

ANZAC Biscuits

From Australia – **Australian New Zealand Army Corp**

- 1 Cup All Purpose flour
- 1 Cup Rolled Oats (regular oatmeal) uncooked
- 1 Cup desiccated coconut
- 1 Cup Brown Sugar
- ½ Cup Butter
- 2 Tablespoons golden syrup (honey)
- 1 Teaspoon Baking Soda
- 2 Tablespoons Boiling water

1. Melt butter and honey in saucepan over low heat.
Mix baking soda with water & add to butter mixture. Cool.
Combine flour oat mix with butter sugar mix.
Spoon dollops about the size of a walnut shell onto greased tin leaving space to spread.
Bake preheated oven at 350° for 15 to 20 minutes.
6. Cool on wire racks and seal in air tight containers.

**These cookies were sent to war and the outback.*

BULGOGI

from Korea (Bull Go Jee)

2 # of meat such as Rib Eye or good steak with marbling, sliced very thin, almost deli-style thin but strong enough to hold together.

½ Cup soy sauce

¼ Cup sugar

2 Tablespoons sesame oil

1 – 2 cloves of garlic finely chopped

Lots of green onions, finely chopped

1-2 tablespoons toasted sesame seeds

1. Stir last six ingredients together to make marinade and dip meat slices in it.
2. Try to lay the pieces neatly in bottom of casserole pan or square container. This makes it easier to separate before grilling/cooking. Pour rest of marinade over the top and marinate for several hours. The longer the better – even over night.
4. Doesn't take long to cook.
Can be made with chicken only needs longer cooking/grilling time.
6. Large amounts could be stir fried.

Serve with rice on side.

**Compliments of Sue Suh*

CAPRESE SALAD

Pint of grape or cherry style tomatoes

16 oz of fresh Mozzarella cheese, cut into pieces the size of the tomatoes

Fresh Basil Leaves, finely chopped or shredded, about 6 large leaves

Extra Virgin Olive Oil

Wine vinegar

Salt and Pepper to taste

1. Toss the tomatoes, cheese, and basil leaves together.

2. Drizzle on the olive oil – about 1 Tablespoon.

3. Splash on vinegar and add seasonings to taste.

Toss again and let sit in room temperature 15 – 20 minutes before serving.

Note: If must be refrigerated, let come to room temperature before serving.

**Compliments of Matthew Treiger*

HOLY LAND HUMMUS

2 ½ Cups of canned chickpeas, drained and rinsed
1/3 Cup of freshly squeezed lemon juice
¼ Cup of Tahini
2 Cloves of Garlic, crushed
1-2 Tablespoons of Olive Oil
½ Teaspoon of ground Cumin
½ Teaspoon of Cayenne Pepper
Pinch of freshly ground Black Pepper
1 Teaspoon of Salt
1/3 Cup of Water
Parsley and Olive Oil to garnish

1. Put ½ the lemon juice and all ingredients into the blender or food processor, except the chickpeas and garnishes, and blend for 5 seconds. Add the chickpeas and blend on high until the consistency of sour cream, but granular, about 10-15 seconds. Blend in remaining lemon juice to taste. If the dip is too thick but you don't want to add more lemon juice, add a little water slowly and blend until it reaches the correct consistency.
2. Transfer to serving bowl, cover and refrigerate for a few hours before serving. (Can eat immediately but better if left to chill)
3. Drizzle olive oil over the top and add a garnish of parsley or black olives before serving with pita bread or whole grain bread.

IRISH SODA BREAD

Mix together well:

3 cups flour
1/3 cup sugar
1 tbsp baking powder
1 tsp baking soda
1 tsp salt

Mix together:

2 beaten eggs or 1/2 cup egg beaters
2 tbsp vegetable oil
1 3/4 cup buttermilk or sour milk

Stir flour mixture and egg mixture together.
Add 1/2 cup raisins and mix well.
Put in greased 11 x 9 inch pan or greased cast iron skillet.
Bake 350 degrees for 1 hour

**Compliments of Ann Young*

PALM-OIL CHOP

From the Democratic Republic of the Congo

****strong Presbyterian Mission presence***

Palm Oil(or other vegetable oil if not available)

2 – 3# Chicken , cut in bite sized pieces

Ground Ginger or Ground Cinnamon

Vegetables: Like chopped tomatoes, fine chopped onion, chopped green sweet pepper, chopped chili pepper, sliced okra

A few spoonfuls of tomato paste

½ Cup canned palm soup base (Look for in international stores/markets or African imports)

Thyme, salt, cayenne pepper, or red pepper, black pepper to taste

1. Heat oil in large pot or Dutch oven over high heat and brown chicken.
2. Add ginger or cinnamon as meat is cooking
3. Take meat out of pot when browned and set aside.
4. Cook vegetables in same pot, reduce heat and simmer 15— 20 min. Stir vigorously to partly mash vegetables.
5. Add chicken back in for 30-60 min., stirring regularly.
6. Some people remove some of red palm oil as it separates out when done; if not removed stir it into the sauce before serving.

Serve with rice and garnishes: hard-boiled eggs, sliced boiled sweet potato, breadcrumbs/croutons, sliced fruit, bananas, mangos, orange, pineapple etc., shredded lettuce, parsley, chopped nuts, shredded coconut, sliced tomato, sliced raw or fried onion, chili peppers, chutney, African hot sauce.

SCOTTISH SHORTBREAD

From the Rural Institute of Scotland

1 lb. Flour (3 Cups)

12 oz. Butter or Margarine

(We used Smart Balance 50/50 Butter Blend)

4 oz. Sugar (1/2 Cup)

1. Using an electric mixer beat or cream butter and sugar
2. Add sifted flour in quarters, beating after each addition.
3. Turn mixture into 10X15X1/2" baking tray. I use my closed fist to push the mix well into the corners.
4. Flour a rolling pin and roll the mix until smooth on top. You'll need to do this several times flouring the pin each time. Prick the entire surface with fork.
5. Bake at 325° for about 45 minutes. It should remain light in color.
6. As soon as it's out of oven cut into small squares or fingers and sprinkle sugar over surface.

Then while still warm remove to cooling tray. Keep in air tight tin.

**Compliments of Anne Baldwin*

VINE AND BRANCHES TRAIL MIX

Walnuts in pieces
Almonds, blanched and sliced
Sunflower Seeds
Golden Raisins
Raisins
Craisins, cranberries dried like raisins
Pumpkin Seeds (Pepitos), green colored

Mix in equal proportions (or to your liking). Keep in sealed plastic bag or container.

PEANUT BUTTER BALLS

1/3 Cup Honey

1 1/3 Cup Peanut Butter

2 Cups Rice Crispie Cereal or Kashi Fiber Cereal

1/4 Cup Protein Powder

1. Combine all ingredients well.
2. Roll into balls the size of Walnuts and chill before serving.

**Compliments of Luz Ytterock*

RICE WITH PIGEON PEAS

from Latin America

For 8 servings:

115 oz Can of Green Pigeon Peas
½ Cup onion, chopped
½ Green Pepper, chopped
2 Cloves Garlic, minced
½ Cup Tomato Sauce
1 Sazon Goya con Culantro y Achiote
1 Tablespoon Adobo (powdered spices)
3 Cups Water
2 cups Rice

1. Heat large heavy skillet on medium heat.
Add onions and peppers and cook 3 minutes, stirring as needed.
3. Stir in garlic and cook 2 minutes longer.
4. Add remaining ingredients, except rice.
5. Bring to boil and boil 2 minutes.
Stir in rice, cover pot, reduce heat and simmer 20 minutes until rice is done.

**Compliments of Luz Ytterock*