

Invite Some Friends, Make Some Food!

Food. It's something we all need to survive, right? We eat to help us grow, to stay healthy and, most importantly, to stay alive.

But we need more than just physical food to stay alive; we need spiritual “food” too! In Matthew 4:4, Jesus said: “... ‘People do not live by bread alone, but by every word that comes from the mouth of God’” (NLT).

The last part of the verse is important! But how do we know where to find God's words? They're found in the Bible! That means that the Bible is our spiritual food — the food that helps us grow and stay healthy and alive in our relationship with God.

But around 170 million people around the world are waiting to get the first words of the Bible in their language. That's a lot of people who need to have the Bible — God's spiritual food! — in a way that makes sense to them.

One of the best ways you can help make this happen is to pray. No matter how old you are, you can pray that God will help people all around the world to get the Bible in their language so they can learn more about him! A fun way to do that is by learning about the different cultures, languages and people who are still waiting for the Bible. And you can do that by trying different recipes from around the world — food that people just like you and me eat in their homes with their friends and family.

So why not invite a few people over and make one, two or more of these recipes? Mack and I have pulled these recipes from our cookbook **“Cooking with Kate & Mack”** which you can find at **wycliffe.org/cook**. As you make this food, read about the country it's from and the people who eat it, and pray that they'll learn about God's amazing love for them in a language and form they can clearly understand.



AFRICA

Foléré

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 Jamaica or *flor de Jamaica* 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 from the pot (and tea bags, if you used those) and strain the liquid into a pitcher.
4. Once the liquid has been strained, add the rest of your ingredients (sugar, vanilla and enough water to make a gallon). Stir it well so that the sugar dissolves all the way!
5. Chill it in the fridge, and then you can drink it. Yum!



EUROPE

Kate's Pick: Cottage Pie

Fast Facts

Missionary kid: Kate

Food: Cottage Pie

Country: Ireland

Kate says, "Cottage pie is a lot like shepherd's pie, if you've ever had that. Some people call it that instead of cottage pie. Either way, it's a delicious dinner that people in Ireland (and Britain too) like to eat!"

Ingredients:

- 1 pound ground beef
- 1 onion, finely chopped
- 2 carrots, chopped
- 2 celery sticks, chopped
- ½ cup beef stock or bouillon
- 2 tomatoes, chopped
- ½ teaspoon thyme
- ¼ teaspoon sage
- 1 tablespoon chopped parsley
- Salt and pepper
- 3 medium potatoes
- ⅔ cup milk
- 1 tablespoon butter

Here's how you make it:

1. Preheat the oven to 375 degrees F.
2. Once the potatoes are washed and peeled, put them in a big pot to boil.
3. Brown the beef in a frying pan or skillet. Once cooked, drain any fat and liquid from the meat. Set the meat aside in a separate bowl.
4. In the pan you just used for the meat, sauté the onions, carrots and celery in a little oil until they're tender. Add the chopped tomatoes and cook for 2-3 minutes.
5. Add the broth and stir in the thyme, sage, parsley, salt and pepper.
6. Add the meat back into the pan or skillet and cook for another five minutes.
7. Pour this mixture into a casserole dish or a 9x13-inch pan.
8. Once the potatoes are boiled, drain and mash them. Mix in the milk and butter to make them creamier.
9. Then spread the mashed potatoes on the top of the mixture in the casserole dish and make it smooth and even. Run a fork across the top so it'll get a little crispy.
10. Bake it uncovered for 30-40 minutes until the top is golden brown.
11. Now you can eat it!



ASIA

Fried Rice

Fast Facts

Missionary kids: Karis (age 4) and 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 onion, diced
- 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!



AMERICAS

Brigadeiros



Fast Facts

Missionary kids: Acácia (age 8), Eliana (age 6) and Laís (age 6).

Food: *Brigadeiro*

Country: Brazil

Acácia, Eliana and Laís' mom says, "Our girls love being missionary kids and living in Brazil because they get to speak two languages and really love their school. Another favorite thing about living in Brazil is getting to see all of the neat birds here!"

"Brigadeiros are a part of any good birthday party. They're often used to decorate the birthday cake table."

Ingredients:

- 3 tablespoons cocoa powder
- 1 tablespoon butter
- 1 can (14 oz.) sweetened condensed milk
- Sprinkles or chopped nuts

Here's how you make it:

1. Combine all the ingredients (but not the sprinkles) in a saucepan and cook on low heat.
2. Stir constantly for 10-15 minutes so that it doesn't burn!
3. When the mixture begins to boil, pay careful attention to the consistency — you want it to start firming up a bit.
4. Once the mixture is firm (you can test this by using your spoon to scrape through the mix and seeing if the cut holds its shape), it should be ready.
5. Turn off the heat and pour the mixture onto a buttered plate. Then let it cool for a while.
6. Once it's cool enough to touch, butter your hands and form bite-size balls from the mix. Then roll them in the sprinkles or chopped nuts and eat them!



PACIFIC

Kate's Pick: Coconut Cake

Fast Facts

Missionary kid: Kate

Food: Coconut Cake

Country: Vanuatu

Kate says, "Coconut is a popular fruit in Vanuatu, and since Vanuatu is made up of tropical islands, there's probably a lot of it! If you like coconut, then you're sure to love this coconut cake. It's amazing!"

Ingredients:

- 4 cups fresh grated coconut (you could try dried coconut too, but the cake might not be as moist)
- 1 cup unsalted butter
- 2 cups caster sugar (or granulated sugar)
- 2 cups flour
- 8 eggs
- 3 teaspoons baking powder
- 1 teaspoon salt

Here's how you make it:

1. Pre-heat the oven to 300 degrees F.
2. Let the butter soften. Then, in a bowl, mix the sugar and butter together with an electric mixer until light and creamy.
3. Add the eggs one at a time, mixing them in well.
4. Then mix the flour, baking powder, salt and grated coconut into the bowl.
5. Butter and flour a 9-inch round or square baking pan and pour the mixture into it.
6. Bake for 1-1 ½ hours until the top is golden brown.
7. Once it's cool, you can eat it!

