

“Jesus Saved Me!”



Easy Recipes for Foods from
Around the World



“Jesus Saved Me!”

A mission project of the

LUTHERAN HERITAGE FOUNDATION

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An International Feast!

Children and families from all around the world – Africa, Asia, Europe, the Americas – have been introduced to the Savior, Jesus Christ, through the Bible storybooks and catechisms provided in their languages by the Lutheran Women's Missionary League.

To deepen your LWML's understanding of and appreciation for the world's many cultures, why not share some favorite foods of children from places like Thailand, Honduras and Tanzania?

You can even have an International Feast by asking your women to prepare one of these recipes or one of their own choosing, and bringing it for the group to share. Have fun!

KASHATA (TANZANIA, EAST AFRICA)

These sweet treats are popular during the holidays throughout East Africa.

Ingredients:

- 2/3 c. sugar
- 1/2 tsp. cinnamon
- 1/2 lb. unsalted peanuts, finely chopped

1. In a heavy skillet, heat the sugar until it melts (about 10-15 minutes), stirring constantly. The melted sugar will be dark brown and syrupy.
2. Add the cinnamon and peanuts and cook for about 2 minutes, or until the sugar turns light brown.
3. Remove from the heat and let cool. When the mixture is cool enough to handle, press into a greased 8x8 pan. Cut into small squares to serve (about 16 pieces).





CHOCO BANANAS (HONDURAS)

Ingredients:

- 6 bananas
- 1 package semi-sweet chocolate chips

You'll also need:

- 12 craft/popsicle sticks
- wax paper
- double-boiler kettle or microwave

1. Peel the bananas and cut in half. Carefully insert a stick into the cut end of each banana and wrap in wax paper. Freeze solid.
2. Melt the chocolate chips in a microwave or in a double-boiler on the stovetop. Be careful not to get ANY water in the melting chocolate.
3. Hold a banana over the pan of melted chocolate. Using a spoon or small measuring cup, pour the chocolate over the banana. Work quickly! The chocolate will harden when it touches the frozen banana.

The bananas can be eaten right away, or rewrapped in wax paper and stored in the freezer to eat later.

Serves 12.

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COOL WATERMELON SLUSH (THAILAND)

Ingredients:

- 6 ice cubes
- 2 c. seedless pieces of watermelon
- 1 Tbsp. sugar or honey

1. Put the ice cubes in a blender or food processor. Mix the ice cubes until they are crushed.
2. Add the watermelon pieces and blend until the shake is slushy (about one minute).
3. Add the sugar or honey and blend for 10 seconds. Pour the slush into tall glasses.

* May substitute fresh or canned pineapple for the watermelon to make pineapple slushes. This recipe serves four.



7. Scoop dough with a small teaspoon (the kind you eat with, not a measuring spoon), rocking spoon back and forth against the side of the bowl to pack the dough into the spoon. Brush off any dough sticking to the sides of the spoon, and then carefully remove the spoon-shaped dough onto the parchment paper.
8. Bake cookies for 12-15 minutes until lightly browned, then let them cool completely.
9. After cooled, spoon a little jam onto each cookie and sandwich together with another cookie. Dust powdered sugar on top of each sandwich.

LUSIKKALEIVAT (FINNISH SPOON COOKIES)

These Finnish spoon cookies are sandwiched together with jam on the inside and dusted with powdered sugar.

Ingredients:

- 1 c. (2 sticks) unsalted butter
- 2 c. all-purpose flour
- 3/4 tsp. baking powder
- pinch of salt
- 1 egg yolk
- 3/4 c. white sugar
- 1 Tbsp. pure vanilla extract
- 1/4 c. berry jam (such as strawberry or raspberry)
- Powdered sugar for dusting

1. Preheat oven to 325 degrees.
2. Line two baking sheets with parchment paper or silicone baking mats. (Do not butter or grease the pans, as cookies could come out too greasy.)
3. Melt the butter in a small pan on medium heat. Continue cooking butter until it begins to brown (around 15 minutes). Pour butter into a medium bowl and cool for around 5 minutes.
4. In another bowl, whisk together the flour, baking powder and salt.
5. To the cooled brown butter, add in the egg yolk, sugar, and vanilla extract and stir well.
6. Add the brown butter mixture to the dry ingredients, stirring or kneading until the dough is slightly crumbly and dry, resembling wet sand.

SHAAH BIGAYS (SOMALI SPICE TEA)

Somalis adore spiced tea! If you fear the peppercorns will make the tea too spicy, feel free to reduce the number of peppercorns or omit them completely. Many Somali also add cardamom.



Ingredients for each pot of tea:

- 1 cinnamon stick
- 3 peppercorns
- 2 teabags or (or appropriate amount of loose tea, if desired)
- 4 cups water
- 2-3 tsp. sugar

1. Place spices in a mortar and lightly crush.
2. Bring water and sugar to the boil in a pan and add spices; simmer for 5 minutes.
3. Pour this into a teapot and add the tea bags or loose tea. Steep for 5 minutes and then strain into cups.

FRUIT SALAD (CAMBODIA - SOUTHEAST ASIA)

Native to China, the Philippines and India, lychees are a sweet, mild fruit high in vitamin C, potassium, riboflavin and copper. Canned lychees can be found in the International Foods aisle of your grocery store, in Asian food markets, or online.

Ingredients:

- 1/4 c. orange juice
- 1 Tbsp. lime juice
- 2 tsp. sugar
- 1 15-oz. can lychees
- 1 11-oz. can mandarin oranges
- 1-2 Tbsp. of juice from the canned fruit
- 1 ripe honeydew melon

1. Place the orange juice, lime juice, and sugar in a large glass mixing bowl. Stir until the sugar dissolves.
2. Carefully open both cans of fruit and drain, reserving some of the juice from each (can be mixed together). Add 1-2 Tbsp. of the canned fruit liquid to the juice mixture and stir again.
3. Add the canned fruit.
4. Cut the honeydew melon in half. Use a melon baller to scoop out the melon flesh into small balls. Add the melon balls to the other fruit. Stir gently until everything is well mixed.

Chill for an hour or more.

EASY CHRISTMAS KOLACHE (UKRAINE)

Ingredients:

- 1/2 c. butter or margarine
- 1/2 c. packed brown sugar
- 2 tsp. ground cinnamon
- 1 (1 pound) loaf frozen bread dough, thawed
- 1/2 c. chopped pecans
- 1/4 c. maraschino cherries, halved

1. In a saucepan, combine butter, brown sugar and cinnamon; cook and stir over low heat until sugar is dissolved.
2. Next, cut dough into three even pieces. Roll each piece into a rope and place them side by side. Braid the three pieces together and pinch the braided ends together. Bring the two ends together to make a braided circle, tucking one end under the other and pinching together.
3. Spread a fourth of the syrup mixture over the bottom of a lightly greased 10-in. or smaller tube pan. Sprinkle with half of the pecans and cherries. Place the bread braid on top and sprinkle the remaining syrup mixture, pecans and cherries. (If you wish, you may now cover with plastic wrap and store in the refrigerator overnight. If you do, remove from the refrigerator 30 minutes before baking.)
4. Bake at 375 degrees for 30-35 min. Immediately invert bread onto a serving plate. Serve warm.

SWEET POTATO BREAD (GHANA, AFRICA)

These lightly sweet loaves are easy to make and delicious with a little butter and honey! This recipe makes six small loaves.

Ingredients:

- 1 c. mashed sweet potatoes (you may wish to use a food processor to eliminate chunks of sweet potato in your bread)
- 1 egg
- 2 tsp. baking powder
- 1 c. cornmeal (NOT self-rising)
- 1/2 tsp. salt
- 1 c. flour

1. Mix sweet potatoes and egg together.
2. Add the rest of the dry ingredients and mix well. This is a very heavy, dry dough (rather like scone dough), so you'll need to use your hands to get the dry ingredients thoroughly mixed.
3. Line a baking sheet with parchment paper. Divide the dough and pat into small loaves; place on baking sheet.
4. Bake in a hot oven (450°F) for 15 minutes.

Best when served warm with honey butter.



RAÏTA (INDIA)

Raïta is a popular yogurt and vegetable dish. This cucumber raïta is easy to make. You can also include other kinds of vegetables to make your raïta, including finely chopped or grated carrot, onion or green chiles.

Ingredients:

- 1 large cucumber
- 2 1/2 c. plain yogurt
- 1/2 tsp. salt
- 8-10 slices of pita bread

1. Grate the cucumber with a hand grater or food processor. Place the grated cucumber in a strainer, drain, and squeeze out the excess moisture.
2. With a spoon, mix the cucumber, yogurt and salt in a medium bowl.
3. Tear or cut the pita bread into small pieces for dipping and serve.

This recipe makes 15-20 servings.



EMPANADAS (CENTRAL & SOUTH AMERICA)



Empanadas are a popular item for street vendors in Central and South America because they are easy to eat on the run. They come in all sizes, from large “complete meal” versions to small little bocaditos, used as appetizers at parties and family gatherings. Empanadas can be stuffed with sweet fillings, such as finely diced apples, cinnamon and sugar, or with savory meats, as described below.

Ingredients:

- 1 package prepared pie crusts (usually 2 crusts per package)
- 1 13-oz. can of cooked chicken
- 4 oz. cream cheese, softened
- 4 oz. shredded monterey jack cheese
- 1 4-oz. can mild green chiles
- 1/4 tsp. black pepper
- 1/2 tsp. cumin
- small bowl of water

Directions:

1. Preheat oven to temperature listed on pie crust packaging.
2. Drain the chicken.
3. In a medium bowl, thoroughly mix together the chicken, cheeses, chiles, pepper and cumin.
4. On a clean surface, roll out the first pie crust. Using a large round cookie cutter or a cup, cut circle shapes from the dough. You may also use a knife to cut whatever shapes you prefer, but make sure the pieces are large enough to stuff with filling.
5. Place a small amount of the chicken mixture (about 1 1/2 tsp.) on half of the circle of crust. Then dip your finger in the water and moisten the edges of the dough circle, all the way around.
6. Fold the crust over the filling to make a half-moon shape, taking care that no filling leaks out of the edges (this will prevent the crust from sealing properly). Use a fork to tamp down the edges and make a decorative border to your empanadas (as pictured on previous page).
7. Line a baking sheet with parchment paper and place your finished empanadas on the sheet.
8. Bake for 12 minutes or until lightly browned.