

Breads Around the World

Caribbean

UCC Hunger Action Office

United Church Board for World Ministries

COOKED FOOD HAS NO OWNER!

The Caribbean. Those two words elicit immediate thoughts of balmy, tropical weather. Sunny beaches. Clear waters rolling gently onto the sands. Rest and relaxation. Marvelous hospitality.

Hospitality is an essential part of the cultures of the Caribbean. In Haiti food is shared with neighbors and friends. No one eats in front of another without offering to share. In fact, one may ask for food, even if you arrive at someone's house unexpectedly, and not be rude. The phrase in Haitian that summarizes the attitude is "*manje kwit pa gen met.*" It means "cooked food has no owner."¹

Given this approach to life, tourism would seem to be a natural part of the life and economies of the islands. In practice it has been. There are, however, fundamental challenges for a tourism-based economy to meet the basic needs of all of its citizens. Some persons benefit nicely. The majority do not.

Portions of all the islands are experiencing severe economic distress. In Haiti the problems are exacerbated by the political crisis. The result has been double digit-inflation, capital depletion, and extreme hunger and malnutrition. Haiti has the worst human development index in the Caribbean.

Tourism also tends to leave false and superficial impressions regarding the true culture of any tourist site. In the Caribbean the indigenous cultures have been all but obliterated by those who conquered them. Still, each island has a rainbow of traditions that have evolved over many years-- indigenous ways; European histories; African traditions; and ties with North, Central and South America. Much of this is not evident in the usual tourist experience.

Cuba; Dominican Republic; Guyana; Tobago; Trinidad; Aruba.... There are many islands and nations. Each has its own histories. Each has significant challenges to human and economic development, and its ability to control its own development. Each is wrestling with what food to cook knowing that once cooked it will be shared. The challenge is to see there is enough food to share!



Swine Repopulation Program in Haiti
Photo courtesy of LCMS World Relief

¹ Schlabach, Joetta Handrich. *Extending the Table-- A World Community Cookbook*. (Scottsdale, PA: Herald Press, 1991) p. 87.

Pan de Nueces Y Piña

- 2 huevos
- 1/3 taza de azúcar
- 1/3 taza de mantequilla derretida
- 2 tazas de harina de trigo
- 1 cucharada de polvo de hornear
- 1 cucharadita de sal
- 1 taza de nueces desbaratadas
- 1 taza de piñas trituradas de lata, incluyendo su líquido

1. Bata los huevos. Agregue el azúcar poco a poco y añada la mantequilla derretida.
2. Cierna la harina, la sal y el polvo de hornear. Añádalos a la mezcla.
3. Agregue 1 taza de nueces desbaratadas y 1 taza de piñas trituradas, incluyendo el líquido en que estas vienen. Mezcle solo lo necesario para que todo combine.
4. Engrase el molde de 4 pulgadas por 8 pulgadas. Vierta la mezcla en el molde y hornee a calor moderado, 350 grados F., durante 1 hora 10 minutos.

Pineapple Nut Bread

- 2 eggs
- 1/3 cup sugar
- 1/3 cup butter (melted)
- 2 cups flour
- 1 T. baking powder
- 1 t. salt
- 1 cup nuts (crushed)
- 1 cup crushed pineapple (canned, including juice)

1. Beat eggs and slowly add sugar until well blended and add melted butter.
2. Sift together flour, salt and baking powder and add to mix.
3. Add 1 cup of crushed nuts and 1 cup of crushed pineapple with juice. Add only enough so that all is combined.
4. Grease a 4x8 inch bread pan. Pour batter into pan and bake at 350 degrees for 1 hour and 10 minutes.

Caribbean Style Banana Bread

The fruits found in the warm Caribbean countries are used in this bread. This sweet, flavorful loaf need not be served just for breakfast or snacks, but as an accompaniment to soups and stews.

- 1/2 cup butter
- 1/2 cup packed brown sugar
- 1 egg, well beaten, at room temperature
- 1/4 cup Jamaican rum
- 1 teaspoon Jamaican rum
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour, unsifted
- 1 teaspoon baking powder
- 1/2 teaspoon soda
- 1/2 teaspoon salt
- 3/4 teaspoon grated nutmeg
- 1 1/4 cups mashed, very ripe bananas
- 1/2 cup coarsely chopped walnuts
- 1/2 cup white seedless raisins (optional)
- 1/2 cup fresh, shredded coconut (optional)

Cream butter and sugar together. Beat in the egg until light and fluffy. Stir in rum and vanilla. Sift all dry ingredients together. Add to the butter-sugar mixture, alternately with the mashed bananas, mixing well after each addition. Fold in the nuts and either coconut or raisins. Pour into a well-buttered and floured loaf pan and spread batter evenly. Bake in a preheated 350°F oven for about 1 hour and 15 minutes, until the bread shrinks from the sides of the pan and a straw inserted in the center comes out clean. Cool for about 30 minutes in the pan, then unmold and completely cool on a rack. Wrap tightly in plastic wrap or waxed paper and foil. Serve at room temperature.

Recipe for Pan de Nueces Y Piña provided by José Abraham DeJesús and translated by Luvette Hickey, staff of the United Church Board for Homeland Ministries. Recipe for Banana Bread from Caribbean Council of Churches.

A Service for Breaking the Bread

Call to Worship¹

Leader: This is the place
and this is the time
here and now God waits
to break into our experience.

People: To change our minds,
To change our lives,
To change our ways.

Leader: To make us see the world
and the whole of life
in a new light.

People: To fill us with hope,
with joy and certainty for the future.

Leader: This is the place,
as are all places;
this is the time,
as are all times.

People: Here and now
Let us praise God.

Invocation²

Leader: Let us pray:
We rejoice, O God,
in the assurance of thy
presence with us. Thou has
spoken - give us ears to hear.
Thou has brought comfort
to the broken-hearted; health
to the suffering. Thou has brought
courage to the dispirited, freedom to the
enslaved and hope to those who despair.
We wait, O God, for thee to speak to us.
Amen.

Scripture

Ezekiel 18:5-9
I Peter 4:9-11

Communion Hymn³

We come now to your table Lord,
You are the Living Bread.
We come now to your table Lord,
Let every soul be fed.

You are the Living Bread,
Let every soul be fed;
And now may every soul be fed
With Living Bread.

Share the Elements

See suggestions on the back page.

An Affirmation⁴

Leader: Let us affirm our desire to meet
God in the world and in the meeting
with each other as God's daughters and
sons.

People: Yes, God of grace and glory,
so say our hearts.

Leader: Let us affirm our desire to
admire God's creation;
to nurture it, to protect it.

People: Yes, God of light and sun,
so say our hearts.

Leader: Let us affirm our desire to
work for bread for ourselves
and all humanity. To give
and receive, To share the
bread of life.

People: Yes, God of life and death,
so say our hearts.

Leader: Let us affirm the surprising mystery
and gift of each person and of life
in a community of sharing.

People: Yes, God of hope and love,
so say our hearts.

Benediction⁵

As the earth keeps turning, hurtling through space,
and night falls and day breaks from land to land, Let
us remember people - waking and sleeping, being
born and dying - one world, one humanity.

Let us go from here in peace. Amen.



Sharing the Elements

This is presented to give you options for your own service of communion. You may choose prayers for other settings or use the service as a whole.

Use several kinds of breads or variants to represent the many manifestations of "the Bread of Life." Also, use table cloths from other countries and possibly chalices - glass, pottery, wood, etc. These may be available from SERRV or a local import shop.

World Ministries in the U.S.

Your congregation can participate in a variety of ministries with Christians in the Caribbean. If you are interested in establishing a church partnership with a congregation in the Caribbean, please write for global church partnership materials. Also ask for information about international youth programs, global education and advocacy, and multicultural projects.

Caribbean Partners

Christian Pentecostal Church of Cuba
Christian Church (Disciples of Christ)
in Puerto Rico

United Evangelical Church of Puerto Rico
Dominican Evangelical Church
Disciples of Christ Development Committee
in Haiti

United Church in Jamaica and the Cayman Islands

World Ministries in the United States
United Church Board for World Ministries
700 Prospect Ave., 6th Floor
Cleveland, OH 44115
216-736-3210

Hunger Action

The Campaign to End Childhood Hunger continues to be a major domestic focus of the UCC Hunger Action program. With over 5.5 million hungry children in the United States, the need calls us to respond.

Breads Around the World is a collaboration between the UCC Hunger Action Office and the United Church Board for World Ministries. It is an expression of the Hunger Action's responsibility to provide the United Church of Christ with education and worship resources on hunger and poverty.

Breads: Caribbean is a third production. To receive *Breads: Africa*, *Breads: Middle East*, additional copies of this resource, or resources on the Campaign, please contact:

United Church of Christ
HUNGER ACTION
700 Prospect Ave., 3rd Floor
Cleveland, OH 44115
(216) 736-3290

References

- ¹ "Call to Worship," *Report/Proceedings of the Fifth General Assembly, August 23-30, 1991* (Caribbean Council of Churches, Fifth General Assembly) Worship Book, p.1. Used with permission
- ² "Christian Witness In the Caribbean," an adaptation of "New Mission for a New People," CMF/CWF Studies 1977-78. Friendship Press. Used with permission.
- ³ "Communion Hymn" from the Caribbean Council of Churches. Used with permission.
- ⁴ "An Affirmation" from the Caribbean Council of Churches. Used with permission.
- ⁵ "Benediction" from the Caribbean Council of Churches. Used with permission.