INGREDIENTS:

In a large bowl combine:

- 2 Cups Shredded Cabbage
- 2 Cups shredded Carrots
- ½ Chopped Onion
- 3 Cloves Chopped Fresh Garlic
- 2 Cups, White Vinegar
- 1 Large Orange
- Salt and Pepper to Taste



**DIRECTIONS:** Good for 2-3 days. Feeds: 10-12 people

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1 small piedmont (Scotch Bonnet) pepper cut into fine pieces (there are two kinds of this pepper; one which is very hot and one that is less hot; use both if possible).

Then add:

- 2 cups white vinegar
- Juice of one large orange that is not too sweet
- Little bit of salt and a little pepper
- Toss through vegetables but not so as to “drench” them and refrigerate.

*Diane Fonderlin, Missionary*

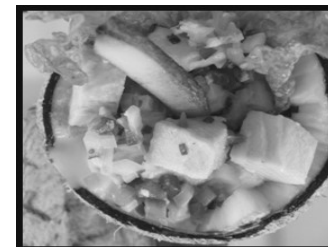
## Country/Area: Fiji/East Asia & Pacific

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### *Fijian Kokoda*

#### INGREDIENTS:

- 1.637 lbs. (500grams) white fish fillets (walu - Scomberomorus commerson, kawakawa - rockcod, or mahimahi - Coryphaena hippurus)
- 3 large limes (or lemons)
- 1 cup coconut cream
- 1 large onion, minced or chopped fine
- 1 potent chili (or teaspoon Tabasco)
- 2 medium tomatoes, diced
- 1 large green pepper, diced
- Pinch salt



#### DIRECTIONS:

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This dish is made of fish cooked with citrus fruit and is a local favorite.

Cut fish into bite-sized pieces. Marinate overnight in juice of limes and salt.

Remove from fridge and remove excess liquids, you don't have to drain it dry

Add coconut cream, chopped onion and chili just before serving

Decorate with tomato and capsicum. Serve in a large bowl, or as individual servings on a bed of lettuce in a coconut half-shell (bilo).

Note: if you refrigerate the kokoda for too long after combining the ingredients, the coconut cream will solidify.

*Aaron Wiggins, Former Missionary*

## Country/Area: Japan/East Asia & Pacific

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### *Gyoza (pot stickers)*

#### INGREDIENTS:

Store-bought gyoza wrapper

Oil, for pan-frying

Filling:

8 oz ground pork

2 oz cabbage, shredded and cut into small pieces

1 egg

1 thumb-sized ginger, peeled and grated

1 clove garlic, peeled and grated

½ tablespoon cornstarch

1 tablespoon soy sauce

½ tablespoon sake

3 dashes white pepper

½ teaspoon sesame oil

1 tablespoon chopped scallion, green part only



#### DIRECTIONS:

Mix together pork, grated ginger, finely cut onions, finely cut cabbage, and rest of ingredients for filling (amount and ratios depend on your tastes). Beat egg and mix it in. Add a little salt and soy sauce. Mix ingredients together with your hands.

Take gyoza wrapper (found at Asian Grocers) and put mixture in the middle before wrapping it into a rounded shape making sure that the edges are sealed.

Heat frying pan with oil. Place gyoza in the frying pan. After the bottom is brown, turn to the other side. Then when gyoza turns brown, place them in a pot with some water and put on the lid. When eating, dip in soy sauce.

*Jeffrey Mensendiek, Missionary*

## Country/Area: Chile/Latin America & Caribbean

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### *Café Helado*

#### INGREDIENTS:

Cold Milk

Favorite coffee (though in Chile it is usually Nescafé)

Vanilla Ice-cream

Whipped cream

Chocolate or colored sprinkles



#### DIRECTIONS:

Cold coffee or coffee ice cream (helado can mean either)

Prepare cold milk and coffee to personal taste (note: sugar fanatics – like most Chileans – add sugar to the coffee. I find that the ice-cream and whipped cream is enough for me!) Place two scoops of vanilla ice-cream in tall glasses or goblets. Add cold milk-coffee mix. Top off with whipped cream. Sprinkle the sprinkles on the top. Serve in individual tall glasses or goblets each with a long spoon and a straw.

*Elena Huegel, Missionary*

## Country/Area: Chile, Latin America & Caribbean

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### *Cancanto (Easter Salmon)*

Since Chile is primarily Catholic, many people refrain from eating meat during Lent, especially during Easter Week. Even though the brothers and sisters from the Pentecostal Church of Chile do not necessarily eat fish or other seafood for religious reasons during Holy Week, they greatly enjoy all the culinary traditions of their country!

A note on frozen salmon: I am sure that most everybody can find frozen salmon from Chile in their supermarkets in the United States, but I have to admit I am a bit torn about sharing this delicious recipe with you because of the devastating environmental effects of the fisheries in southern Chile. Nineteen years ago, when I first visited the fjords around Chiloé and further south, there were only two or three salmon farms. Most fish exported from Chile was “free range,” caught in open waters. Today, the coastline is dotted with hundreds of salmon farms, a sign of the highly lucrative business of processing fish and shipping it around the world.

The salmon is farmed in extremely crowded conditions so that large volumes of excess feed and waste can be seen floating in the water. Medications and pesticides are pumped into the water which then pollutes the surrounding ecosystem. Ships that supply the farms and the generators of the feeding machines cause acoustic contamination that threatens marine mammals in the closed in fjords and channels.

On the one hand, I want you to savor a taste of Chile, but on the other, I wish it were possible for you to find “free range” frozen salmon caught by a local fisherman! I guess that these are the kinds of dilemmas we face constantly in this ever shrinking globalized world.

*Elena Huegel, Missionary*

## Country/Area: Ecuador/Latin America & Caribbean

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### *Sopa de Quinoa (Quinoa Soup)*

#### INGREDIENTS:

a lot of water  
quinoa  
carrots, chopped fine  
garlic, chopped fine  
salt  
potatoes in medium size pieces  
a little milk  
mild flavored white cheese  
cilantro, chopped fine



#### DIRECTIONS:

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1. In a lot of water (to prevent burning) boil the quinoa for 1 hour. Do not stir.
2. Add the small chopped vegetables and cook an additional 15 minutes. This can be stirred.
3. Add the potatoes and cook until the potatoes are soft. When ready to serve add a little milk, the cheese, and the cilantro.

This is one of my favorite soups that Isabel makes for us, although there are several others she makes that are wonderful as well. Soup is always part of the luncheon meal, the main meal of the day. She does not use measurements so I have followed in her footsteps, hoping you can make it to your taste. The key, she claims, is to not stir the water and quinoa for the hour it is boiling. If it is stirred, the quinoa stays hard and the “tail” does not loosen from the seed.

*Marilyn Cooper, Long-term Volunteer*

## Country/Area: Haiti/Latin America & Caribbean

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### *Du Riz au Lait (Haitian Rice Pudding)*

#### INGREDIENTS:

- 1 Cup Long Grain Rice
- 1 Cinnamon Stick
- ¼ Tsp. Salt
- 1 Tsp. Lemon Zest
- 1 Tsp. Fresh Grated Ginger
- 1 Can Condensed Milk
- 2 Tsp. Almond Extract
- 1 Cup Raisins



#### DIRECTIONS:

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In a medium saucepan, combine water, rice, cinnamon stick, lemon zest, salt and freshly grated ginger. Bring to a boil. Cook over high heat, until water is absorbed.

Reduce heat. Stir in the milk, raisins and almond extract.

*Tim Fonderlin, Missionary*

## Country/Area: Chile/Latin America & Caribbean

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### *Cancanto (Easter Salmon)*

#### INGREDIENTS

- One fillet of salmon with the skin removed
- 3 sausages (of your favorite kind!)
- 3 tomatoes
- 4.23 oz. (120 grams) of white cheese (select one that melts easily in the oven)
- 1 lime
- Oregano
- Salt and Pepper to taste



#### DIRECTIONS:

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1. Cut the tomato, cheese and the sausage into slices
2. Cut the salmon fillet into individual portions, rub with lime juice, and powder with salt and pepper
3. Cover each portion first with the tomato slices, then the sausage slices, and finally the cheese
4. Bake in the oven on medium heat for 7 to 10 minutes depending on the thickness of the slices
5. Serve immediately.

*Elena Huegel, Missionary*

## Country/Area: Haiti/Latin American & Caribbean

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### *Poul fri (Haitian Fried Chicken)*

When Kike, a sho nuf cookin' Haitian sister, taught me how to cook poul fri, it was the first time since I was a little girl cooking with my mother that I felt communion with God through nature. Every ingredient we used was natural. I loved the fellowship we had as KiKe, Nicole and I talked (they were kind and patient with me and the Creole language) and laughed our way through the cooking. This type of cooking is sensual in that you rely on all your senses as you season the food...just enough of this, just enough of that. We could see, smell, touch, hear and of course, taste the amount of seasoning needed. No measuring cups or spoons. So when you see...

- Few = 2 or more (let the spirit guide you)
- No amount = you decide (let the spirit guide you)

*Jeanette Salley, Missionary*

## Country/Area: Latin America & Caribbean

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### *Caribbean Ginger Turkey*

#### **INGREDIENTS:**

2 lb Turkey breast, skinned  
¼ cup Soy sauce  
¼ cup Dry sherry  
2 tbs. Apricot jam  
½ tsp. Ginger  
½ cup Water  
½ cup Brown sugar  
2 tbs. Vegetable oil  
2 tsp. Lemon juice  
1 Clove garlic, chopped



#### **DIRECTIONS:**

Carefully bone turkey breast. Remove fillet from underside of breast by detaching the feather-shaped piece of boneless meat beside the breast bone. Cut remaining breast meat into 3 equal portions. In a plastic bag, combine water, soy sauce, sugar, sherry, oil, apricot jam, lemon juice, ginger and garlic; mix well to dissolve sugar. Prop bag in a bowl; add turkey, submerge in marinade. Marinade 4 to 6 hours or overnight. Remove meat from marinade, reserving marinade. Broil or barbecue turkey 12 to 15 minutes, turning and brushing meat with marinade. Serve with rice and garnish with sliced fruit.

*Tim Rose, Former Missionary*

## Country/Area: Chile/Latin American & Caribbean

### **CHURRASCOS (Chilean style Sandwich)**

#### **DIRECTIONS:**

There are three different kinds, but all three have thin sliced, grilled or seared beef (must be tender!) and hamburger style bread (it tastes different, but the hamburger bread from the US will do!)

“Churrasco Chacarero” (Farmer’s churrasco): Hamburger style bread, thin sliced beef, green beans, mild red or green hot sauce.

“Churrasco a lo Pobre” (Poor churrasco): Hamburger style bread, thin sliced beef, seared onions, fried egg.

“Churrasco Italiano” (Italian Churrasco - don’t ask me why, I just am giving you the names!!): Hamburger style bread, thin sliced beef, tomatoes, mayonnaise, and pureed avocados (like guacamole - but not Mexican style - no garlic or hot peppers, just avocados with maybe a little salt.)

This is usually served with French Fries (papas fritas) made from REAL potatoes!

To drink: Pineapple, raspberry or strawberry juice (Often fresh or frozen).

At workshops, we usually set out the fixing and people make their own according to their tastes. Some people will add mustard, mayonnaise and ketchup if it is available.

When the liquid has absorbed, have a large round tray ready. Uncover the pot, and place the tray over the top. Invert so that the pan is upside down on top of the tray. Let stand for 5 minutes like this, then slowly remove the pot to let the food fall onto the tray.

*Elena Huegel, Missionary*



## Country/Area: Haiti/Latin America & Caribbean

### **Poul fri (Haitian Fried Chicken)**

#### **INGREDIENTS:**

Chicken (cut up), Haitians usually use chicken drumsticks  
Few green onions  
1 Garlic clove  
Piedmont (mini HOT peppers)  
Cube/package of maggi (chicken broth cube /powder)  
Salt rocks (you probably can use regular salt)  
Orange  
Lime  
Vinegar



#### **DIRECTIONS:**

1. Pound to a paste: few green onions, one garlic, piedmonts (we used 2) , 1 cube of maggi and salt rocks.
2. Pull skin down on chicken drum stick (don’t take off)
3. Peel orange and lime, keep the peel, cut in half and squeeze the juice in the paste
4. After squeezing all the juice, rub/wash the chicken with the left over orange and lime.
5. Add a little vinegar to the paste
6. Put orange peel and onion leaves in water to boil
7. Put paste in bowl and baste chicken in it for a while
8. Transfer chicken and paste to a pot and pour the boiled water of the orange peel and onion leaves and cook (boil) chicken until done
9. Put about 1 cup of cooking oil in a wok-type skillet and fry the boiled chicken until nicely browned.
10. Drain and enjoy!