

WorldCrafts Recipes

Sweet Potatoes in Coconut Milk

KENYA (AFRICA)

3–4 large sweet potatoes, peeled and cubed
1 (15-ounce) can coconut milk (from an Oriental food store)
1 teaspoon ground cardamom
1 tablespoon brown sugar

Place potatoes in a heavy pot. Mix milk, cardamom, and sugar. Pour over potatoes. Cover pot and simmer about 30 minutes or until potatoes are tender. Makes enough for 6 people.

Filling:
1 (10-ounce) jar of red currant or red raspberry jelly

Invert one cooled sheet cake onto a platter and peel off the waxed paper. Whisk the jelly to thin it out, then spread it evenly over this first sheet. Carefully invert the second sheet cake on top of the first and peel off the waxed paper.

Sharlande Sledge, comp., *Guess What I Made!?! Recipes for Children from Around the World* (Birmingham, AL.: New Hope Publishers, 1995), 10. Copyright 1988 by New Hope. All rights reserved.

Glaze:
Juice of two lemons
1 pound of powdered sugar, sifted

Stir the lemon juice gradually into the powdered sugar with a fork. If it does not spread easily, add water, one teaspoon at a time, until you get an icing that is easy to spread. Top of the cake with icing and allow it to set. Cut into diamonds or 1-by-3-inch pieces.

Sugar Peanuts

MALI (WEST AFRICA)

2 cups raw peanuts
1 cup sugar
½ cup water

Put all ingredients in an ungreased pan. (You may use a loaf cake pan.) Cook until water evaporates. You may want to use a little less than ½ cup water. Make one layer of the nuts; don't crowd the pan. Bake at 300°F. It takes approximately 1 hour.

Laurie Ingram, *There's a Missionary Loose in the Kitchen!* (Birmingham, AL: New Hope Publishers, 1994), 36. Out of print.

Couscous

NIGERIA (AFRICA)

¼ cup bulgur wheat
3 cups water
¼ teaspoon salt
½ cup farina cereal

Place the wheat, salt, and water in a pan. Bring to a boil. Reduce heat. Cover tightly and simmer for 15 minutes. Add farina slowly. Cook slowly, stirring constantly for about 10 minutes or until thick. Serve as you would mashed potatoes. West Africans eat this popular dish with their fingers.

Sharlande Sledge, comp., *Guess What I Made!?! Recipes for Children from Around the World* (Birmingham, AL.: New Hope Publishers, 1995), 13. Copyright 1988 by New Hope. All rights reserved.

Koeksisters

SOUTH AFRICA (EASTERN AND SOUTHERN AFRICA)

Syrup:
4 cups sugar
Grated rind of ½ lemon
Juice of ½ lemon
¼ teaspoon ground ginger
2 cinnamon sticks
⅛ teaspoon cream of tartar

Dough:
2 cups flour
2 teaspoons baking powder
Pinch of salt
1 tablespoon butter
1 tablespoon lard
2 eggs, beaten
Milk

Syrup: Dissolve 4 cups sugar in 2 cups water. Add remaining ingredients; boil for a few minutes. Leave to cool and place in refrigerator till well chilled.

Dough: Sift dry ingredients together and rub butter and lard into mixture. Add beaten eggs and milk and mix to a soft consistency. Roll dough out to a ¼-inch thickness. Cut into strips and braid. Deep-fry in hot oil until golden brown. Drain and plunge immediately into ice-cold syrup. Remove and place on rack to drain excess syrup.

Laurie Ingram, *There's a Missionary Loose in the Kitchen!* (Birmingham, AL: New Hope Publishers, 1994), 14. Out of print.



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Pepper and Spice Cookies

ZIMBABWE (AFRICA)

- 1½ cups plain flour**
- ¾ cup brown sugar**
- ½ teaspoon salt**
- Dash of black pepper**
- ½ teaspoon cloves**
- ½ teaspoon ginger**
- ¼ cup softened butter**
- 1 egg**

Combine dry ingredients. Add softened butter and egg. Work these into flour. Shape dough into a big ball. Break off pieces and shape into cookies. Bake on a greased cookie sheet at 325°F about 18 minutes.

Sharlande Sledge, comp., *Guess What I Made!?! Recipes for Children from Around the World* (Birmingham, AL: New Hope Publishers, 1995), 15. © 1988 by New Hope. All rights reserved.

Whipped Banana Topping

TANZANIA (AFRICA)

- 1 medium-sized ripe banana**
- 1 egg white**
- 1 teaspoon sugar**

Just before serving, mash banana until smooth. Using a mixer, beat egg white until stiff. Add banana to egg white 1 teaspoon at a time, beating constantly. Add 1 teaspoon sugar. Beat until light. Serve immediately on fruit, cakes, or puddings.

Sharlande Sledge, comp., *Guess What I Made!?! Recipes for Children from Around the World* (Birmingham, AL: New Hope Publishers, 1995), 15. Copyright 1988 by New Hope. All rights reserved.

Arabic Cookies

NORTH AFRICA (AFRICA)

- 1 cup powdered sugar**
- 1 cup margarine**
- 1 cup plain flour**
- 1 cup cornstarch**
- ¼ teaspoon baking powder**

Mix sugar and margarine until smooth. Add dry ingredients a little at a time. Roll and shape into small balls. Bake on a greased cookie sheet at 350°F for 13 to 15 minutes.

Sharlande Sledge, comp., *Guess What I Made!?! Recipes for Children from Around the World* (Birmingham, AL: New Hope Publishers, 1995), 12. Copyright 1988 by New Hope. All rights reserved.

Cream of Peanut Soup

UGANDA (EAST AFRICA)

- 2 tablespoons cornstarch**
- 3 cups milk**
- 3 cups hot chicken stock or 1 can consommé and 1¼ cans water**
- 2 cups ground peanuts**
- 2 tablespoons grated onion**
- 2 teaspoons salt**
- ½ teaspoon cayenne pepper**

Place the cornstarch in a deep saucepan. Slowly add the milk, stirring until smooth. Add the stock, peanuts, onion, salt, and cayenne pepper, stirring constantly. Bring to a boil and cook over medium heat for 5 minutes. Beat with a rotary beater for 1 minute. Strain. Serve hot.

http://recipes.wikia.com/wiki/Cream_of_Peanut_Soup



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Hot Spiced Tea

AFRICA

1 or 2 cinnamon sticks
3 or 4 whole cloves
¼ teaspoon ground cardamom
½ teaspoon ginger (optional)
One orange pekoe tea bag or 2 teaspoons loose tea
Sugar to taste (Many Africans like their tea sweet!)

Bring first four ingredients to a boil in 4 cups of cold water, then simmer until you smell the spices (5 to 10 minutes). Add tea bag or loose tea and continue boiling until tea reaches desired strength. Strain the tea and spices out. Serve in small glasses with 1 to 2 teaspoons sugar.

Laurie Ingram, *There's a Missionary Loose in the Kitchen!* (Birmingham, AL: New Hope Publishers, 1994), 5. Out of print.

Jollof Rice

MALI (AFRICA)

1 canned chicken, fully cooked
1 onion, chopped
1 (6-ounce) can tomato paste
2 cups uncooked rice
4½ cups water
Salt and pepper
1 package frozen mixed vegetables

Drain chicken and cut up into large pieces. Place in a large pot. Add onion, tomato paste, rice, and water. Season with salt and pepper. Bring to a boil. Reduce heat to low and cook 10 to 15 minutes. Add mixed vegetables. Bring to a boil again, then reduce heat and cook over low heat until rice and vegetables are fully cooked.

Nanette Goings, *Stirring Up a World of Fun: International Recipes, Wacky Facts and Family Time Ideas* (Birmingham, AL: New Hope Publishers, 2006), 18.

Mandazi

TANZANIA (AFRICA)

(Maize Doughnuts)

1 cup cornmeal
2 teaspoons sugar
½ cup white flour
1 egg
Milk
Oil

Sift dry ingredients into a bowl. Beat the egg and stir lightly into dry ingredients. Add enough milk to create a dropping consistency. Heat a little oil in pan, deep enough to cover the mixture when cooking. Drop by spoonfuls into the oil and turn until golden brown. Drain well on paper towels. Serve hot. Makes 10–15 doughnuts. Tanzanians usually serve these with tea at 10:00 A.M.

Laurie Ingram, *There's a Missionary Loose in the Kitchen!* (Birmingham, AL: New Hope Publishers, 1994), 16. Out of print.

Salady Voankazo

MADAGASCAR (AFRICA)

(Fruit Compote with Lychee Fruit)

1 cup fresh pineapple, cut into 1-inch pieces
1 cup cantaloupe, cut into small pieces
1 cup oranges, peeled and thinly sliced
½ cup canned lychee fruit (found in the Asian food aisle of the grocery store or in a specialty market)
½ cup sugar
¼ teaspoon salt
2 tablespoons lemon juice
2 tablespoons vanilla extract

Combine pineapple, cantaloupe, and oranges in bowl, and stir until well blended. Pour canned lychee fruit over the cut fruit. In a saucepan, bring sugar, salt, and lemon juice to a boil. Then boil for 1 minute. Remove syrup from heat. Stir in vanilla. Pour the hot syrup over the fruit. Put in the refrigerator to chill for at least 1 hour.

Nanette Goings, *Stirring Up a World of Fun: International Recipes, Wacky Facts and Family Time Ideas* (Birmingham, AL: New Hope Publishers, 2006), 17.



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Yellow Rice

GHANA (AFRICA)

1 cup rice
2 cups water
1 teaspoon sugar
½ teaspoon salt
1 tablespoon butter
½ cup raisins

Bring water to a boil. Add all ingredients except raisins. Boil 15 minutes. Stir in raisins. Simmer until all liquid is absorbed.

Sharlande Sledge, comp., *Guess What I Made!?! Recipes for Children from Around the World* (Birmingham, AL: New Hope Publishers, 1995), 9. Copyright 1988 by New Hope. All rights reserved.

Lasary Voatabia

MADAGASCAR (AFRICA)

(Tomato and Scallion Salad)

1 cup scallions, finely diced
2 cups tomatoes, finely diced
2 tablespoons water
1 teaspoon salt
Few drops hot pepper sauce

Combine all in a 1-quart bowl. Stir lightly and chill. Serve approximately ½ cup per portion in small sauce dishes. Yield: 8 small salads

(From: http://www.sas.upenn.edu/African_Studies/Cookbook/Madagascar.html#Madagascar.)

Palvorones

MEXICO (CENTRAL AMERICA)

(Crumble Cookies)

1 cup butter or margarine
2¼ cups plain flour, sifted
½ cup sugar
1 teaspoon vanilla
1 teaspoon baking powder
1 teaspoon cinnamon
½ cup pecans, chopped
Powdered sugar

Mix butter and sugar. Add flour, vanilla, and baking powder. Mix well. Form into a ball. Chill 2 hours. Shape into 1-inch balls. Bake on ungreased cookie sheet at 350°F for 12 to 15 minutes or until light brown. While warm, roll in cinnamon or chopped pecans and powdered sugar.

Sharlande Sledge, comp., *Guess What I Made!?! Recipes for Children from Around the World* (Birmingham, AL: New Hope Publishers, 1995), 45. Copyright 1988 by New Hope. All rights reserved.

Arroz Con Pollo

HONDURAS (CENTRAL AMERICA)

(Chicken with Rice)

Meat from 1 stewed chicken, torn into small piece **3 cups chicken stock**
1 medium onion, sliced into rings, cut in half
3 cups long-grain rice
1 large bell pepper, cut into slivers
½ cup oil
4 large carrots, shredded
1 can green beans, drained

In a large dutch oven over medium to high heat, place oil, rice, onion, bell pepper, and carrots. Cook, stirring continually, until the onion is translucent. Add chicken stock and salt. Stir once and do *not* stir again until done. Cook until the majority of the stock is absorbed and the mixture begins to have little funnels going down into the rice. Lower heat and cover the pan. Check the rice after 10 minutes to see if the grains on top are done. If not, add a little water. Cook on low until the rice is tender. Add chicken pieces and gently fold in the green beans. Serves 12.

Arroz con pollo is a favorite all over Central America. It is frequently served at weddings.

Laurie Ingram, *There's a Missionary Loose in the Kitchen!* (Birmingham, AL: New Hope Publishers, 1994), 82. Out of print.



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Brazil Nut Cake

BRAZIL (SOUTH AMERICA)

7 eggs, separated
1 cup sugar
1 teaspoon vanilla
¼ teaspoon almond flavoring

1 pound Brazil nuts, grated in food processor (You can usually find these in health food stores.)

Grate nuts, if not already grated. Beat egg whites until stiff. Fold in 1 cup sugar. Fold in beaten egg yolks. Add vanilla and almond flavoring. Fold in Brazil nuts. Grease 3 cake pans. Spray the pans with a non-stick spray. Then line the pans with waxed paper. Cook at 350°F until slightly brown, about 15 minutes. Cool cake layers in pans about 5 minutes before removing.

4 cups powdered sugar
½ stick margarine

½ cup milk
½ teaspoon vanilla

To make icing:
Melt butter. Add other ingredients. Beat until smooth. Spread over each layer of cooled cake. Cut cake into thin slices.

Sharlande Sledge, comp., *Guess What I Made!?! Recipes for Children from Around the World* (Birmingham, AL: New Hope Publishers, 1995), 42. Copyright 1988 by New Hope. All rights reserved.

Lomo Saltado

PERU (SOUTH AMERICA)

1 pound potatoes, french fried
1 pound tender beef (sirloin, etc.) cut in thin strips
2 onions, sliced in strips
2 tomatoes, peeled and cut into large pieces
1 red pepper (or hot pepper) cut in strips
3 tablespoons oil

Brown beef in hot oil. Add remaining ingredients. Cook until tender. Lastly, add french fries. Serve with rice. (If too dry, add a little bouillon and water.)

Laurie Ingram, *There's a Missionary Loose in the Kitchen!* (Birmingham, AL: New Hope Publishers, 1994), 101. Out of print.

Torta de Fiambre

URUGUAY (SOUTH AMERICA)

(Ham and Cheese Squares)

3 eggs
½ cup oil
2 cups milk
3 teaspoons salt
4 teaspoons baking powder
15 tablespoons (heaping) flour
6 ounces sliced sandwich cheese
8 ounces sliced ham

Pour first 6 ingredients in a blender and blend until well mixed. Pour ½ of this mixture in a 9-by-13 inch baking pan. Then place the cheese and the ham on top. Pour in the remainder of the liquid. Bake at 325°F for 20 to 30 minutes. Cut into squares and serve warm or cool. (These are very common, especially for finger foods at church gatherings or for breakfast.)

Recipe from Emily Ingram, daughter of missionaries serving in Uruguay.

Eggplant Arabic Style

TURKEY (MIDDLE EAST)

1 eggplant (or squash may be substituted)
1 onion
¼ cup water
3 cloves garlic, mashed
¼ cup olive oil
1 tomato

Peel eggplant, cut into 1-inch cubes, salt well, and let juices drain out for about 20 minutes. Rinse the eggplant and wipe dry. Cut and fry the onion in the olive oil for 3 minutes, then add the eggplant and water. Cook over a low flame until soft. Meanwhile, boil water, dip the tomato in for 1 minute, remove, and peel. Chop the tomato into large pieces and add to the eggplant. Add the garlic and more water if needed. Cook over low flame for 5 minutes. The finished dish should be the consistency of a thick stew. Serve hot with rice, or hot or cold with pita bread.

Laurie Ingram, *There's a Missionary Loose in the Kitchen!* (Birmingham, AL: New Hope Publishers, 1994), 185-86. Out of print.



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Hummus

JORDAN (MIDDLE EAST)

(Chickpea Dip)

1 (15-ounce) can garbanzo beans (chickpeas)
¼ cup sesame seed paste (also known as tahini)
3 tablespoons lemon juice
¼ teaspoon ground cumin
1 clove garlic, chopped
Salt and pepper to taste
Pita bread, torn into pieces

Drain garbanzo beans and save the liquid. Place beans in a food processor or blender. Blend beans until smooth. Add sesame seed paste, lemon juice, ground cumin, and garlic. Blend again until smooth, adding reserved liquid as needed. Season with salt and pepper to taste. Mixture should be the consistency of a dip. To eat, scoop it up with pita bread.

Nanette Goings, *Stirring Up a World of Fun: International Recipes, Wacky Facts and Family Time Ideas* (Birmingham, AL: New Hope Publishers, 2006), 69.

Pita Sandwich

JORDAN (MIDDLE EAST)

Pita halves
Thinly sliced tomato
Cooked, sliced chicken
Grated cucumber
Plain yogurt
Vinegar
Dried, crushed oregano

Open the pitas and place some of the chicken, tomato, and cucumber inside. Season each sandwich with two tablespoons of yogurt, one tablespoon of vinegar, and some oregano.

Jackie Faughn, comp., *More Fun Around the World: Games, Crafts, Food, and Dress Ideas You Can Use!* (Birmingham, AL: New Hope Publishers, 1998), 37.

Lassi [LUH-see]

PAKISTAN (ASIA)

½ pint natural yogurt
1½ pints cold water
2–3 teaspoons sugar

Place the ingredients in a blender and mix together at high speed for 2–3 minutes. Put crushed ice in individual glasses and pour lassi mixture on top and serve immediately.

This recipe is very refreshing on a hot summer day in Pakistan. Makes 4–6 servings. Optional: add cinnamon, chopped almonds, or finely chopped fruit.

Jackie Faughn, comp., *More Fun Around the World: Games, Crafts, Food, and Dress Ideas You Can Use!* (Birmingham, AL: New Hope Publishers, 1998), 36.

Hot Tea Punch

PAKISTAN (ASIA)

6 cups water
¾ cup sugar
2 cinnamon sticks
8 whole cloves
5 tea bags
1½ cups orange juice
½ cup fresh lemon juice

Put water, sugar, cinnamon sticks and cloves in a large heavy based saucepan with heavy base and bring it to boil, stirring until sugar dissolves. Boil for about 5 minutes.

Remove from heat. Add tea bags. Cover with a tight fitting lid and let stand for 10 minutes.

Discard the tea bags. Add orange and lemon juices to the punch. Remove the whole spices with a slotted spoon and reheat before serving. (Can be prepared 1 day ahead.) Cover and refrigerate. Serve hot. Serves 6.

(From <http://contactpakistan.com/pakfood/drinks/hotteapunch.html>.)



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Mendel Bread

WEST BANK (MIDDLE EAST)

- 4½ cups plain flour
- 3 teaspoons baking powder
- 4 eggs
- 1½ cups sugar
- 1¼ cups oil

Mix eggs, sugar, and oil with an electric mixer until smooth. In a small bowl mix the flour and baking powder. Add the flour and baking powder to the egg, sugar, and oil mixture. Mix well. Put a little oil on your hands so you can pick up the dough easily. Shape the dough into a long roll and place in a rectangular pan. Bake at 350°F for 10 to 15 minutes.

Take the bread out of the oven and slice it into small pieces. Place pieces on a cookie sheet. Place it back in the oven for 10 to 15 minutes. Makes a semisweet, cookie-like bread.

Sharlande Sledge, comp., *Guess What I Made!?! Recipes for Children from Around the World* (Birmingham, AL: New Hope Publishers, 1995), 36. Copyright 1988 by New Hope. All rights reserved.

Sweet and Sour Vegetables

CAMBODIA (FAR EAST)

- 1 (20-oz.) can pineapple chunks in juice
- 1 cup sliced carrots
- 1 large green pepper, cut into 1-inch pieces
- 1 onion, cut in wedges
- 1 bunch scallions, cut into 1-inch pieces
- 4 cups chopped broccoli
- 1 cup water
- 2 cloves garlic, crushed
- 1 teaspoon grated fresh ginger

Drain the pineapple, reserve the juice and set aside. Place the vegetables, except the broccoli, in a large pot or wok with ½ cup of the water and the garlic and ginger. Sauté for 5 minutes. Add the broccoli and the remaining ½ cup water. Stir, then cover and cook over low heat for 5 minutes.

- Sauce:**
- 1 cup unsweetened pineapple juice
 - 2½ tablespoons soy sauce
 - ¼ cup cider vinegar
 - ½ cup brown sugar
 - 2 tablespoons cornstarch

Combine the sauce ingredients in a separate bowl. Stir in the pineapple chunks and the sauce mixture. Cook, stirring until thickened. Serve over rice or other whole grains. Serves 6.

(From <http://asiarecipe.com/camveg.html>.)

Gado-Gado

INDONESIA (FAR EAST)

(Indonesian Salad)

- 1 (16-ounces) can french-style green beans, boiled just until tender
- 1 small or medium can of mung bean sprouts or ½ pound fresh mung sprouts, boiled until just tender
- ½ pound tofu, fresh or canned, cut into bite-sized cubes
- 3 to 4 eggs, hard-boiled, peeled and halved
- 1 cucumber, peeled and sliced

Arrange the above ingredients in groups on a large platter and serve at room temperature. The following sauce may be poured over the salad on the platter or served on the side.

Spicy peanut dressing:

In a bowl, mix ½ cup peanut butter with enough Mexican salsa to make into pouring consistency. To top the salad, use fried rice chips from Oriental food store or potato crisps.

Laurie Ingram, *There's a Missionary Loose in the Kitchen!* (Birmingham, AL: New Hope Publishers, 1994), 136-37. Out of print.

Khao Phat

THAILAND (FAR EAST)

(Fried Rice)

- 5 green onions, chopped
- 3 tablespoons butter
- 1 (6-ounce) can tiny shrimp
- 2 cups cooked rice
- 1 teaspoon salt
- 2 teaspoons ginger
- ½ teaspoon ground cloves
- ½ teaspoon garlic powder
- ½ teaspoon pepper
- 2 tablespoons soy sauce
- 2 eggs

Sauté onions in butter until browned. Add shrimp, cook for 2 minutes, add rice. Stir for 1 minute and add other ingredients. Stir. Add beaten egg. Stir for 30 seconds.

Sharlande Sledge, comp., *Guess What I Made!?! Recipes for Children from Around the World* (Birmingham, AL: New Hope Publishers, 1995), 25. Copyright 1988 by New Hope. All rights reserved



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Iced Lemongrass Tea

VIETNAM (FAR EAST)

¼ cup chopped fresh lemongrass tops or 2 tablespoons dried flakes
4 cups boiling water
Sugar to taste

Preheat teapot with boiling water; discard water. Add lemongrass and boiling water, steep 8 to 10 minutes; strain. Allow to cool, sweeten to taste, and serve in tall glasses with ice.

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Mango Lassi

NEPAL (ASIA)

(Mango Milkshake)

1 mango
1 cup whole milk
½ cup regular yogurt
2 tablespoons sugar
1 ice-cold water

Cut the mango into small pieces and puree in blender. Add yogurt, sugar, milk and water and blend it all for about 2–3 minutes or until you see a little foam forming in the mixture.

(From <http://www.food-nepal.com/recipe/R035.html>.)

Kaju

INDIA (ASIA)

(Seasoned Cashew Nuts)

1½ tablespoons vegetable oil
2 cups cashew nuts, shelled and unsalted
1 teaspoon salt
Dash of cayenne pepper
Black pepper (optional)

Measure the oil and put it in the frying pan to heat for 30 seconds. Add the nuts and sauté them in the oil for 3 minutes, turning them over and over with the spatula. Remove the nuts and put them on sheets of paper towels to drain. Pat them with an extra towel to remove any other oil. In a mixing bowl, combine the salt and pepper. Put the nuts into the bowl. Toss them with a spoon or your hands until they are coated with the salt and pepper.

Nanette Goings, *Stirring Up a World of Fun: International Recipes, Wacky Facts and Family Time Ideas* (Birmingham, AL: New Hope Publishers, 2006), 32.

Okonomi-Yaki

ASIA

(Vegetable Pancake)

2 cups flour
1 teaspoon baking powder
Salt
1 cup fish stock
2 large cabbage leaves
1 egg
4 ounces ground pork
Vegetable oil

Sift flour, baking powder, and salt together into a large mixing bowl. Adding the fish stock a little at a time, mix flour swiftly until smooth. Do not over mix. Cover the bowl with plastic wrap and leave for 30 minutes (if left too long, batter will become sticky). Remove hard section of cabbage leaves and cut into thin strips. Add egg, ground meat, and cabbage to batter and mix lightly. Grease heated skillet. Pour in batter and flatten out with spatula. When bubbles begin to form and the edges begin to dry, turn over and fry the other side. Brush over pancake with a sauce or condiment of your choice. When pancake begins to give off an aroma, turn off heat.

Nanette Goings, *Stirring Up a World of Fun: International Recipes, Wacky Facts and Family Time Ideas* (Birmingham, AL: New Hope Publishers, 2006), 34.

Sauce and condiments to individual taste:
Worcestershire sauce,
soy sauce, mayonnaise,
ketchup, mustard



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Puri Bread

INDIA (ASIA)

3 cups whole wheat flour
1 teaspoon salt
¼ cup oil
½ cup water
Oil for frying

Combine whole wheat flour, salt, and oil. Add water as needed to make soft dough. Knead dough until it becomes smooth. Make 1- to 1½-inch balls. Flatten them into 3- to 4-inch circles. Heat the cooking oil. Deep fry the circles. For spicy puri, add 1 teaspoon chili powder to dough.

Sharlande Sledge, comp., *Guess What I Made!?! Recipes for Children from Around the World* (Birmingham, AL: New Hope Publishers, 1995), 19. Copyright 1988 by New Hope. All rights reserved.

Lao Banana Rice Pudding

LAOS (SOUTHEAST ASIA)

1½ cups brown rice, cooked
2 tablespoons honey
1 cup nonfat milk
1 teaspoon pure vanilla extract
1 medium banana, cut in slices
½ teaspoon ground cinnamon
1 can fruit (15-ounce can), cut in slices
½ teaspoon ground nutmeg
¼ cup water

In a medium-size saucepan, combine the banana and fruit slices, water, honey, vanilla, cinnamon and nutmeg. Bring to a boil, reduce the heat, and simmer for 10 minutes, or until quite tender but not mushy. Add the rice and milk and mix thoroughly. Bring to a boil and simmer 10 more minutes. Serve warm.

<http://asiarecipe.com/laodesserts.html#rice>

South Asian Tomato Salad

ASIA

4–5 tomatoes, deseeded and sliced
1 tablespoon turmeric and garlic oil
1 small onion, sliced very thin and rinsed in cold water
1 tablespoon sesame seeds, toasted
½ cup cabbage, shredded very finely
1 lime juice
½ cup peanuts, chopped
1 bunch coriander (cilantro) roughly chopped
Salt or fish sauce to taste

Method:

Prepare all the ingredients and toss them together with your clean hands at the last moment possible before serving. Fresh green chilis can also be added for those who love spiciness. This salad makes a nice base for many other salads. I have successfully added avocados, chicken, blanched broccoli and green beans. More or less cabbage can be added depending on your needs. A very nutritious salad with the sesame seeds and peanuts providing extra protein and fat. Absolutely delicious. Green tomatoes can be substituted for ripe ones for a Shan-style salad.

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Chinese Almond Cakes

CHINA (ASIA)

¾ cup sugar
1 teaspoon baking powder
¼ teaspoon salt
¾ cup butter or margarine, softened
1 egg
2 tablespoons water
1 teaspoon almond extract
2½ cups plain flour
Whole almonds

Combine sugar, baking powder, salt, butter, egg, water, and almond extract. Mix with a mixer at medium speed for about 1 minute. Gradually add flour. Blend at low speed. Shape dough into 1-inch balls. Place on greased cookie sheet about 2 inches apart. Flatten balls slightly and press a whole almond firmly into the center of each cookie. Bake at 350°F for 8 to 12 minutes until firm but not brown (do not overbake). Immediately remove from cookie sheets.

Nanette Goings, *Stirring Up a World of Fun: International Recipes, Wacky Facts and Family Time Ideas* (Birmingham, AL: New Hope Publishers, 2006), 29.



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Watalappan

SRI LANKA (ASIA)

(Spiced Coconut Custard)

5 eggs
½ pound brown sugar
1 cup coconut milk
⅔ cup water
¼ cup cashew nuts
Pinch of ground cardamom
Pinch of ground cinnamon
Pinch of ground nutmeg

Lightly beat the eggs. Mix sugar and water and boil until sugar is dissolved; allow to cool. Add sugar water and coconut milk to the eggs and continue to beat. Add spices. Pour into a greased ovenproof bowl. Put cashews on top. Place in a pan of hot water and cook for 1 to 1½ hours in a 325°F oven. (Note: Canned coconut milk can be found in many supermarkets or Asian food stores.)

Laurie Ingram, *There's a Missionary Loose in the Kitchen!* (Birmingham, AL: New Hope Publishers, 1994), 140. Out of print.

Chiftelute de Vinete

ROMANIA (EUROPE)

(Eggplant Pancakes)

2 large eggplants
2 tablespoons cheese
2 eggs
2 tablespoons flour
Oil for frying
Saltgreen lettuce

Bake the eggplants, peel them while hot and let drain. Chop with a wooden or glass chopper and put in a bowl, adding salt, cheese, eggs and flour. Mix everything well, shape medium sized pancakes and then fry in hot oil on both sides. Arrange on a platter, sprinkle some grated cheese on top and garnish with a few lettuce leaves. Serve hot or cold.

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Vinete

ROMANIA (EUROPE)

(Eggplant Spread/Dip)

3 large eggplants
1 cup lemon juice
4 cloves garlic, minced
1 small onion, grated
Salt to taste
¼ cup olive oil

Burn whole unpeeled eggplants on an open flame or burner or bake or broil until the skin is crisp and the flesh is soft. Peel as soon as they are cool enough to handle. Place eggplants in a blender; add remaining ingredients and blend thoroughly. Adjust seasoning to taste, adding more salt or lemon. Serve with fresh bread or as a dip with fresh vegetables.

Laurie Ingram, *There's a Missionary Loose in the Kitchen!* (Birmingham, AL: New Hope Publishers, 1994), 169. Out of print.

Lopsha

KAZAKHSTAN (EUROPE)

1 chicken, cut-up
1 small carrot
1 small onion

Boil cut-up chicken until done. Remove chicken and debone. Cut chicken into small pieces. Shred carrot and chop onion. Add to chicken broth.

1 egg
Salt
Flour
⅓ cup water

To make noodles: Beat egg lightly. Add pinch of salt and ⅓ cup water and flour to make a soft dough. Knead and roll out onto floured surface. Roll very thin. Cut into long thin strands and place in broth. Add chicken and cook until done.

Lopsha is a popular Russian soup. It is served with white bread.

Laurie Ingram, *There's a Missionary Loose in the Kitchen!* (Birmingham, AL: New Hope Publishers, 1994), 173. Out of print.



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WorldCrafts Recipes

Grape Salad

MOLDOVA (EUROPE)

- 2 pounds white grapes**
- 2 pounds red grapes**
- 1 (8-ounce) container of sour cream**
- 1 (8-ounce) package of cream cheese**
- 1 cup of granulated sugar**

Wash and dry the grapes. In a large bowl, mix the sour cream, cream cheese, and sugar together until combined. Slowly add the grapes to this mixture. Mix well. Place the salad in the refrigerator for several hours before serving.

Children in Moldova often help with harvesting grapes. When you serve this treat, remind study participants to pray for farming families there.

International Mission Study 2007 Promotion Kit (Birmingham, AL: WMU®, 2007).

Ethiopian Chicken Wings

NORTH AFRICA

- 16 chicken wings, split and tips discarded**
- 1 onion, chopped**
- $\frac{2}{3}$ cup soy sauce (mild or low-sodium)**
- $\frac{1}{2}$ teaspoon ground cinnamon**
- $\frac{1}{2}$ teaspoon ground cloves**
- $\frac{1}{8}$ teaspoon ground ginger**

Place chicken wings and onion in a soup pot, and fill with enough water to cover. Bring to a boil and cook for 20 minutes. Preheat the oven to 375°F (190°C). While the wings are cooking, combine the soy sauce, cinnamon, cloves and ginger in a saucepan, and warm over medium heat. When chicken is done, drain water (may be reserved for other uses as a broth), and pour in the soy sauce mixture. Stir to coat all of the wings, then place them in a single layer on a cookie sheet.

Bake for 15 minutes in the preheated oven, or until the outsides are crispy. Baste with sauce as desired while cooking. Hint: Bake on parchment paper or non-stick foil to keep the wings from sticking and to make clean-up easy. The side of the wing facing the baking sheet will get the crispiest.

Moldovan Egg Sandwich

MOLDOVA (EUROPE)

- Eggs (one egg per two pieces of bread)**
- French bread**
- Mayonnaise**
- Garlic cloves, peeled**

Hard boil eggs, and carefully peel away shell. (Eggs will be very hot.) Cut French bread into ½-inch slices. Lightly butter each slice on one side and place on cookie sheet. Rub garlic clove on butter side of toast (about 1 clove for 3 to 4 slices of bread). Broil on low, butter side up, just until toasted. Spread generous amount of mayonnaise on toast. Using a cheese grater, carefully grate ½ egg over each piece of toast.

This version of this anytime treat features mayonnaise, a favorite condiment of many Moldovans.

International Mission Study 2007 Promotion Kit (Birmingham, AL: WMU®, 2007).

Banana Bread (Pan de Banano)

GUATEMALA (SOUTH AMERICA)

- $\frac{1}{4}$ pound**
- $\frac{1}{2}$ cup butter**
- $\frac{1}{2}$ cup sugar**
- 1 pound ripe bananas (2 or 3 large)**
- $\frac{1}{2}$ teaspoon salt**
- 1 teaspoon ground cinnamon**
- 1 tablespoon lemon juice**
- 1 egg, well beaten**
- $1\frac{1}{2}$ cups all-purpose flour**
- 2 teaspoons baking powder**

Softened the butter at room temperature and cream it with the sugar in a mixing bowl until light and fluffy. Mash the bananas and add to the butter and sugar mixture. Add the salt, cinnamon, lemon juice, and egg. Sift the flour with the baking powder and fold it into the liquid mixture. Pour the batter into a greased (9 by 5-inch) loaf pan. Bake in a preheated moderate (350°F) oven for 1 hour, or until a cake tester comes out clean. Serve with honey as a cake bread, or as a pudding with cream or ice cream.



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WorldCrafts Recipes

Afghan Chicken Kebabs with Cool Yogurt Sauce

AFGHANISTAN (MIDDLE EAST)

1 cup yogurt
1½ tablespoon salt
½ tablespoon ground red or black pepper
3 cloves garlic, finely minced
1½ pound chicken breasts cut into kebab-sized pieces

flatbread, such as lavash, pita, or flour tortillas
3 tomatoes, sliced
2 onions, sliced
cilantro to taste
2 lemons or 4 limes, quartered

Mix yogurt, salt, pepper and garlic in a bowl. Mix chicken with yogurt and marinate 1 to 2 hours at room temperature up to 2 days refrigerated. Thread chicken on skewers and grill over barbecue. Place bread on plates (if using tortillas, toast briefly over flame), divide meat among them, top with tomato and onion slices (raw or caramelized in a sauté pan) and cilantro and fold bread over. Serve with lemon or lime quarters for squeezing.

COOL YOGURT SAUCE

1 cup plain low-fat yogurt
¼ cup lemon juice
½ teaspoon cumin
½ teaspoon ground pepper
½ teaspoon salt
1 dash of ground red pepper (optional)

Mix ingredients in a serving bowl. Serve immediately to top kebab sandwiches.



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