

Recipes Around the World with Kate & Mack

Hi, kids! It's summer time, so you probably have a lot of free time you don't know what to do with. That's why Mack and I thought it would be fun to share recipes from around the world, so you can try making them with your mom or dad!

We've taken one yummy food from five different countries — Cameroon, Peru, Thailand, Bulgaria and Papua New Guinea. And each recipe is shared by missionary kids, so you get to meet kids just like you who live in different countries and eat different foods.

Some recipes might remind you of foods you've eaten before, and some of them will be brand new. So take a look at the recipes, and next time you go to the grocery store you can pick up ingredients.

We hope you enjoy eating these foods as much as we have! It's always fun to try new foods and meet kids from all around the world.

So are you ready?

**Let's start
cooking!**



AFRICA

Fast Facts

Missionary kid: Jude (age 7)







Food: *Foléré*

Country: Cameroon



Jude says, “*Foléré* is a sweet red drink that we have at special times, like birthday parties. You have to be careful when you make *foléré* because it can stain your shirt purple. I like living in Cameroon because there are lots of sticks around all the time that I can use to make swords and bows and arrows. I also like the loud drums people play at night and in church, and the fires that they make to burn the grass.”

Ingredients:

-  2 cups hibiscus leaves (also known as Jimaica or *flor de Jimaica* in Latin grocery stores). If you can't find the leaves, you can use hibiscus tea instead!
-  Rind from one pineapple
-  Water to cover
-  2 cups sugar
-  1 teaspoon vanilla (optional)
-  Enough water to make a gallon of *foléré*

Here's how you make it:

1. Put pineapple rinds and hibiscus leaves/tea bags into a big pot, cover with water and bring to a boil.
2. Lower the heat and simmer for 20 minutes.
3. Turn off the heat and let the juice cool a bit. Then take out the pineapple rind and strain it.
4. When the liquid has been strained into a pitcher, add the rest of your ingredients (sugar, vanilla and lots of water). Stir it well so that the sugar dissolves all the way!
5. Chill it in the fridge, and then you can drink it.



AMERICAS

Fast Facts

Missionary kid: Camilla (age 8)

Food: *Tres Leches* cake

Country: Peru

Camilla says, “My favorite part is poking the cake full of holes with a fork and pouring the milk on top, but it’s hard to wait for it to get cold before eating it!”

Camilla’s mom says, “When we arrived in Peru, our language helper made this as the dessert that she brought for our first meal together. We have since ordered it at many pastry shops and eaten it at other friends’ houses for all sorts of occasions. Here in Peru, it is a ‘go-to’ dessert. It is called *tres leches*, which means ‘three milks,’ because the cake batter is covered with whole milk, sweetened condensed milk and evaporated milk.”

Ingredients:

-  1 ½ cups all-purpose flour
-  1 teaspoon baking powder
-  ½ cup unsalted butter or margarine
-  1 cup white sugar
-  5 eggs
-  ½ teaspoon vanilla extract
-  2 cups whole milk
-  1 (14 ounce) can sweetened condensed milk
-  1 (12 fluid ounce) can evaporated milk
-  1 ½ cups heavy whipping cream
-  1 cup white sugar (another one!)
-  1 teaspoon vanilla extract (more vanilla!)



Here’s how you make it:

1. Preheat oven to 350 degrees F.
2. Grease and flour one 9x13 inch baking pan.
3. Sift flour and baking powder together and set aside.
4. Cream butter or margarine and a cup of sugar together until fluffy. Then add the eggs and the ½ teaspoon of vanilla extract, and beat it well!
5. Add the flour mixture to the butter mixture 2 tablespoons at a time, and mix until it’s well blended. Then pour the batter into the pan.
6. Bake for 30 minutes.
7. When the cake is done, poke a fork into it in different places and let it cool.
8. Mix the whole milk, condensed milk and evaporated milk together. Now pour it over the cooled cake!
9. Whip the whipping cream, the remaining cup of sugar and the last teaspoon of vanilla together until it’s nice and thick. Spread it all over the top of the cake.
10. Put the cake in the fridge until it’s cold (and keep it in there when you’re not eating it). Now you can eat it!

ASIA

Fast Facts

Missionary kids: Karis (age 4) & Amara (age 2)








Food: Fried rice

Country: Thailand

Karis and Amara's mom says, "We live in Thailand and are a part of the survey team for Mainland Southeast Asia. Our girls are 4 and 2. Their favorite activities in Thailand are feeding the elephants at the zoo and enjoying fresh mangoes at the market."

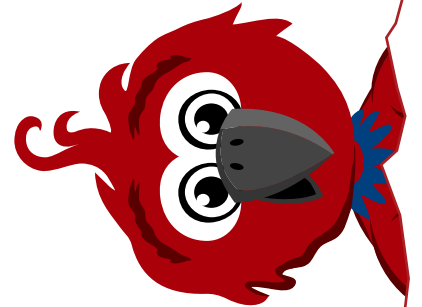


Ingredients:

-  1 tablespoon oil
-  2 eggs
-  2 cups cooked rice (not instant)
-  2 tablespoons oyster sauce
-  1 ½ tablespoons sugar
-  2 tablespoons soy sauce
-  ½ diced onion
-  1 diced carrot
-  ¼ cup green onion

Here's how you make it:

- 1.** Mix oyster sauce, sugar and soy sauce together in a small bowl and set aside.
- 2.** Pour oil in a fry pan and scramble the eggs on medium high heat.
- 3.** Add all the ingredients (except for the green onion) to the pan.
- 4.** Allow it to cook for three minutes (or until the white onions are tender). Add water or oil if needed so it doesn't burn.
- 5.** Add green onion and remove from heat.
- 6.** Now you can eat it!



EUROPE

Fast Facts








Missionary kid: Asha (age 6)

Food: Bulgarian Cheese Banitsa

Country: Bulgaria

Asha's mom says, "Banitsa are eaten all the time here and can have many different fillings — from a sweet pumpkin to savory ones with leeks. We often enjoy them as a breakfast food or a snack during the day. They can be bought very inexpensively in little stands all over town."

Ingredients:

-  5 eggs
-  1 ¼ cup feta cheese
-  1 cup Greek style yogurt
-  ½ teaspoon baking soda
-  Cooking oil (vegetable, canola or olive works fine)
-  Butter
-  One package Filo dough sheets (you can usually find this in the frozen dough section at your grocery store)



Here's how you make it:

1. Preheat oven to 400 degrees F.
2. Whisk eggs in a bowl.
3. Add cheese and yogurt, breaking apart the cheese with a fork.
4. Add baking soda.
5. Lay out two sheets filo dough and fold into a triangle.
6. Drip oil on dough (just a few drops here and there).
7. Then put a spoonful or two of the cheese and egg mixture on the dough on the long end of the triangle.
8. Roll into a tube, then cut the tube into slices (it'll look like a cinnamon roll!)
9. Put a pat of butter (like a tablespoon or so) on top of each banitsa.
10. Bake until they're browned on top (10-12 minutes).
11. Once they're cooled a bit, you can eat them!



PACIFIC

Fast Facts

Missionary kids: Oren (age 7) and his little sister, Rose



Food: Kaukau

Country: Papua New Guinea

Oren says, “We live in Papua New Guinea and one of the things the people here eat a lot of is kaukau.

“When we arrived to PNG, we attended training in order to learn the language and culture. Part of our training was to stay with a family in a village for four weeks. Our friends in the village ate kaukau at every meal. I love kaukau, and I hope you love it too! It’s one of my favorite meals!”

Ingredients:

-  Sweet potatoes (one potato per person)
-  Coconut milk (enough to cover the potatoes!)

Here’s how you make it:

Kaukau is usually boiled in a big pot with freshly scraped coconut. But you can make it with sweet potatoes and coconut milk.

1. Wash the sweet potatoes.
2. Cut them into chunks that you can easily eat.
3. Put them in a pot, and cover them with coconut milk.
4. Now let them boil on the stove until they’re tender.
5. When your fork slides into the potato easily, they’re ready to eat!

