



TABLE^{TO} TABLE

A COOKBOOK
DRAWING FAMILIES
OF THE WORLD
TOGETHER



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LIVING JUSTICE • LOVING MERCY • SERVING CHRIST

TABLE^{TO} TABLE

RECIPES SHARED WITH **LOVE**
FROM FAMILIES AROUND THE WORLD





"FOOD CAN BE A VEHICLE
FOR SOCIAL CHANGE.
IT BRINGS PEOPLE TOGETHER
IN A WAY THAT VERY FEW
OTHER ACTIVITIES CAN."

— ANIM STEEL, founder of the Real Food Generation
and former director of National Programs at The Food Project

CONTENTS

INTRODUCTION	4
ZAMBIA	6
Spicy Village Chicken	6
Ifisashi: Sweet Potato and Spinach Stew	8
Nsima: Boiled Cornmeal	9
Nyirenda Family Story	10
LAOS	12
Mok Pah: Laos Steamed Fish	12
Tham Mak Hoong: Spicy Papaya Salad	14
Khao Niew: Sticky Rice	15
Lao Seng Family Story	16
KENYA	18
Nyama Choma: Roasted Meat	18
Kaka Wa Kupaka: Chicken in Coconut Curry	20
Kachumbari: Tomato and Onion Salad	21
Kenga Family Story	22
HONDURAS	24
Pescado Frito: Fried Fish	24
Plátanos Maduros: Fried Plantain Bananas	26
Chimol: Honduran Fresh Salad	26
Horchata: Sweet Rice Drink	27
Ayala Family Story	28
NIGERIA	30
Braised Goat Leg in Obe Ata	30
Jollof Rice	33
Gyang Family Story	34
DESSERTS	36
Shuku Shukiu: Coconut Balls	36
Arroz Con Leche	36
Pilones: Honduran Popsicles	36
Khao Niaow Mak Muang: Mango Sticky Rice Pudding	36

TABLE^{TO} TABLE

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FEEDING PEOPLE, Shauna Niequist writes in her book *Bread and Wine* "brings nourishment not only to our bodies, but to our spirits. Feeding people is a way of loving them."

Your reliable giving to families through World Renew has provided more consistent and more nourishing food and renewed spirits for thousands of families.

You may never share a table with these faraway friends, but you can spend an evening "at their table" in your own home, enjoying the food that nourishes their bodies — the way they show love to their families. Take a meal-time trip to Honduras, Kenya, Laos, Nigeria, or Zambia with recipes, family stories, food customs, and even dinner music suggestions.



Those of us who enjoy three reliable meals a day will sit down to eat over 1,000 times in the coming year. We hope that you'll make space to elevate a few of those meals beyond mere refueling and experience an evening of connection with friends — near and far, long-time and soon-to-be.

Jesus loved gathering at a table. The gospels are littered with stories of Jesus at a table, being invited to a table, inviting others to a table, inviting himself to a table, being fed, and feeding others. So remember to take a moment during your mealtime journey around the world to thank Him — for our daily bread, for people to share a table with, and for multiplying your gift to a faraway family gathering at a table of their own.

"FEEDING
PEOPLE
IS A WAY OF
LOVING
THEM."

ZAMBIA

ZAMBIA IS HOME to 10 million people across 73 ethnic groups, but you can sum up the country's cuisine in two words: **ndiwo** and **nshima**. "Ndiwo and nshima are like siamese twins, the left and the right hand, student and teacher, husband and wife, mitt and glove," says one Zambian chef, "Eating nshima without ndiwo would be regarded as lack of proper planning!"

Nshima is Zambia's version of the African staple of cornmeal porridge, a thick and smooth blend of just water and finely ground corn flour — known in Zambia as mealie meal — and Zambians eat it at lunch and dinner every day. **Ndiwo**, roughly translated as "relish," is the soup, sauce, or stew that Zambians serve alongside their nshima to complete a meal. We've added in Spicy Village Chicken because so many of our Zambian friends learn chicken rearing with us. Together this trio will give your table the Zambian flavor our faraway Zambian friends enjoy every day.

SPICY VILLAGE CHICKEN

SERVES: 8 • PREP TIME: 10 MIN • COOKING TIME: 1-2 HOURS

A "village" chicken is really just a free range chicken, one that has been allowed to wander about the garden, eating bugs and greens and doing its part by laying eggs and fertilizing and growing fat. If you can find a free range chicken, do give it a try and see if you can taste the difference. Zambians say they do!

1KG OR 2.2 LBS. CHICKEN, FREE RANGE IF YOU CAN FIND IT FOR MOST AUTHENTIC FLAVOR — CUT INTO PIECES AT THE JOINTS (OR ASK YOUR BUTCHER TO DO THIS FOR YOU WHEN PURCHASING)

2 TBSP. VEGETABLE OIL

SALT TO TASTE

200 ML. OR ABOUT 7 OZ. WATER

2 LARGE TOMATOES, CHOPPED

1 MEDIUM ONION, DICED

2 TSP. TOMATO PASTE

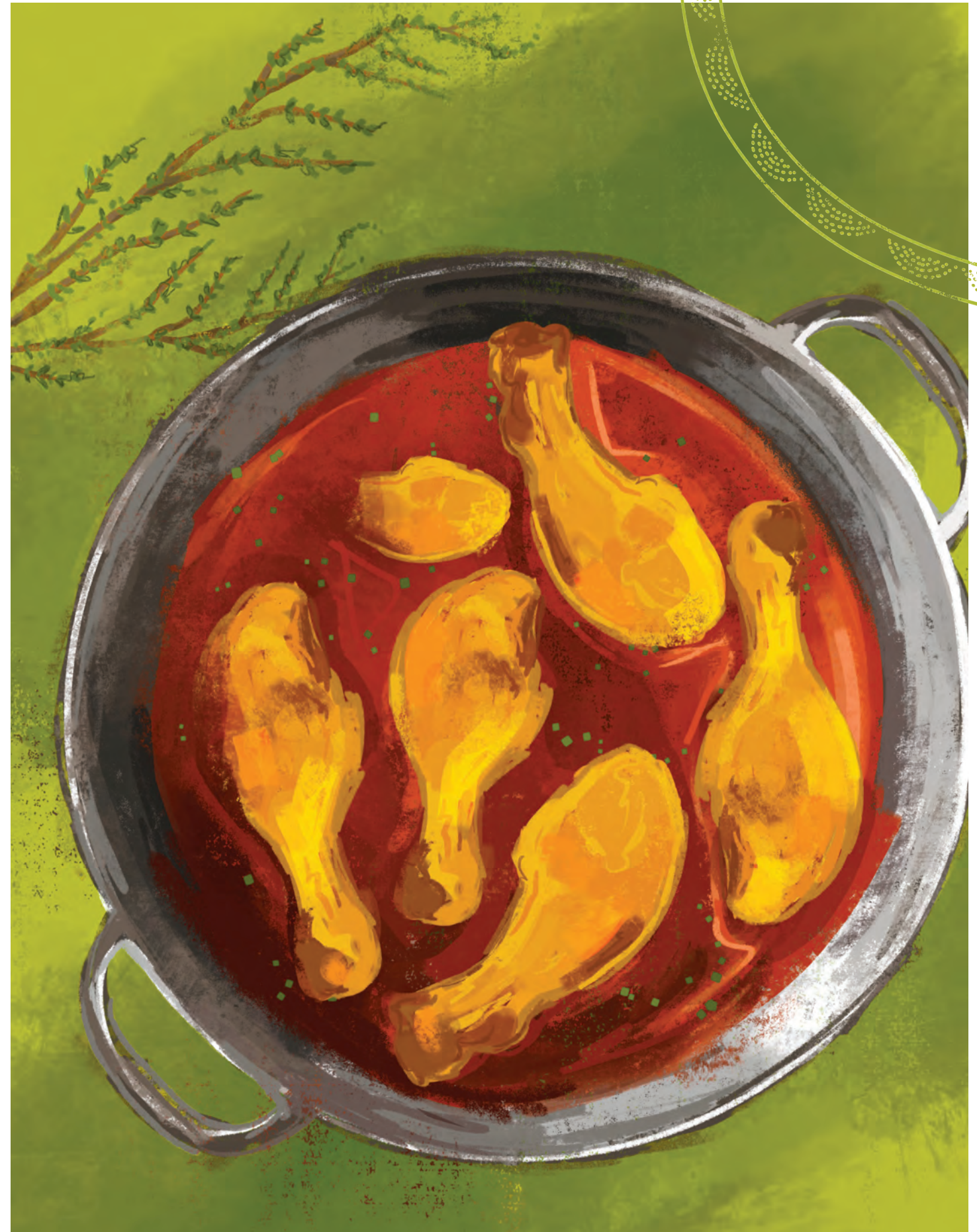
1 TSP. CURRY POWDER

½ TSP. OF CHILI FLAKES OR ½ A RED CHILI, CHOPPED (OPTIONAL)

1 TSP. OF GARLIC POWDER

1 HANDFUL FRESH THYME, REMOVED FROM THE STALKS AND ROUGHLY CHOPPED (OPTIONAL)

- 1 Place chicken in a large pot and pour in 200 ml (about 7 oz.) water. Bring to boil at high heat. Do not salt yet because this will toughen the meat.
- 2 Cover and boil for 15 minutes. Then turn the pieces in the pot and boil for another 10 minutes.
- 3 Once the chicken is thoroughly cooked and the liquid has reduced, add the oil and cook on medium-low heat for 5 minutes.
- 4 Add the onions and tomatoes to the pot and stir gently.
- 5 Add tomato paste, curry powder, chili flakes (or fresh chili as preferred), garlic powder, fresh thyme, and salt to taste. Stir gently to mix.
- 6 Cook on medium-low heat for another 15-20 minutes.
- 7 Serve with nshima or rice.



IFISASHI:

SWEET POTATO AND SPINACH STEW

SERVES: 4-5 ● PREP TIME: 15 MIN ● COOKING TIME: 30 MIN

Ifisashi is a common ndiwo, or relish, served with nshima. Because it is meat and dairy-free, vegans will especially appreciate this addition to the meal.

- 1 TBSP. OIL OF YOUR CHOICE
- 2 ONIONS, DICED
- 2 GARLIC CLOVES, CHOPPED
- 2 TOMATOES, DICED
- 2 SWEET POTATOES, DICED (ABOUT 2 CUPS)
- 6 CUPS FRESH SPINACH
- ½ CUP WATER
- 1 CAN (15 OZ. OR 540 ML) CHICKPEAS (GARBANZO BEANS), DRAINED AND RINSED
- ¾ CUP PEANUTS
- SALT TO TASTE

- 1 Heat oil in a large frying pan over medium-high heat.
- 2 Add the onions to the hot oil and cook until golden, about 6 minutes.
- 3 Add the garlic and cook 1-2 minutes more.
- 4 Add tomatoes and cook until they begin to soften.
- 5 Add in sweet potatoes, spinach, and water. Cover and simmer on medium heat until the sweet potatoes are tender.
- 6 Add chickpeas (garbanzo beans) and peanuts and salt to taste and cook a few more minutes until heated through.

DON'T MESS WITH MEALIE-MEAL!

Nshima is so critical to Zambian life that when the government suddenly raised the price of cornmeal in 1990 it caused riots and the eventual overthrow of the ruling party.

EAT WITH YOUR HAND!

Advice from a Zambian etiquette manual says “It is considered very dignified and enjoyable to eat nshima slowly while making and smoothing the lump carefully before eating it, making good and relaxed conversation in the process.” Dip the nshima in the ndiwo before eating and don’t forget: right hand only!



DINNER MUSIC

Add some Zambian flair to your meal with the Afro-Jazz stylings of singer-songwriter James Sakala who calls music “the voice for my thoughts, experiences, and faith in God — not only through the lyrics I write or the melodies I sing, but also through the instruments that I play. It is a natural way for me to share who I am.”

NSHIMA:

BOILED CORNMEAL

SERVES: 4-5 ● PREP TIME: 2 MIN ● COOKING TIME: 10 MIN

In Kenya, they call it ugali. In Zimbabwe, sadza. In Malawi, nsima. Cornmeal is ubiquitous across Africa. Zambians eat their version, a very thick and smooth ground maize porridge that they call nshima, at least twice a day at lunch and dinner as a scoop for the ndiwo. Nshima is traditionally unsalted, but you can add a tsp. of salt to the cooking water if that’s your taste preference.

- 4 CUPS WATER
- 2 CUPS PLAIN CORNMEAL

- 1 Heat water in a medium saucepan until lukewarm.
- 2 One tbsp. at a time, slowly sprinkle ¾ cup of the cornmeal into the water, stirring constantly. Zambians

- 3 use a stick; you can use a wooden spoon.
- 3 Continue stirring slowly until mixture begins to thicken and boil. Then cover and simmer on medium heat for 3-5 minutes.
- 4 Carefully remove lid and slowly pour remaining cornmeal into saucepan, briskly stirring until smooth and thick. This will be an arm workout!
- 5 Now turn off the heat, cover, and let nshima sit on stove for another 2-3 minutes. You’re looking for a thick, smooth, slightly elastic dough.
- 6 You can now turn this out on a platter and serve as a “loaf,” to be torn by hand, or form into small balls or torpedo shapes for individual serving.



LOYCE NYIRENDA begins her day before the sun peeks over the acacia trees. As she and her oldest daughter, Sabina, make their daily walk for water, they listen to the birds singing good morning in the bush willow trees and take turns identifying them: indigobird, pied wagtail, widowbird, pearl spotted owl.

When they return to the compound, the rest of the family is waking up. Loyce's daughter-in-law has started a charcoal fire in the outdoor cooking area and she and Loyce start cooking the morning's giant pot of nshima. With 7 children, some married and with children of their own, Loyce and her husband Sandress are the matriarch and patriarch of a happy clan.

While housework is considered women's work across Zambia, Loyce enjoys Sandress's help and appreciation for caring for their loving brood. Active in World Renew sponsored programs, they embrace their equal belovedness in God and so enjoy a fruitful partnership. While Loyce washes the breakfast dishes, Sandress sweeps the compound, shooing away the chickens that loiter, waiting for scraps.

MAKE A JOYFUL NOISE!

Grinding cornmeal is a physically demanding process generally done by Zambian women who often join together in the task. Girls and women will take turns pounding corn while singing traditional pounding songs that can sometimes be heard miles away. Have a listen! tiny.cc/t43usz



With the morning nshima made and eaten, Edith, 12, and grandson James, 13, put on their school uniforms and collect their books and walk to school. Little Rose and baby grandson Wisdom stay home, happy to help their mothers with planting and weeding and always eager to spot a butterfly or caterpillar.

Growing food in Zambia is challenging work, made harder by recurrent droughts. Loyce and Sandress use the training they've done with World Renew to eke out enough to feed their family 3 meals a day, a big accomplishment.

After a day in their field and more time spent cooking, they sit outside their home of red, baked-clay brick and rest — marveling at the way the sunset lights up the flame tree across the compound and at how God has blessed them with a happy household.

LAOS

EVERY CULTURE identifies itself in part by its cuisine, but few so thoroughly that they name themselves by their national food. But in Laos, sticky rice is so fundamental to life that Lao people refer to themselves as **luk khao niaow**, or “children or descendants of sticky rice.” For Lao people around the world, sticky rice is a cultural touchstone, an essential part of what it means to be Lao.

This traditional Lao meal of **mok pa** (steamed fish), **tham mak hoong** (spicy papaya salad), and khao niew (sticky rice) will bring the sweet and sour, spicy and salty flavors of Laos to your table. If you have access to an Asian grocery or international market, try to do all of your shopping there. You’ll find the proper produce and more affordable staples.

MEASUREMENTS

As many regions of a nation have distinctive flavors, keep in mind that Lao cuisine is not exempt. Traditionally, Lao people do not measure when cooking food, therefore the following recipes have been edited for Western kitchens with notations that feel familiar.

MOK PA: LAO STEAMED FISH

SERVES: 4 ● PREP TIME: 10 MIN COOKING TIME: 30 MIN

This Lao dish is traditionally wrapped in banana leaves tied with string and roasted over hot coals. If you want to be totally authentic and can find banana leaves, there are lots of videos online explaining how to wrap and tie with them. This version uses aluminum foil and works great too.

- 1 LBS. MILD WHITE FISH LIKE TILAPIA, CUBED
- 2 STALKS LEMONGRASS SLICED (ONLY USE THE BOTTOM 4” OF EACH STALK AND TRIM AWAY ANY HARD, WOODY BITS)
- 2 SHALLOTS SLICED
- 3-4 KAFFIR LIME LEAVES SLICED (TRIM OUT THE WOODY CENTER STEM)
- 1½ TBSP. FISH SAUCE
- 3 CLOVES GARLIC
- 8 THAI RED CHILIS, 4 SLICED IN MIX AND 4 WHOLE FOR TOPPING (SEE NOTE)
- 1 HANDFUL FRESH THAI BASIL
- 1 HANDFUL FRESH DILL
- ½ CUP UNCOOKED STICKY RICE SOAKED OVERNIGHT (SEE STICKY RICE RECIPE ON FOLLOWING PAGE FOR MORE INFORMATION)

Note: Thai red chilis are HOT, ten times hotter than a jalapeño. Adjust for your palate and feel free to substitute a pepper that is more pleasing to your palate.

- 1 Pound all of the ingredients except the fish together in a mortar and pestle. If you don’t have one, you can use a heavy, flat-bottomed drinking glass in a wide, sturdy bowl.
- 2 Gently fold in the fish.
- 3 Divide the mixture into four equal portions and wrap in aluminum foil to make small packets.
- 4 Steam for 30 minutes until fish is done.
- 5 Enjoy by dipping it with sticky rice!

“BO PHET BO SAAP!”
(IF IT’S NOT SPICY, IT’S NOT DELICIOUS)

-COMMON LAO SAYING





TAKE OFF YOUR SHOES!

No one wears shoes inside a traditional Lao home, and at meals, families sit on a reed mat on the floor around a raised platform woven out of rattan called a "pha khao wai," which literally means rice table.

THAM MAK HOONG: SPICY PAPAYA SALAD

SERVES: 4-5 • PREP TIME: 30 MIN

This refreshing salad features layers of spicy, sour, sweet, salty, and umami flavors in one dish. Your best source for the required ingredients in an Asian market with a produce section. Don't make it ahead of time. It's best served fresh.

- 1 GREEN PAPAYA, PEELED
- 6 BIRD'S EYE (THAI) CHILIS (SEE NOTES)
- 1 TBSP. OF PALM SUGAR OR BROWN SUGAR
- 2 GARLIC CLOVES
- 1 TSP. PADAEK OR 2 TBSP. FISH SAUCE (SEE NOTES)
- 1 TBSP. LIME JUICE (JUICE OF ½ A LIME)
- 15 CHERRY TOMATOES, HALVED
- 1 CUP OF LONG GREEN BEANS (SNAKE BEANS), CHOPPED INTO 1-INCH LENGTHS
- 2 KERMIT/THAI EGGPLANTS, CUT INTO THIN WEDGES (SEE NOTES)
- FINELY SHREDDED THAI BASIL, TO TASTE (1-3 TBSP.)
- PORK CRACKERS, OPTIONAL
- ¼ CUP ROASTED PEANUTS
- ¼ HEAD OF CABBAGE OR GREEN LETTUCE

Notes: Bird's eye, or Thai, chilis are quite hot with a Scoville rating of 50,000 to 100,000. A traditional Lao tham mak hoong will have between 3 and 6 bird's eye chilis in it — that's a lot of heat! If your palate isn't ready for that, consider a jalpeño pepper (or even half), which has a Scoville rating of about 5,000. If you're really not a lover of spicy food, you can make this without the chilis altogether, but you'll lose out on

the quintessential blend of sweet and spicy that makes a perfect Lao papaya salad.

Padaek is fermented fish, Lao's version of anchovies.. Its distinct flavor (and smell) make this dish a truly Lao version of mango salad. But if you can't find it, traditional fish sauce (or even anchovy paste in a pinch) works fine too.

If you have access to an Asian market, you should be able to find kermiteggplants, which are, unlike other eggplants, edible raw and so perfect for this fresh, raw salad. Do not substitute other eggplants for this. If you can't find kermiteggplant, try shredded carrot or thinly-cut red peppers.

- 1 With a large sharp knife and a LOT OF CAUTION, cut the papaya into thin strips. If you have a julienne peeler, use that instead.
- 2 Using a mortar and pestle, pound the chilis, sugar and garlic into a paste. Use caution when working with chilis (don't touch your eyes!) and wash your hands well when you're done. If you don't have a mortar and pestle, the side of a heavy knife blade or the bottom of a heavy glass will do.
- 3 Add the fish sauce and lime juice and mix well. Transfer to a serving bowl.
- 4 Add cherry tomatoes to the serving bowl and pound gently until tomatoes release juice but still retain some of their shape.
- 5 Taste and adjust flavors for your perfect balance of hot, sweet, sour, and salty.
- 6 Fold in snake beans, eggplant, and shredded Thai basil until well-mixed.
- 7 Top with roasted peanuts and adorn plate with cabbage or lettuce. If you like, serve with pork crackers crumbled on top.

KHAO NIEW: STICKY RICE

Lao do eat some foods with a fork and spoon. But sticky rice — so called because the grains stick to each other so well — makes perfect little rice balls or scoops for mopping up sauces and scooping up salads. Lao people say that you'll know you've washed your hands well enough before dinner if the rice sticks to your hand.

There's really no substitute for sticky rice in Lao cuisine, so if you're not up for making it yourself, look for pre-cooked sticky rice available in some grocery stores, Asian markets, and even "big box" retailers (online and warehouse). The perfect sticky rice is evenly cooked (with grains intact, not mushy), tender yet chewy, and dry, not soggy.

STOVETOP METHOD:

SERVES: 4 • PREP TIME: 45 MIN PLUS OVERNIGHT SOAKING

2 CUPS SWEET/STICKY/GLUTINOUS RICE (SEE NOTE)

WATER

MIXING BOWL FOR SOAKING

LARGE DEEP POT WITH A LID

BAMBOO STEAMER, HEATPROOF DISH, OR METAL STEAMER FOR INSIDE POT

STEAMER RACK FOR BOTTOM OF POT (AN UPSIDE-DOWN METAL COLANDER, HEATPROOF DISH, OR EVEN AN OLD TUNA CAN WORKS TOO)

- 1 Add the sticky rice to a mixing bowl or other deep container. Fill it with water so that the water level is at least 3 inches above the rice, as the rice will expand when soaking.
- 2 Soak for 4 to 24 hours.
- 3 Drain the water and evenly arrange the soaked sticky rice inside bamboo steamer (or metal steamer or heatproof dish).
- 4 In the bottom of a large, deep pot, arrange a steamer rack (or upside-down metal colander, heatproof dish, or even an old tuna can) and pour enough water into the bottom of the pan for steaming but not so much that it covers the rack. You do not want your rice to touch the water.
- 5 Cover and steam for 20 minutes. If your lid allows steam to escape, layer a dish towel between it and the pot to create a more secure seal. If you are making a larger batch of rice, steam in two batches or steam longer. You can check the rice and increase the steaming time if need be.

- 6 After 20 minutes, check the top of the rice. If rice shows signs of being cooked (more translucent) than it's time to flip the rice. This takes GREAT practice, BE SAFE. Uncover the lid, take the two ends of the bamboo basket then take off the steaming pot, place the bottom on a counter to loosen the rice from the basket, then flip the rice with a rotation for the bottom to be at the top. Once rotation is done, put the cooking rice basket back on the cooking pot for another 15 or so minutes.
- 7 Once rice on top looks like it is drying out, it's time to "bonng the rice." Place rice into a basket or large colander. For 5 minutes, fold the rice with a wooden spoon that has been dampened to prevent rice from sticking. The airing of the rice allows steam to be released so rice does not become soggy. Cover the sticky rice basket until ready to serve.

Note: Regular rice will not work. You must purchase sticky rice.

INSTANT POT METHOD

SERVES: 4 • PREP TIME: 2 MIN + TIME TO PRESSURIZE • COOK TIME: 25 MIN

2 CUP (400 G) STICKY/SWEET/GLUTINOUS RICE

1 AND ½ CUP (315 ML) COLD TAP WATER FOR RICE AND 2 CUP (500 ML) COLD TAP WATER FOR BOTTOM OF INSTANT POT

INSTANT POT ELECTRIC PRESSURE COOKER

STAINLESS STEEL BOWL THAT FITS INSIDE INSTANT POT

STAINLESS STEEL TRIVET OR STEAMING RACK THAT FITS INSIDE INSTANT POT

- 1 Put 2 cups (500 ml) of cold tap water and a trivet in your pressure cooker.
- 2 Put 2 cup (400 g) of sticky/sweet/glutinous rice in the stainless steel bowl and place on top of the trivet or rack inside the pressure cooker.
- 3 Pour 1 and ½ cup (315 ml) of cold tap water into the stainless steel bowl. Ensure all the glutinous rice is submerged in the water.
- 4 Close the lid and pressure cook at high pressure for 25 minutes, then allow to naturally release.
- 5 After natural release, open the lid carefully, fluff rice, and serve immediately!



K

HAM ANN SENG and his wife Lien wake before the sun is strong enough to stream through the bamboo walls of their wood plank home. They start a fire, keeping their jackets on — days start cold in the hills of northern Laos. Lien shoos the dog out of the way as she fills a cooking pot with glossy grains. Like all of their fellow Lao, the Sengs begin their day with rice.

The smell of steaming rice wakes the children — Pai, 7, Pae, 5, and Khaan, 3 — but no one eats until Kham Ann's parents are seated on the low wooden benches around the fire. With respectful *nops* — praying hands brought up to the nose, heads bowed — the family serves their elders first.

Now the sun is arcing over the forest canopy, driving away the morning mist and warming the yard. Kham Ann and Lien head to the rice field, its bright green glowing against hills covered in towering teak and mahogany trees. The Sengs eat rice at every meal and spend their days tending and harvesting it.

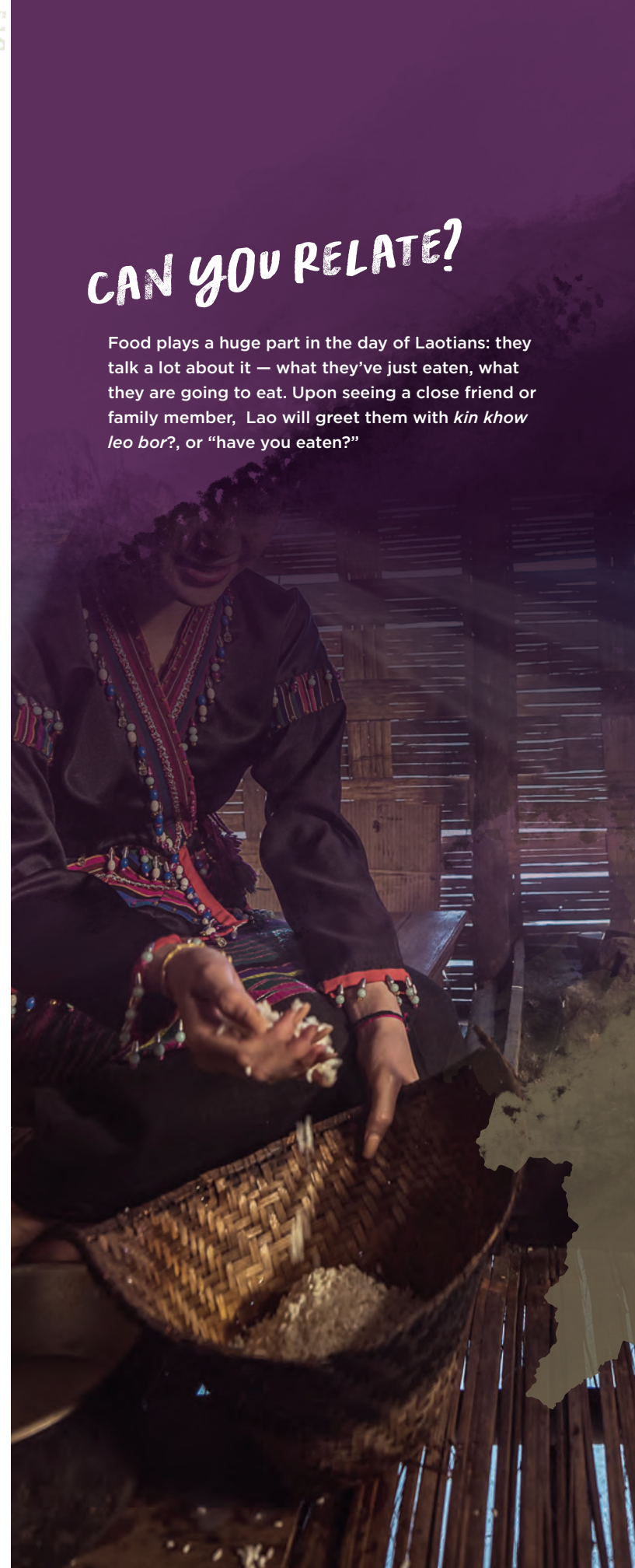
The children stay at home with their grandparents. Pae likes to help *Maeh thuu* (Grandma) in the kitchen garden, eagerly tracking the

CAN YOU RELATE?

Food plays a huge part in the day of Laotians: they talk a lot about it — what they've just eaten, what they are going to eat. Upon seeing a close friend or family member, Lao will greet them with *kin khow leo bor?*, or "have you eaten?"

growth of her favorite, the dill plant, with fluffy green tops that make an excellent crown for playing queen. Pai and little Khaan prefer to forage in the forest with *Poh thuu* (Grandpa), who always seems to find a mango they didn't spot.

By lunchtime, the cold is a distant memory, the air now humid with the promise of rain. *Maeh thuu* has more rice cooking and the family eats again. The afternoon is spent gathering more firewood and water and making repairs to the woven walls of their home. By dinnertime, everyone is tired and ready to sit quietly outside, watching the treeswifts swoop in and out of a nearby bamboo thicket. *Poh thuu* points out a hawk circling high above them and Lien slowly inhales the scent of the jasmine vine climbing a nearby tree. Tomorrow is another day for rice.



KENYA

KENYA IS HOME to 48 million people representing 47 different ethnic communities who all bring their own flavors to food. But across the country a few staples feature on every Kenyan plate. Boiled cornmeal is served as a side dish across Africa at almost every meal and Kenyans call it **ugali**. **Nyama choma** — literally roasted meat — is a meal for special occasions. Kenyans refer to “nyama choma culture” and even say that if you haven’t eaten it, “you haven’t been to Kenya.”

Through World Renew, many families have started successful chicken-rearing businesses, so we’re also including a popular **chicken curry** that reflects the hint of India brought to this country on the Indian ocean.

Travel to Kenya at your table tonight by serving this quintessential meal along with **kachumbari**, a classic Kenyan raw vegetable salad.

NYAMA CHOMA: ROASTED MEAT

SERVES: 4-6 ● PREP TIME: 15 MIN ● COOKING TIME: 2 HOURS

A feast of meat and fire — every culture has their version! Brazilians cheer for churrasco and Hawaiians love luau. From Indian tandoor and Lebanese shawarma to Honduran carneada and Korean bulgogi, people around the world love a party featuring meat over a fire, and Kenyans are no different. This easy-to-make meat will be a feast favorite.

APPROXIMATELY 2 LBS. OF BEEF OR GOAT SHORT RIBS

SALT TO TASTE

1 TBSP. TURMERIC

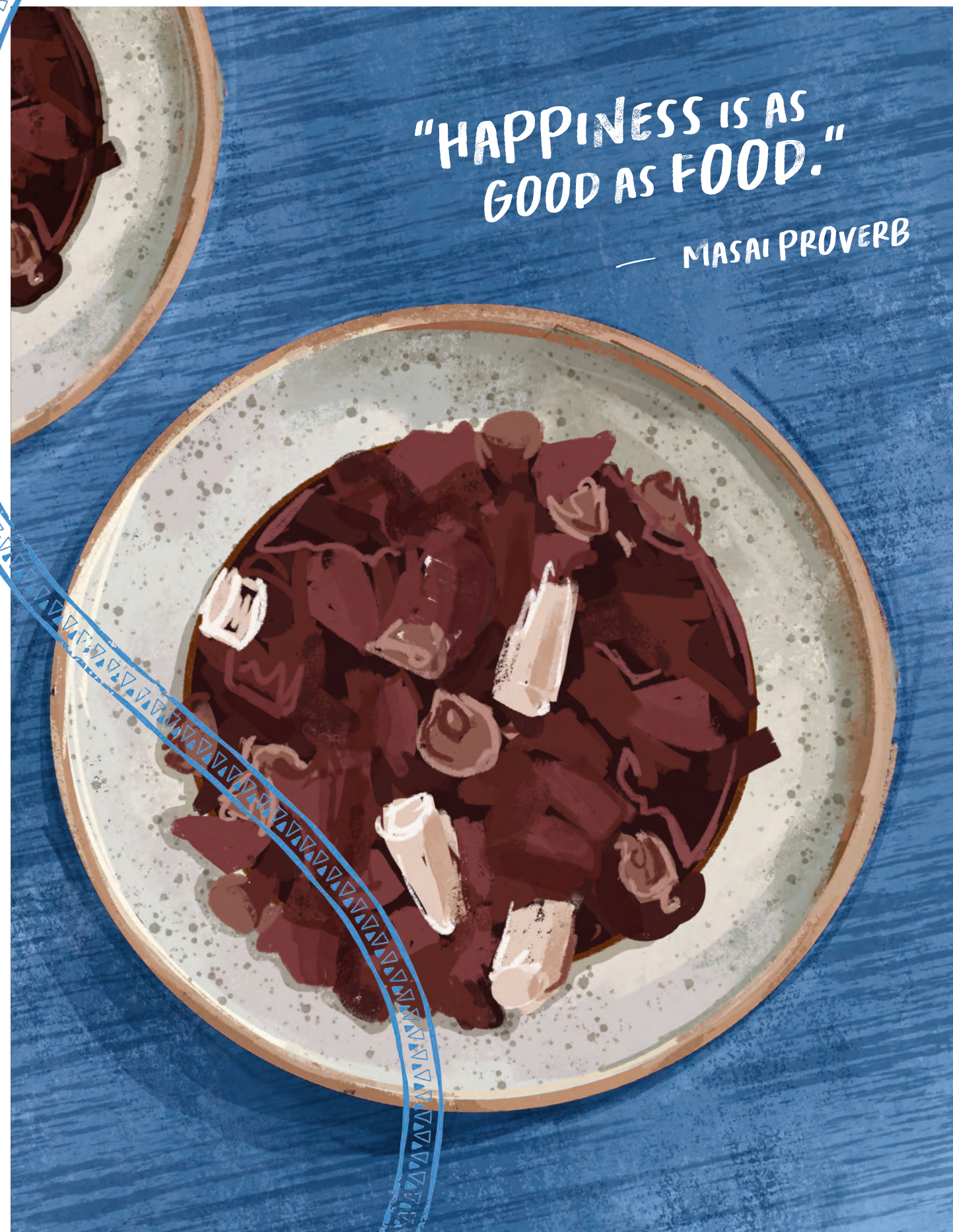
1 TBSP. GARLIC, MINCED

2 TBSP. VEGETABLE OIL

- 1 Salt the meat and generously sprinkle water over it for added moisture.
- 2 Mix together turmeric, garlic, and oil in a bowl and rub over the meat (this step can be skipped if you prefer spice- and oil-free meat).
- 3 Marinate, covered and in the refrigerator, for 10 minutes to 2 hours, depending on how strong you want the flavors to be.
- 4 Grill over hot coals until well done, or roast in an oven at 350 degrees (177 degrees C) for about 1 to 1 ½ hours, depending on the cut of meat.

Note: Nyama choma is prone to drying out. Keeping the meat covered and removing the meat promptly when done to rest ensures the meat stays tender.

“HAPPINESS IS AS
GOOD AS FOOD.”
— MASAI PROVERB



KUKU WA KUPAKA:

CHICKEN IN COCONUT CURRY

SERVES: 6 ● PREP TIME: 1 HOUR ● MARINATING TIME: 1-5 HOURS

This popular Kenyan dish gets its Indian flair from Kenya's bustling Indian Ocean port in Mombasa and provides a creamy counterpoint to kachumbari's crunchy tartness.

- 4 LBS. CHICKEN THIGHS AND DRUMSTICKS ON THE BONE
- 3 PLUM TOMATOES
- 1 WHITE ONION, PEELED AND QUARTERED
- 1 2-INCH PIECE GINGER, PEELED
- 4 GARLIC CLOVES, PEELED
- 4 SERRANO CHILIES, STEMMED AND SEEDED (USE FEWER IF YOU PREFER A MILD DISH)
- 2 TSP. KOSHER SALT
- 2 TSP. GROUND CUMIN
- 1 TSP. GROUND CORIANDER
- 2 TBSP. COCONUT OIL
- 27 OZ. (2 CANS) COCONUT MILK (SEE NOTE)
- JUICE OF 1 LEMON
- HANDFUL OF CILANTRO LEAVES, CHOPPED, FOR GARNISH
- RICE, CHAPATI OR FLATBREAD, FOR SERVING

- 1 Trim any excess skin from the chicken, keeping some skin intact. Score each chicken piece in 2 or 3 places, slicing about a half-inch into the meat.
- 2 In a food processor, combine the tomatoes, onions, ginger, garlic, chilies, salt, cumin and coriander. Process until a rough paste forms. Rub 1 scant cup of the mixture all over the chicken, into the cuts and under the skin, reserving the rest for the sauce. Set chicken aside in the refrigerator for at least 1 hour, or up to 5.
- 3 Prepare and light a charcoal grill and, as the grill heats, prepare the sauce.
- 4 In a large pan, heat the coconut oil over medium heat and add the remaining paste, stirring occasionally, until all of the water in mixture evaporates and the oil separates, becoming visible on the surface, about 15 minutes. Continue to cook, stirring more frequently so the bottom doesn't burn, until the paste is thick and dark and the raw smell has lessened, about 5 minutes. Add the coconut milk and simmer until the sauce is about as thick as cake batter and has turned a mellow shade of orange, about 20 to 25 minutes, then turn off the heat.

UGALI: BOILED CORNMEAL

Cooked cornmeal is a global staple, found in countries from Albania to Zimbabwe. Kenyans call it *ugali* and serve it at almost every meal — porridge-style for breakfast or in balls or torpedo-shaped loaves as a side dish for lunch or dinner. It's easy to make and a requisite for a truly Kenyan feast. You can find a recipe in the Zambia section of this book on page 9.

- 5 Grill the marinated chicken, turning the pieces so the skin is browned and the meat is cooked through, then add to the sauce. If the sauce has become too thick to coat the meat and provide a good gravy, stir in a splash of water.
- 6 Turn the heat back on to low, cover and simmer for 5 minutes, or until the flavors have melded. Taste the sauce and adjust seasoning with salt and lemon juice. The sauce should be creamy but not flat, so use enough lemon juice to give the dish its traditional hint of sourness.

Note: this is not the dairy milk substitute you find in the refrigerated section of a store; it's a canned cooking ingredient.

DINNER MUSIC

Try popular Kenyan band Sauti Sol's chart-topping album *Mwanzo* or, for a more traditional soundtrack to your evening, look for modern benga artists like Kapere Jazz Band or Ogwang Lelo Okoth.



KACHUMBARI:

TOMATO AND ONION SALAD

SERVES: 4-6 ● PREP TIME: 20 MIN

The essentials of this raw chopped vegetable salad are tomatoes and red onions, but after that every Kenyan cook has his or her notion of the perfect kachumbari. It's super easy to make, easily amended, and a tasty pairing with the bold, smoky flavor of nyama choma. Here's one version:

- 1 TO 1 ½ RED ONIONS, THINLY SLICED (SOAKED IN 1 CUP WATER AND ½ TSP. SALT FOR 15 MINUTES TO REDUCE ODOR)
- 1 LBS. RIPE BUT FIRM TOMATOES, SLICED OR DICED
- 1 OZ. FRESH CILANTRO, CHOPPED
- 1/4 CUP EXTRA-VIRGIN OLIVE OIL
- 1 SLICED OR CHOPPED CHILI OR ¼ TSP. CHILI PEPPER TO TASTE
- SALT AND FRESHLY GROUND BLACK PEPPER, TO TASTE
- 1 TO 2 TBSP. FRESH LEMON OR LIME JUICE
- CELERY, CUCUMBER, EVEN AVOCADO

- 1 Place the tomatoes and onions in your serving bowl. Stir in the cilantro and celery or cucumber if using. If you want to use avocado, don't add it in until just before serving to prevent browning.
- 2 Whisk or shake in a jar the olive oil, lemon or lime juice, salt, and pepper and drizzle over salad, gently folding in. Serve right away.

You may prepare the vegetables earlier in the day, but don't dress until serving to prevent sogginess.



BEFORE THE SUN'S golden rays begin stretching across the sky, Kadzo Kenga Safari is already up, building a fire for cooking the morning's breakfast, a steaming pot of ugali. Parents around the world can relate to Kadzo's daily routine: get up, make breakfast, clean up the breakfast, start making lunch, and so on. As the head of a household that includes her mother Dama, her children Kafidah, Iyana, and Patrick, and her grandson Harrison, Kadzo cooks a lot.

While Kadzo serves a breakfast of boiled cornmeal and hot, sweet tea, Kafidah sweeps the dusty, red clay floor of their compound. Then, with everyone fed and Iyana and Patrick off to school, Kadzo heads to her field as the sun begins to rise higher in the blue, blue sky.

Kafidah and Kadzo weed, water, and pick maize, beans, tomatoes, okra, and kale, while Dama begins cooking flaky, soft, pan-fried flatbread called chapati — some to serve with vegetables for lunch and some for Kadzo to sell at the market in the afternoon.



EAT KENYAN-STYLE

Kenyans traditionally eat ugali with their right hand, using it like a utensil. To properly eat Kenyan-style, pinch a bit of ugali off with your fingers, roll it into a ball, and use your thumb to make a small dent — now you have an ugali “scoop” for eating your curry and kachumbari.

When Kadzo returns from the market, Patrick and Iyana are home from school, helping with the household animals. Iyana tends the goats and Patrick is on egg patrol — chook-watching — in the hen patch. Kadzo begins preparing a pot of sukuma wiki — stewed collard greens and onions — and, with the day's work almost done, the family gathers on the ground around the pot. Using leftover ugali in the traditional way as edible “scoops,” they take turns eating the spiced stew, every bit of it from the labor of the family's hands.

As Kafidah puts Harrison to bed and Iyana and Patrick finish their homework, Kadzo banks the fire and gives the compound one more sweep. The sun dips low, sending streaks of red across the purpling sky. Another day is done.

HONDURAS

HONDURAN FOOD is a blend of Mesoamerican, Spanish, Caribbean, and African cuisines. Not typically spicy, it's nevertheless full of flavor with oregano, cumin, coriander, and lime featuring prominently.

Many of World Renew's friends in Honduras are learning aquaponics with us, growing tilapia and greens in one closed system where waste water from each crop fertilizes the other. It's efficient and nutritious and, for some families, their first experience with reliable food supply.

So tonight, relish their new **plato típico** (traditional dish), pescado frito, buttery fried fish with Honduran sabor. Add a side of **plátanos maduros** and **chimol**, a Honduran pico de gallo, plus a big batch of cold **horchata** and you'll have *una cena deliciosa* (a delicious dinner) in no time. If you'd rather upgrade to a fiesta, each recipe is easily doubled (or tripled!).

PESCADO FRITO: FRIED FISH

SERVES: 4 • PREP TIME: 30 MIN

Cesar Chavez said, "If you really want to make a friend, go to someone's house and eat with him; the people who give you their food give you their heart." Visit Honduras and you will almost certainly have a chance to experience the heart of the Honduran people through pescado frito. This savory dish draws people together to share freshness, flavor, and story. As you prepare this meal, remember the Honduran men and women preparing the very same dish today. Let's toast to their love of life and delicious food.

1 TSP. SALT

½ TSP. PAPRIKA

½ TSP. ONION POWDER

½ TSP. DRIED MUSTARD

¼ TSP. GARLIC POWDER

¼ TSP. WHITE PEPPER

½ TSP. DRIED BASIL

½ TSP. GROUND CUMIN

½ TSP. DRIED OREGANO

¼ TSP. DRIED THYME

1½ LBS. TILAPIA FILLETS

2 EGGS

1 CUP FLOUR OR BREAD CRUMBS (REGULAR, ITALIAN, OR PANKO — YOU CHOOSE!)

- 1 In a small bowl, mix together all dry spices.
- 2 Sprinkle mixture evenly over both sides of tilapia fillets (this can be done hours before you are ready to cook the fillets).
- 3 In a shallow bowl, whisk eggs well.
- 4 In another shallow bowl, season the flour (or bread crumbs) to taste with salt and pepper.
- 5 In a large skillet, heat olive oil. When hot, working with only a few pieces at a time, dip seasoned fillets in flour (or bread crumbs), then in beaten eggs, then again in flour (or bread crumbs).
- 6 Sauté the fillets in the seasoned oil for 2 minutes on each side, adding more oil if needed.
- 7 Remove to a plate to keep warm and repeat the process until all fillets are cooked. Serve immediately.

BUEN
APETITO!



PLÁTANOS MADUROS: FRIED PLANTAIN BANANAS

SERVES: 4-6 ○ PREP TIME: 15 MIN

A plantain, or cooking banana, is a culinary staple across parts of Africa, Central and South America, and the Caribbean, and is easily found in North American produce sections now. Simply fried in oil, these large, starchy, “green” bananas are the perfect savory side dish for your Honduran dinner.

3 TO 4 RIPE (HEAVILY SPOTTED YELLOW TO BROWN) OR VERY RIPE (BROWN TO BLACK) PLANTAINS (SEE NOTE)
1/3 TO 1/2 CUP OLIVE OR CANOLA OIL FOR SAUTÉING

- 1 Cut ends from plantains and peel fruit. Diagonally cut plantains into 1/2-inch-thick slices.
- 2 In a large nonstick skillet heat 1/3 cup oil over moderately high heat until hot but not smoking and sauté plantains in batches, without crowding, until golden brown, 1 to 2 minutes on each side, adding more oil to skillet as necessary. With a spatula transfer plantains as sautéed to paper towels to drain and season with salt if desired.
- 3 Serve immediately.

Note: If the plantains are not ripe enough, they become quite difficult to handle and lack the characteristic flavor that makes them such a treat!



CHIMOL: HONDURAN FRESH SALSA

SERVES: 4-6 ○ PREP TIME: 15 MIN

Chimol, also known as chismal or chirmol but always pronounced “chir-mole,” is Honduras’ version of pico de gallo, or fresh salsa, which has the key ingredients of lime, salt, and coriander — experiment until you find the ratio that pleases your palate! Some cooks swear that soaking onion before using takes away its “bite,” so that’s something else to consider as you whip up your perfect batch of chimol. Spoon it on top of your pescado frito (or a bag of tortilla chips) for un sabor fantástico!

1/2 WHITE ONION, SMALL DICE (OR, IF YOU PREFER, SHALLOT OR RED ONION)
1 GREEN BELL PEPPER, SMALL DICE (OR, IF YOU PREFER, RED PEPPER OR JALAPENO)
1 TOMATO, CHOPPED SMALL
1/4 CUP FRESH CORIANDER, FINELY CHOPPED
LIME JUICE AND SALT TO TASTE

- 1 Soak onion in water for 15 minutes. Drain.
- 2 Mix onion, pepper, tomato, and cilantro in a bowl.
- 3 Add salt and lime juice to taste. Serve right away.



HORCHATA: SWEET RICE DRINK

SERVES: 4-5 ○ PREP TIME: 10 MIN ○ COOKING TIME: 12 HOURS

Horchata is a plant-based beverage made from rice or nuts that’s been around since at least the 13th century. In Honduras, horchata is made with ground rice and, like chimol, easily adapted to personal taste. So try making a batch before your party and find your perfect horchata. Serve over ice.

2 CUPS UNCOOKED WHITE RICE
6 CUPS WATER
1/2 TSP. GROUND CINNAMON OR 1 LIGHTLY CRUSHED CINNAMON STICK
1/3 CUP SUGAR
1 TSP. VANILLA
MILK, OPTIONAL (YOUR PREFERENCE: EVAPORATED, HEAVY CREAM, WHOLE MILK, RICE MILK, ALMOND MILK, OAT MILK)

- 1 Soak the rice and cinnamon overnight in 3 cups of the water.
- 2 In the morning, puree the soaked rice and water in a blender until smooth, about 2-3 minutes. If your blender is not strong enough to pulverize the cinnamon stick, remove before blending.
- 3 Strain into a pitcher through a fine-mesh sieve or several layers of cheesecloth. There should be no grit or large particles in the liquid.
- 4 Stir in the remaining 3 cups water, sugar and vanilla. Adjust sugar to taste and add a splash (or more) of milk as preferred. Serve well chilled over ice.



IN RURAL HONDURAS, the day begins and ends with the sun. Will and Jenny rise with the rooster's *iquiquiriquí!* and begin their day as they always do: Jenny fetches water while Will stokes the fire in their outdoor kitchen. As Jenny begins the rhythmic slapping of tortilla-making, Will watches a gecko on the wall of their adobe house. Considered good luck, Will and Jenny have named it *Verdino* and welcome its sticky-footed wanderings in and out of their home.

After a breakfast of eggs, beans, and tortillas — and coffee of course — Will and Jenny move into their day's work. Jenny boils corn in lime water to make more masa for the next day's tortillas. With tortillas at every meal, making this slightly sour dough consumes hours of her every day. A pot of beans boils on another grate.

Will tends to crops. Working with World Renew, he's learning aquaponics, a closed-system that symbiotically grows tilapia and greens at once, using waste water from the fish to fertilize the plants. Today he harvests some peppers and proudly brings them to Jenny at lunch time. In Honduras, lunch time is the



biggest meal of the day and Will and Jenny enjoy it slowly, embracing the Honduran belief that *Hay más tiempo que vida*, or *there is more time than life*.

After lunch, a neighbor stops by to ask questions about the aquaponics system and he and Will spend a long time tinkering and talking. Will's eager to share what he's learned and in no hurry. Jenny walks a bunch of dried sage to a neighbor's house over the ridge — she has plenty and enjoys the company of another woman during her day.

As the sun dips low in the sky, they enjoy another tortilla and some beans and slowly sip the last of the day's coffee, watching the bats swoop through the kapok trees. "Dios es bueno," they say to each other. Dios es bueno.

DINNER MUSIC

Hondurans love music! Any Caribbean salsa, merengue, reggae or punta band will add un sabor hondureño to your meal. Try popular Honduran singer Guillermo Anderson for a festive dinner songscape.

NIGERIA

THE CUISINE OF Africa's most populous country is as vast and varied as its population, but one thing all Nigerians have in common? They love a party.

Weddings, naming ceremonies, even funerals — or just the weekend — are always a reason to gather for music and dancing and, of course, *lots of food*. No Nigerian party menu would be complete without **jollof rice**, a dish of long-grain rice spiced and stewed in a flavorful broth so ubiquitous that some Nigerians just call it “party rice.”

Many Nigerian families that work with World Renew are trying goat rearing and so we're including here another dish fit for a feast: **braised goat leg**. If you can find a butcher who sells goat, give it a try for authentic Nigerian flavor, but beef, lamb, or pork will work as well. Round out your meal with a green salad, coleslaw, or fried plantains and don't forget to crank up the music!

BRAISED GOAT LEG IN OBE ATA

SERVES: 8-10 • PREP TIME: 30 MIN • COOKING TIME: 3 HOURS

This recipe uses goat, but lamb, beef, or pork cuts of similar size will do just fine. Serve this tangy dish right in the cooking pot or on a large platter for guests to share. Beautifully garnished with fresh herbs and citrus zest, it makes a gorgeous presentation either way! Serve with steamed rice or jollof rice (recipe on next page), and a side like fried plantains (Nigerians call it dodo) or a green salad or slaw.

2 TBSP. PALM OR CANOLA OIL, PLUS MORE AS NEEDED
(PALM OIL IS THE NIGERIAN CHOICE)

1 (4- TO 5 LBS.) BONE-IN GOAT LEG, CUT IN HALF OR THIRDS TO FIT YOUR POT (OR SIMILARLY SIZED LAMB, BEEF, OR PORK CUTS)

KOSHER SALT

1 GARLIC BULB, HALVED CROSSWISE

3 LARGE CARROTS, SCRUBBED, TRIMMED AND CUT INTO 2-INCH PIECES

2 LARGE RED ONIONS, PEELED AND CHOPPED INTO LARGE DICE

1 (14 OZ.) CAN WHOLE PEELED TOMATOES WITH JUICE

10 FRESH THYME SPRIGS

2 FRESH BAY LEAVES

HALF OF ONE RED HABANERO CHILI, STEMMED —
(YOU'LL USE THE OTHER HALF IN THE OBE ATA SAUCE)

4 CUPS BEEF OR CHICKEN STOCK

FOR THE OBE ATA:

(If you're serving jollof rice with your meal, make a batch-and-a-half of this obe ata sauce)

1 (28 OZ.) CAN WHOLE PEELED TOMATOES WITH THEIR JUICES

2 MEDIUM RED BELL PEPPERS, STEMMED, SEEDED AND ROUGHLY CHOPPED

1 MEDIUM RED ONION, PEELED AND ROUGHLY CHOPPED

8 GARLIC CLOVES, PEELED

1 (2-INCH) PIECE FRESH GINGER, PEELED AND FINELY CHOPPED

HALF OF ONE RED HABANERO CHILI, STEMMED

¼ CUP CANOLA OR OTHER NEUTRAL OIL

FOR THE GARNISH:

1 LEMON, ZEST REMOVED IN STRIPS, THEN JULIENNED LENGTHWISE

¼ CUP FRESH CILANTRO LEAVES AND TENDER STEMS

¼ CUP FRESH PARSLEY LEAVES AND TENDER STEMS

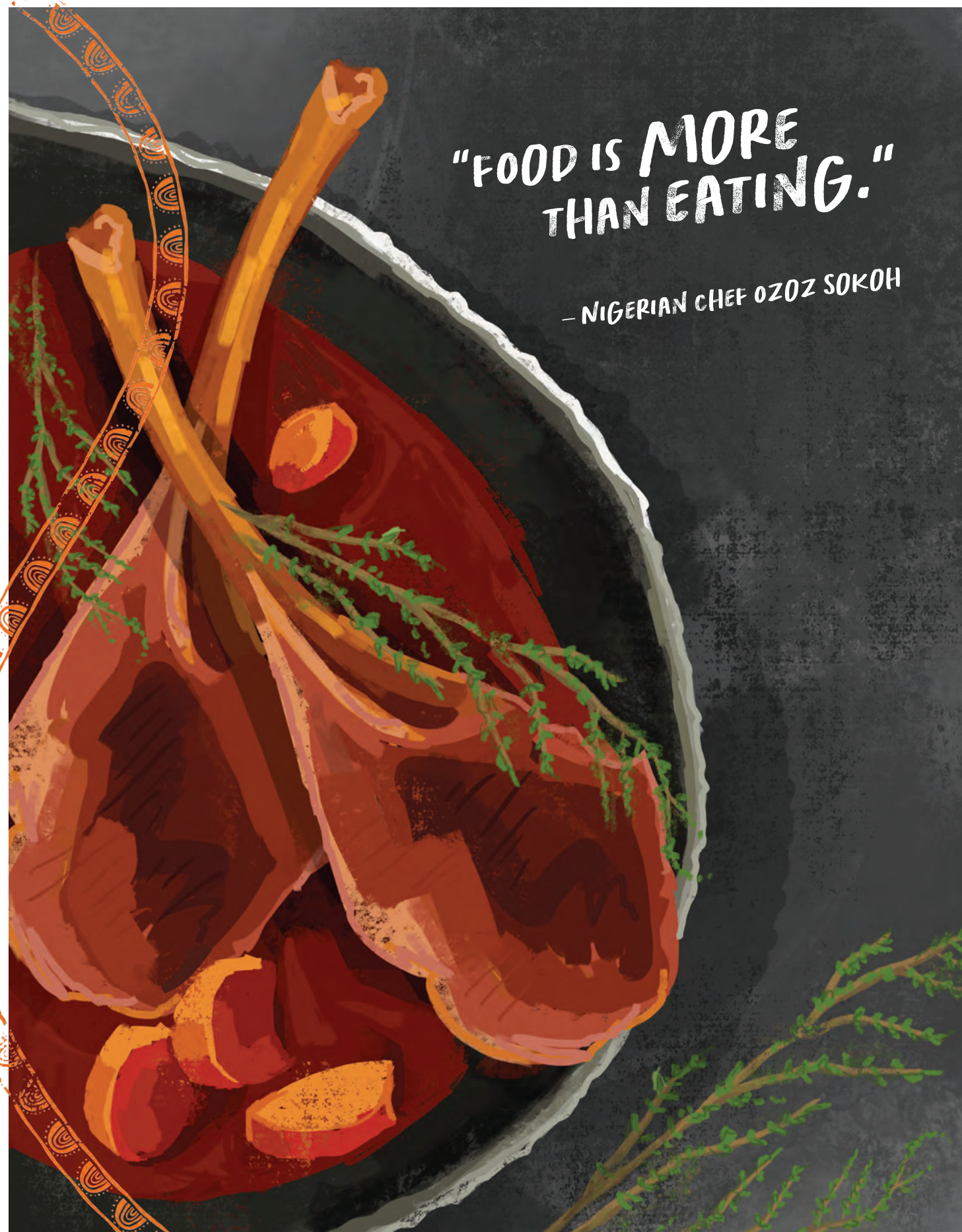
¼ CUP TORN FRESH MINT LEAVES

¼ CUP SLICED SCALLIONS

Continued on pg. 32

"FOOD IS MORE
THAN EATING."

— NIGERIAN CHEF OZOZ SOKOH



- 1 Heat the oil in a large Dutch oven or heavy-bottomed, ovenproof pot over medium-high. Season the meat generously all over with salt, then sear in pot, turning frequently, until browned, 10 to 20 minutes, depending on how many pieces. Transfer to a large bowl using tongs.
- 2 Heat your oven to 350 degrees. Sear the garlic bulb halves in the rendered fat, cut-side down, until golden brown, 1 to 2 minutes. Transfer to the bowl with the meat. Cook the carrots and onions with a pinch of salt, stirring occasionally, until vegetables are just beginning to soften and brown at the edges, about 8 minutes. Add the tomatoes and their juices, tearing the whole tomatoes into large chunks with your hands as you add them. Add the thyme, bay leaves, and habanero.
- 3 Stir in the stock and bring to a simmer over medium-high. Return the meat and garlic to the Dutch oven, cover and transfer to the oven. Braise until meat is tender but doesn't fall apart, 2 ½ to 3 hours.
- 4 Meanwhile, prepare the obe ata sauce: Combine all the obe ata ingredients except the oil in a blender and purée on high until smooth, working in batches, if needed. The liquid from the can of tomatoes should suffice, but you can add up to ¼ cup of water if necessary to get the purée going. You should have about 6 cups of purée. Heat the ¼ cup canola oil in a large pot over medium-high. Add the purée and bring to a simmer. Reduce heat to medium, cover and simmer until the sauce is slightly reduced by about a third of its original volume (about 4 cups), 40 to 45 minutes. This can be made up to two weeks ahead of time and stored in the refrigerator.
- 5 Remove meat from the oven and increase the oven temperature to 375 degrees. Transfer the meat to a large bowl using tongs. Strain the broth remaining in the Dutch oven or pot and return just the broth (discard the solids) to the Dutch oven or pot. You should have 2-3 cups.
- 6 Add the obe ata to the Dutch oven and bring the sauce up to a simmer over medium-high. Cook, stirring occasionally, until flavors meld and sauce thickens slightly, about 20 minutes. Season with salt and place the meat back in, ladling sauce over the top if it is not completely submerged. Cover with lid and return to the oven. Braise until the meat is tender enough to pull with a fork and just beginning to fall off the bone, about 45 minutes.
- 7 Serve in the Dutch oven or pot or on a large serving platter with meat on the bone or off as you wish. Garnish with lemon zest, fresh herbs, and scallions.

RIGHT HAND ONLY!

Nigerians would eat this meal with their hands. But only the right one! Nigerians consider it unclean and disrespectful to greet, eat, hand over, or collect things from people with their left hand.

JOLLOF RICE

SERVES: 4-5 • PREP TIME: 30 MIN • COOKING TIME: 35 MIN

This spicy, one-pot dish is usually cooked over an open flame or on a stovetop. This oven-made version requires less attention — perfect for a party host! If you make the obe ata sauce ahead of time, you can have it in the oven in 30 minutes.

½ BATCH OF OBE ATA SAUCE FROM BRAISED GOAT LEG RECIPE

½ CUP CANOLA OR OTHER NEUTRAL OIL

2 MEDIUM RED ONIONS, PEELED, HALVED AND THINLY SLICED

4 GARLIC CLOVES, THINLY SLICED

1 TBSP. TOMATO PASTE

1 TSP. GROUND TURMERIC

¼ TSP. SMOKED PAPRIKA (OPTIONAL)

3 CUPS PARBOILED LONG-GRAIN RICE (SUCH AS CAROLINA GOLD OR UNCLE BEN'S ORIGINAL), BASMATI OR JASMINE RICE (ABOUT 1¼ LBS.)

5 FRESH THYME SPRIGS

1 FRESH BAY LEAF

KOSHER SALT AND FRESHLY GROUND BLACK PEPPER

2 CUPS BEEF, CHICKEN, OR VEGETABLE STOCK

DINNER MUSIC

Add true Nigerian flavor to your meal with the jazzy funk of Afrobeat pioneer and Nigerian superstar Fela Kuti or the hypnotic rhythms of singer-songwriter King Sunny Adé whose experimentation with traditional Yoruban praise singing and rural folk music propelled him to international fame. When you've had enough to eat, get up and dance to world-class drummer Babatunde Olatunji's irresistible beats.

- 1 Preheat your oven to 350 degrees (177 degrees C).
- 2 Heat oil in a large Dutch oven over medium until shimmering, about 1 minute. Add onions and cook, stirring frequently, until softened, 6 to 8 minutes. Remove half the onions to a plate and set aside. Add garlic and sauté until fragrant and translucent, about 2 minutes. Add tomato paste, turmeric and smoked paprika, if using, and toast, stirring occasionally, until turmeric is fragrant and tomato paste has deepened to a dark red color, about 2 minutes.
- 3 Stir in the obe ata sauce and bring to a simmer over medium heat. The habanero oils love to disperse in the air, so you may want to turn on your stove top fan or open a window while simmering the obe ata. Stir in the rice, thyme, and bay leaf, and season with salt and pepper. Stir in the stock and cover with a lid. Transfer the pot to the oven and cook until rice is just tender, 35 minutes.
- 4 Remove the pot from the oven and let sit, covered (no peeking) for 15 minutes. Uncover, fluff the rice with a fork, and stir in the reserved sautéed onions. Adjust seasoning, if necessary, and discard the thyme sprigs and bay leaf. Serve warm.



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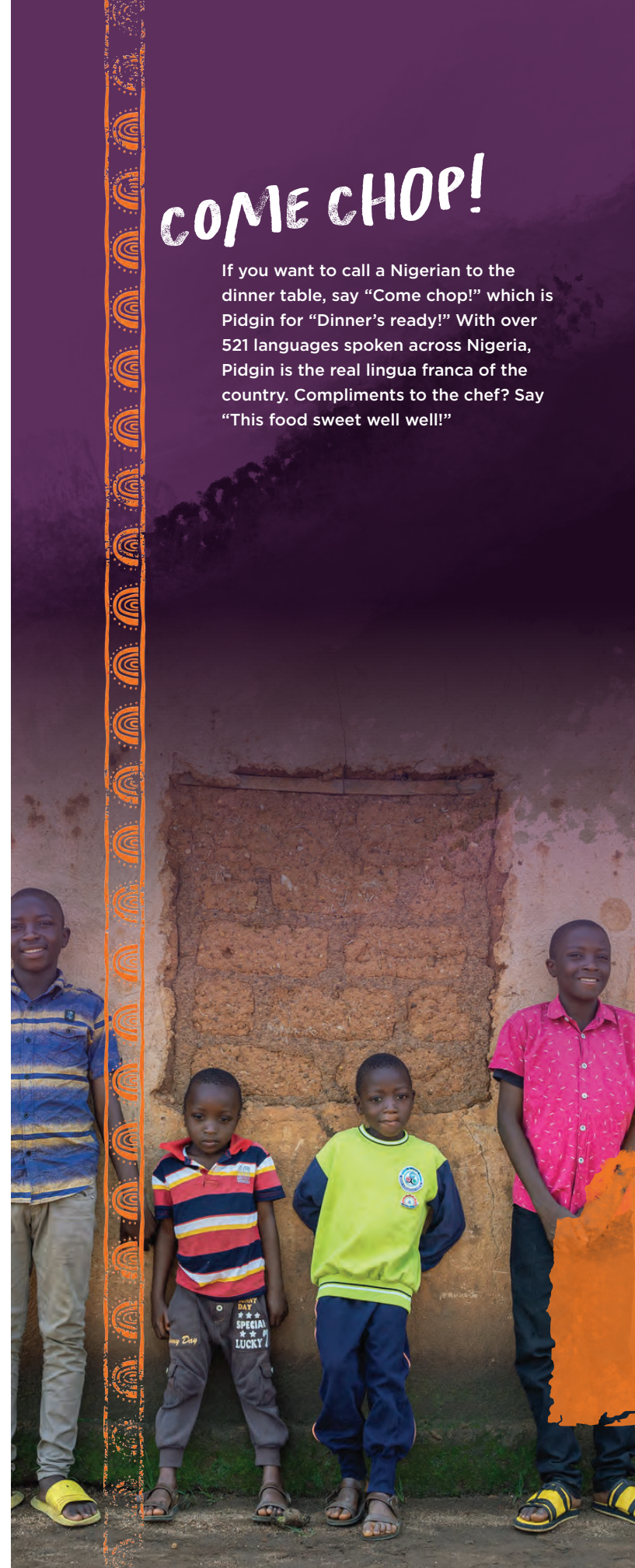
NOTHER HOT and sunny day begins for Nvou Gyang and her four sons in Northern Nigeria. Nvou has already been up at dawn to fetch water. She prepares *Gwote* for breakfast, a kind of porridge with vegetables and brisket bones. Nvou's oldest, Reuben, coaxes a fire from gathered sticks and old corn cobs while her second son, Godfrey, wakes the little ones, Wisdom and John, and helps them into their school uniforms. Nvou needs the help: newly-widowed and no longer living on the farm, Nvou navigates life as a single parent.

With everyone fed, the family embarks on their day: Godfrey, Wisdom, and John head to school, each with a bag of popped corn for their snack. Reuben, at 16, helps his mother with their plantain crop, which affords them school fees for the other boys and the most basic of daily food. Plantains, sometimes called "cooking bananas," are a popular fruit used as a starchy vegetable across Africa. Reuben expertly cuts bunches from between the towering, shaggy fronds of the plantain trees on their small plot of rented land and helps Nvou load them into the trunk of a trader's car — but only after setting some aside for the family. When Godfrey, Wisdom, and John return from school, the little

COME CHOP!

If you want to call a Nigerian to the dinner table, say "Come chop!" which is Pidgin for "Dinner's ready!" With over 521 languages spoken across Nigeria, Pidgin is the real lingua franca of the country. Compliments to the chef? Say "This food sweet well well!"

ones play while Reuben and Godfrey help hang laundry to dry and Nvou prepares *Tuwo* with *Kuka* soup, a family dinner favorite. If the plantain harvest is good, Nvou might surprise the boys by adding a small portion of goat's meat into the pan and frying that into the crispy bits that they love. After the dinner dishes are done, the Gyang family gathers in their spare living room. Baby John climbs into his mother's lap while Godfrey reads aloud from the only book they own, the Bible.



DESSERTS

IN THE COUNTRIES represented in this cookbook, meals are often finished with tea or fresh fruit instead of a dessert. But that doesn't mean our faraway friends don't love a sweet treat. They just eat them throughout the day and consider them a snack. So we say have the best of both worlds: give these goodies a try after dinner and all day long.

ARROZ EN LECHE: HONDURAN RICE PUDDING

SERVES: 4-6 • TIME: 40 MIN

4¼ CUPS (1 LITER) OF MILK
5 CINNAMON STICKS
½ CUP OF SUGAR
1 BOX OF RAISINS
1 TSP. OF VANILLA
¼ TSP. OF SALT
1 LBS. OF RICE

- 1 Put the liter of milk into a cooking pot until it boils.
- 2 Once the milk is boiling add the cinnamon, sugar, and salt.
- 3 Once it starts boiling again, add the rice and put the heat on low and cover half the pot with the lid for 20 minutes.
- 4 Once the rice is cooked, add vanilla and raisins. You can add more sugar if necessary.
- 5 Serve hot or cold, adding ground cinnamon or cinnamon sticks for garnish.

SHUKU SHUKU: COCONUT BALLS

SERVES: 7 • TIME: 35 MIN

If you love macaroons, you'll love shuku shuku. Popular in both Kenya and Nigeria, these cookies are crunchy on the outside and chewy on the inside with tons of coconut flavor.

1 CUP UNSWEETENED FLAKED COCONUT (SEE NOTE)
¼ CUP SUPERFINE (OR CASTER) SUGAR
3 EGG YOLKS
½ CUP SELF-RISING FLOUR

- 1 Preheat an oven to 350 (177 degrees C).
- 2 In a medium bowl, mix together the coconut, sugar, and egg yolks to form a stiff dough. Squeeze into 1 inch balls, and roll each ball in flour to coat.
- 3 Place on a baking sheet about 2 inches apart.
- 4 Bake for 20 minutes or until golden. Serve at room temperature.

Note: It is important to use unsweetened coconut flakes in this recipe. If you can't find them, use 1 egg and 1 egg yolk and increase the coconut flakes to 1½ cup and generously roll in flour. Also, do not purchase coconut chips, they are too big too stick together and create the "dough."





PILONES: HONDURAN POPSICLES

SERVES: 8-10 • PREP TIME: 10 MIN PLUS FREEZING

The Honduran version of popsicles, sweet and creamy pilones make a great finish to a spicy meal and are infinitely adaptable with milk and fruit options for every palate. You can use a popsicle mold if you have one, but if you buy a pilone from a street vendor in Honduras it will probably come in a small plastic cup with a popsicle stick in it.

- 1 ¾ CUP HEAVY CREAM
- ¾ CUP COCONUT MILK
- ¾ CUP CREAM OF COCONUT
- ½ CUP FINELY SHREDDED UNSWEETENED COCONUT
- PINCH OF KOSHER SALT
- OPTIONAL: LIME ZEST, STRAWBERRY PUREE, FINELY CHOPPED PINEAPPLE

- 1 Combine heavy cream, coconut milk, cream of coconut, shredded coconut, and salt and whisk very well to combine. Coconut milk and cream of coconut separate rapidly so move quickly from whisking to mold-filling.
- 2 Distribute mixture evenly between whatever mold you are using, then cover and freeze until solid, at least 8 hours. (If you're using small plastic or paper cups, let your pilones freeze for an hour and then push popsicle sticks into them and freeze for 7 more hours until solid).
- 3 To unmold, briefly dip the mold in hot water a few times just until the pilones can be pulled out. ¡Buen apetito!

KHAO NIAOW MAK MUANG: MANGO STICKY RICE PUDDING

SERVES: 8-10 • SOAK TIME: 4-12 HOURS • COOK TIME: 1 HOURS

Of course Lao people have a dessert made with sticky rice! If you're serving this with your Lao meal, simply make enough rice for dessert too. Just whip up the coconut cream and slice a mango for a creamy, dreamy finish to your feast.

- 1 ½ CUPS GLUTINOUS (SWEET) RICE
- 1 AND ½ CUPS WELL-STIRRED CANNED UNSWEETENED COCONUT MILK
- ½ CUP PLUS 3 TBSP. SUGAR
- ¾ TSP. SALT
- 1 TBSP. SESAME SEEDS, TOASTED LIGHTLY
- 1 LARGE MANGO, PEELED, PITTED, AND CUT INTO THIN SLICES (AT LEAST 24)

- 1 In a bowl wash rice well in several changes of cold water until water is clear. Soak rice in cold water (enough to cover) overnight.
- 2 Drain rice well in a sieve. Set sieve over a large deep saucepan of simmering water (sieve should not touch water) and steam rice, covered with a kitchen towel and a lid, 30 to 40 minutes, or until tender (check water level in pan occasionally, adding more water if necessary). You can also use the instant pot sticky rice recipe on page 15.
- 3 While rice is cooking, in a small saucepan bring 1 cup coconut milk almost to a boil (do not allow to boil or burn) with ½ cup sugar and salt, stirring until sugar is dissolved, and remove from heat. Keep mixture warm.
- 4 Transfer cooked rice to a bowl and stir in coconut-milk mixture. Let stand covered until coconut milk mixture is absorbed, at least 5 minutes. Rice may be prepared up to this point 2 hours ahead and kept covered at room temperature.
- 5 While rice is standing, in a clean small saucepan slowly boil remaining ½ cup coconut milk with remaining 3 tbsp. sugar, stirring occasionally, 1 minute. Transfer sauce to a small bowl and chill until cool and thickened slightly.
- 6 To serve, mold ¼ cup servings of sticky rice on dessert plates. Drizzle desserts with sauce and sprinkle with sesame seeds. Divide mango slices among plates.



TABLE TALK

THANK YOU for sharing your table. Use the questions below to inspire your mealtime conversation to go a bit deeper.

ARE THERE ANY foods that you wouldn't eat as a child that you eat now? Are there any foods you still will not eat?

IF YOU COULD invite any three people to dinner, who would they be?

DO YOU PREFER to eat at a restaurant or at home?

WHAT ARE SOME ways food has done more than nourish your body?

WHAT FOOD IS the most comforting to you?

IF YOU COULD only eat 3 things for the rest of your life, what would they be?

WHAT IS THE most unusual thing you've ever eaten?

DO YOU LIKE food from other countries? If yes, which do you like the most?

WOULD YOU RATHER own a restaurant or a soup kitchen?

DESCRIBE YOUR MOST memorable meal. Where were you? Who was there? What did you eat?



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