

1979
from
Helen May Olsen

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In the Beginning. . .

The thought for an International Cookbook to aid in supplying funds to bring representatives from around the world to the III International CFO in Estes Park, Colorado in September, 1979, came in late November. A letter for approval of the project went out immediately. The reply: "Get it on the front burner."

By January 3, 1979, letters asking for recipes and-or Creative Writings were in the mail to all countries where CFO is operational. Because of the desire to have the cookbook published in late Spring, there was a note of urgency to return the recipes by the end of February. It was mentioned that time was, indeed, short; however, with our Lord, everything is possible.

And -- it became possible. The recipes began arriving in full force. Each mail contained letters and packets with postmarks and stamps from exotic places. CFO'ers all over the world outdid themselves, not only with recipes and creative writings, but with encouragement, blessings and promises of prayers for the project. Some folks, in their rush to get the recipes in on time, sent them in their native languages. As always, our Lord provided the solution: we became aware of neighbors of other nationalities; and, strangers became friends.

Many of the best cooks in the world use no recipes, but are guided by their acute sense of taste, smell and looks of the food. Some of our recipes omit the exact amounts of ingredients, temperatures or baking time. We rely on your excellent judgment or experimentation in these instances. If you are still hesitant to use them, try PRAYER.

Various ingredients may be unfamiliar to some of you. We suggest that you open your encyclopedia or use your public library to learn what the ingredients and their uses are as well as to obtain more knowledge about that country. Use this book to further our unity by learning more about each other's culture. Then, visit local specialty shops to obtain the ingredients in question.

Without YOU, the recipe donors and creative writers, this book would have been unwritten. The completed cookbook is due to YOUR efforts. Our heartfelt thanksgiving to Dr. Richard Dickinson for his consent to the project; the proofreaders; Del Anderson for his words of encouragement; Henry Gordan for his guidance and Scriptural texts; the O Yong Cho family and Mrs. Robert Greim for translating; Jim Flood for the layout and typesetting, Dan Malachuk for advice and the Faith Printing Company for publishing the book. Last, but far from least, to ALL of YOU who have supported this project in prayer and YOU who have purchased the cookbooks, a very special 'thank you' and God's blessings.

What is the Foundation Farthest Out?

Foundation Farthest Out or FFO is one of the vital instruments of God being used in establishing the Kingdom of God on the earth that Jesus Christ talked about. Prayer, letters, literature and personal contacts are the tools God is using to spiritually mature His people. The mustard seed is bringing forth, the yeast is working and the chain reaction is in process. The Camps Farthest Out, CFO, is a means whereby this process unfolds.

FFO is the coordinating body for International CFO. It is a non-profit, tax exempt Foundation founded in 1942 and dedicated to the fulfillment of the dream of its founder, Glenn Clark, "Mankind bathed in love and a world at peace". The camps form a "belt of prayer around the world".

Since 1942 thousands of people have given much prayer, money and service to make this dream a reality. Thus the world has become the parish of the CFO.

The FFO Board has representatives from every country having CFO Council Rings and camps. At present these include Australia, Canada, England, India, Jamaica, Japan, Korea, Mexico, New Zealand, Peru, Philippines, Puerto Rico, Republic of South Africa, Sri Lanka, Switzerland and the United States. Fiji and New Guinea are sponsored by the New Zealand Council Ring. Haiti is a new addition this year, 1979. Many countries are added each year as well as additional camps being chartered in participating countries.

FFO's Beginning and Purpose Now

At the death of Glenn Clark's wife, Louise, in 1939, love gifts sent as a memorial to her and as a thank offering for her great love poured in. Glenn put them into a special fund known as the Louise Clark Memorial to be used in projects consistent with her interests. At the closing of that fund in 1942, he initiated the Foundation Farthest Out to be the recipient of his honorariums from camps, retreats and church meetings plus the royalties from his books and love gifts people were sending him. Later, tax exempt contributions from friends interested in his work expanded the supply.

At first, money went to dig a well in India, a plow for Mexico, scholarships to CFO camps for International students in America and ministers and missionaries of all denominations.

There was a round-the-world tour made by Glenn Clark and Roland and Marcia Brown from which they returned knowing that "a World-Belt-of-Prayer and a world at peace" could be a reality. Glenn wrote, "there should be one or more teams (couples and individuals) making the trip, a circuit of the globe, every year to develop prayer centers with the CFO spirit for the encouragement of world peace." This has largely been accomplished by the many Schools of Prayer and Camps Farthest Out led by the Browns and others in many countries over the years.

Through the FFO Board, FFO's purpose is to coordinate, nurture and assist the growing organism of CFO around the world. This includes providing spiritual food such as that provided by leaders, literature, letters, personal contacts, aid in forming prayer groups, retreats and Camps Farthest Out that we may be one with Him as He and the Father are One. Meeting as a Board representing many nations, we grow in humble appreciation of one another. And, by this gathering in Jesus' name, our needs and talents are pooled for His Service.

At present, FFO is funded mainly by contributions from dedicated individuals who give time, talent, leadership (often at their own expense) and provide literature. In recent years the Association of the CFO (U.S.A. - Canada) has contributed generously to FFO. Contributions come from individuals and CFO camps, both in the U.S.A. and abroad.

YOU ARE NEEDED! YOU can befriend an International student in your area. YOU can be a helpful Christian neighbor. Write Les and Margaret Ruddell, 131 Bishop Lane, Boulder Creek, California 95006, for further information.

Encourage YOUR camp to extend scholarships to Internationals. Send names and addresses of Internationals to the FFO office for continuing contacts. **FAMILIARIZE YOUR CAMP WITH CFO-WORLDWIDE!!**

Send to the FFO office your used Sunday School lessons, used books and booklets by CFO speakers. "How To" magazines are also appreciated in some areas, such as Home Economics, Gardening, Small Animal Husbandry, Mechanics and National Geographic magazines.

Make financial contributions as an individual and as a CFO Council Ring. In YOUR will, make a bequest to FFO.

Most of all keep FFO in YOUR PRAYERS!

THE FOUNDATION FARTHEST OUT

**1131 Via Alamosa
Alameda
California 94501**

A Handy Spice Guide

ALLSPICE - a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon and nutmeg. **USES:** (Whole) Pickles, meats, boiled fish, gravies. (Ground) Puddings, relishes, fruit preserves, baking.

BASIL - the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. **USES:** For flavoring tomato dishes and tomato paste, turtle soup, cooked peas, squash, snap beans; sprinkle chopped over lamb and poultry.

BAY LEAVES - the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. **USES:** For pickling, stews, sauces and soup. Can be used with a variety of meats and fish.

CARDAMOM - an Indian spice plant. The aromatic capsular fruit of an East Indian herb of the ginger family with seeds used as a condiment and in medicine.

CINNAMON - the highly aromatic bark of any of several trees of the laurel family. **USES:** fruit, soup, beef stew, stewed chicken, sweet-sour shrimp, ham, pork, sauerbraten, carrots, onions, spinach, squash, sweet potatoes, fruit desserts, biscuits, sweet rolls, tea, coffee, chocolate.

CLOVE - the dried flower bud of a tropical tree of the myrtle family. **USES:** soups, fish, chicken, beef, ham, tongue, beets, carrots, onions, squash, sweet potatoes, fruit, cakes, sweet rolls, fruit punch.

CURRY POWDER - a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. **USES:** For all Indian curry recipes such as lamb, chicken, rice, eggs, vegetables and curry puffs.

DILL - the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. **USES:** Dill is a predominant seasoning in pickling recipes; adds a pleasing flavor to sauerkraut, potato salad, cooked macaroni and green apple pie.

GINGER - any of a genus of tropical Asiatic and Polynesian herbs of a family with pungent aromatic rhizomes used as a condiment, a stimulant and a carminative. **USES:** soups, fish, chicken, ducks, beef, beans, beets, carrots, squash, sweet potatoes, dressings, fruits, macaroni, rice and cookies.

MARJORAM - an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. **USES:** In beverages, jellies and soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG [MONOSODIUM GLUTAMATE] - is a vegetable protein derivative for raising the effectiveness of natural food flavors. **USES:** Small amounts, adjusted to individual taste, can be added to steaks, roast, chops, seafoods, stews, soups, chowder, chop suey and cooked vegetables.

NUTMEG - an aromatic seed of the tree native to the Moluccas. **USES:** Oyster stew, mushroom sauce, fish, chicken, roasts, beef mixes, beans, carrots, cauliflower, corn, onions, sweet salad dressings, desserts, sweet rolls.

OREGANO - the leaf of a sage bush growing in Italy, Greece and Mexico. **USES:** An excellent flavoring for any tomato dish and Italian specialties.

PAPRIKA - a mild, sweet red pepper growing in Spain, Central Europe and the United States. Slightly aromatic and prized for brilliant red color. **USES:** A colorful garnish for pale foods and for seasoning Chicken Paprika, Hungarian Goulash, and salad dressings.

ROSEMARY - an herb (like a curved pine needle) grown in France, Spain and Portugal and having a sweet, fresh taste. **USES:** In lamb dishes, soups, stews and to sprinkle on beef before roasting.

THYME - the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. **USES:** For poultry seasoning, in croquettes, fricassees and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC - a root of the ginger family, grown in India, Haiti, Jamaica and Peru, having a mild, ginger-pepper flavor. **USES:** As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings and salads.

Abbreviations

Cup	c.	Minutes	mins.
Tablespoon	T.	Hour	hr.
Teaspoon	tsp.	Package	pkg.
Pound	lb.	Dozen	doz.
Ounce	oz.	Pint	pt.
Gram	grm.	Quart	qt.

Pinch - as much as can be taken between tip of finger and thumb
 1 teaspoon - 60 drops
 3 teaspoons - 1 tablespoon
 2 tablespoons - 1 fluid ounce

4 tablespoons - 1/4 cup
 5 1/3 tablespoons - 1/3 cup
 1 pound - 16 ounces
 1 cup - 1/2 pint
 4 cups - 1 quart
 4 quarts - 1 gallon

EQUIVALENT

MEASURE		METRIC (ML)
1 tablespoon	3 teaspoons	14.8 milliliters
2 tablespoons	1 ounce	29.6 milliliters
1/4 cup	4 tablespoons	59.2 milliliters
1/3 cup	5 tablespoons + 1 teaspoon	78.9 milliliters
1 cup	16 tablespoons	236.8 milliliters
1 pint	2 cups	473.6 milliliters
1 quart	4 cups	947.2 milliliters
1 liter	4 cups - 3 1/2 tablespoons	1,000.0 milliliters
1 ounce (dry)	2 tablespoons	28.35 grams
1 pound	16 ounces	453.59 grams
2.21 pounds	35.3 ounces	1.00 kilogram

TO CONVERT FROM	TO	Multiply by
teaspoons (tsp.)	milliliters (ml)	5
tablespoons (T.)	milliliters (ml)	15
fluid ounces (fl. oz.)	milliliters (ml)	30
cups (c.)	liters (l)	0.24
pints (pt.)	liters (l)	0.47
quarts (qt.)	liters (l)	0.95
gallons (gal.)	liters (l)	3.8

CAPACITY

UNIT	NUMBER OF LITERS	INCHES	CENTIMETERS
Kiloliter (kl)	1,000 (l)	1 inch	2.54
Hectoliter (hl)	100 (l)	3 inches	7.62
Decaliter (dkl)	10 (l)	4 1/2 inches	11.43
Liter (l)	1 (l)	6 inches	15.24
Deciliter (dl)	0.10 (l)	9 inches	22.86
Centiliter (cl)	0.01 (l)	10 inches	25.4
Milliliter (ml)	0.001 (l)	12 inches	30.48

Approximate measures

Cooking Suggestions

To toast coconut for cakes, put in pie pan and place in moderate oven. Stir often from edges to brown evenly.

Flour should be sifted once before measuring. Fill the cup without packing.

Do not grease the sides of cake pans. Grease only the bottoms.

When beating egg whites, do not tap beater on bowl of egg whites. The jarring of beater will cause the whites to lose a great deal of their fluffiness. The beater should be tapped on the hand to clear off the whites.

Eggs should be at least three days old before using in cakes.

SLOW OVEN	250 to 325 degrees F.
MODERATE OVEN	350 to 375 degrees F.
HOT OVEN	400 to 450 degrees F.
VERY HOT OVEN	450 to 500 degrees F.

DEEPFAT FRYING TEMPERATURES WITHOUT A THERMOMETER

A 1 inch (2.54 cm.) cube of white bread will turn golden brown:

345 to 355 degrees	65 seconds
355 to 365 degrees	60 seconds
365 to 375 degrees	50 seconds
375 to 385 degrees	40 seconds
385 to 395 degrees	20 seconds

Bread

*It is not only food - this crusted loaf,
Fragrant and fresh upon a silver tray;
In it are centuries of sun, rhythm of rain,
Stretch of strong arms, hum of machines,
Fulfillment both of earth and minds of men.
Into this one small loaf is packed
The essence of earth's goodness - seed and soil and sun,
And skill surpassing strength of old-time toil.
It is not always now labor of parents' hands
To give their children this -- their daily bread --
In answer to an ancient prayer.
Often it is a mere commodity bought from a baker's shelf,
But sweet and necessary still
As when of old it was a sacrificial symbol
From the very life of God and men created --
Broken afresh to give the spirit birth.*

*This simple loaf, O Lord, is still so great a thing --
So tangible, yet sacramental too,
For which Thy world is hungry now.
Speed us in sharing with Thy children yet more fully,
Knowing that only as together we break bread
Do we find peace and Thee and all of life --
Life in the wheat's full kernel,
Life from the earth's full heart,
Life from the hand and mind of Universal Plenty.
So let us eat -- not fed by loaves alone,
But blessed in benediction symbolized by bread!*

Greta L. Rose, Nova Scotia CFO

Australia

KANGAROO TAIL SOUP

1 Kangaroo tail	parsley
3 oz. dripping	1 bay leaf
3 qts. water	salt and pepper
3 carrots, chopped	1½ oz. flour
3 onions, sliced	1 gill Madeira wine
2 small turnips, chopped	

Catch one kangaroo. Remove the tail. Wash tail, divide at all joints. Heat dripping in pan, sear the tail until well browned. Strain off the dripping and put aside until later. Add water and bring to a boil. Allow this to cool and skim well. Put in the sliced and chopped vegetables, parsley, bay leaf, salt and pepper.

Cover and simmer gently for 4 hours. Strain. Reheat the dripping used for browning. Stir in flour and cook 2 minutes. Add stock and bring to a boil. Put in a few pieces of tail and wine. Season to taste and serve.

Mrs. Barbara Pheloung

ABORIGINE'S PASSION

All that is needed for this succulent lip-smacking Savoury is 5 (number according to appetite) well ripened, live Whitchetty Grubs.

Take delicately between the fingers, hold head back, and with lightning-like rapidity drop each one into the mouth, bite head off, take head out, chew and swallow.

Mrs. A.L. Vander Straaten

SUBJECT - A PEANUT

*"I'm really like a peanut,
So little I can do.
I can't spring up I'm such a nut
Unless inspired by you!
Lord, peel me, roast me,
Leave me whole - but
May I feed a needy soul."*

Majory M. Foord, Adelaide CFO Australia

CRUNCHY WHITCHETTY GRUBS

Whitchetty grubs butter
pepper salt

You will find Whitchetty Grubs under rotting tree trunks in Australia's outback. They are about 3" long, white in colour and look something like a large centipede but have no legs. They move like a piano accordion.

Primitive cooking method: Throw the grubs in hot ashes and cook until crisp and crunchy.

Modern method: Put the grubs in a fry pan with butter, salt and pepper. Cook until brown and crunchy. They have a nutty flavour.

Mrs. Barbara Pheloung

KANGAROO A LA WHITCHETTY GRUB

1 large kangaroo 500 fat Whitchetty Grubs
1 large hole in the ground coals and earth

Take the carcass of one large Kangaroo and remove the intestines carefully, leaving desired portions.

Stuff with 500 fat Whitchetty Grubs, well salted and boiled until double in size.

Dig an adequate hole and in this make a fire. Place the 'roo in the ashes and cover with coals and earth. Leave for a few days and when cool serve with Murrumbidgee Moss Sauce.

Mrs. A.L. Van der Straaten

CHICKEN CASSEROLE

Chicken pieces flour
1 package French Onion Soup 1 15 oz. can Apricot nectar.

Place in casserole the chicken pieces rolled in flour. Sprinkle over them the package of French Onion soup and the Apricot nectar. Bake in moderate oven for 2 hours.

Mrs. A.L. Van der Straaten

BEEF STRIPS IN TOMATO SAUCE

This can be made the day before needed. Add sour cream before serving.

3 lbs. chuck steak, sliced	16 oz. tin cream of tomato soup
¼ c. flour	1 c. diced green peppers
1 tsp. salt	8 oz. tin mushrooms
Freshly ground pepper	½ pt. water
2 oz. butter	2 beef bouillon cubes
2 T. oil	(or more to taste)
1½ cs. chopped onions	1 T. Worcestershire sauce
2 cloves garlic	2 c. sour cream

Cut beef into thinnish strips (easier if half frozen). Dredge strips in seasoned flour. Heat 1 oz. butter and oil in frypan. Saute meat, adding extra butter and oil when required.

Transfer into a large sauce pan. In the remaining fat in the frypan cook onions, garlic and green peppers for a few minutes, then add to beef.

Add mushrooms, tomato soup and Worcestershire sauce to meat. Assorted vegetables can be added as desired in the sauce pan or in a casserole.

Add bouillon cubes and a little water to the dripping left in the frypan, scrape and add to the mixture in the sauce pan. **Simmer 1 to 1½ hours.** Remove from heat and stir in the sour cream, stirring well. This will keep in a warm oven about ½ hour, but must not cook once the cream is added.

Mrs. N.A. Foord

BURGERS

1½ lbs. minced blade	2 T. tomato sauce
1 small onion, chopped	½ tsp. mixed herbs
½ c. bran and wheatgerm	1 tsp. salt
1 egg	fresh ground pepper

Combine all ingredients. Divide and shape into 8 burgers. Coat with bran and wheatgerm.

Heat 2 T. oil in pan and cook over medium heat. Serve with vegetables or on a toasted bun and with a salad.

Mrs. A.L. Van der Straaten

SAVOURY LAMB CHOPS

1 lb. lamb chops (or Hogget)	Tomato ketchup
Cheap cuts from the	Salt and pepper to taste
shoulder will do.	1 tsp. brown sugar
1 c. hot water	Cornflower
1 T. soy sauce	

Dry fry the lamb chops and pour off the fat. Simmer for 15-20 mins. in the sauce made of the water, soy sauce, ketchup, salt, pepper and brown sugar. Just before serving, thicken the sauce with the cornflower.

Mrs. Howie J. McIntosh

SALAD DRESSING

4 parts of Nestles sweetened condensed milk to 1 part of white vinegar. Add dry mustard to taste and mix all together.

Adjust quantities to taste. Thin with fresh milk as required. Cover. This will keep in the refrigerator indefinitely.

Mrs. A.L. Van der Straaten

DIPLOMATIC RICE

1 c. rice	Salt
¼ c. cooking oil	fresh black pepper
¼ c. vinegar	½ c. chopped Olives
1 tsp. dried Tarragon	2 hard boiled eggs
1 grated onion (size to taste)	1 chopped green pepper
1 tomato	1 chopped pimento
1 gherkin	Parsley to garnish

Boil the rice, drain. While the rice is still hot, add vinegar and oil. When cool, crush Tarragon and gently finger through rice. Mix in the other ingredients.

Mrs. A.L. Van der Straaten

SUNDOWNER'S SALAD

1 pkg. lime jelly crystals (jello)	dash of pepper
1 c. hot water	½ c. drained crushed pineapple
½ c. cold water	½ c. finely diced peeled cucumber
1½ T. vinegar or lemon juice	½ c. diced celery
½ c. mayonnaise	1 T. grated onion
¼ tsp. salt	

Dissolve jelly (jello) in the hot water. Add cold water, vinegar, mayonnaise, salt and pepper. Blend well with rotary beater. Freeze for 15 minutes (until set to wobbly stage). Beat again until fluffy then fold in other ingredients. Pour into mould. Chill until firm. Serves 6. Excellent with meat or fish.

Mrs. N.A. Foord

LEMON CORDIAL

Juice and rind of 9 lemons	4 lbs. sugar
2 oz. citric acid	5 pts. boiling water
1 oz. Epsom salts	

Mix all ingredients together and bottle.

Mrs. A.L. Van der Straaten

PEANUTS

*Peanuts are but little things
Small in size and strange in shape,
Yet good to taste, and famed as food.
Size is of little count,
It's what they are that matters.
A lesson too they have for me--
Plant them low, and plant them deep--
And from their valley they do speak --
God does use as channels strong
Those who hide themselves in God.*

Noel A. Foord, Adelaide CFO, Australia

GOLDEN STAIRCASE TART

3 oz. butter	3 T. castor sugar
1 egg yolk	1 T. milk
1 1/4 c. self rising flour	3 T. cornflour

CRUST -

Cream butter and sugar together, beat in egg yolk. Add milk and work in sifted flour and cornflower. Knead lightly on a floured board until smooth. Roll out and lift carefully into an 8 or 9" plate. Press firmly on the bottom of the plate to remove air bubbles, trim and decorate edge. Prick well, bake in a moderate oven for 20 minutes.

FILLING - First layer:

Juice of 1 large lemon
7 oz. sweetened condensed milk
pulp of 2 passion fruit (the round dark skinned type)

Blend lemon juice and passion fruit pulp with condensed milk and spread into cooled pastry crust. Chill

Second layer:

Juice and rind of 1 lemon	1 T. maize cornflour
Juice and rind of 1 orange	4 T sugar
1 T. custard powder	1 T butter
	water

Add to orange and lemon juice sufficient water to fill an 8 oz. measuring cup. Place in sauce pan with grated rinds and bring to boil. Blend custard powder, cornflower and sugar with enough water to make a smooth paste. Add boiling liquid slowly, stirring constantly. Add butter and return to sauce pan. Stir over low heat 3 minutes. Allow to cool, stirring occasionally to prevent skin from forming. Spread carefully over first layer in pastry crust. Chill.

Decorate with whipped cream before serving. Glace cherry decorations or walnuts can also be used.

Mrs. N.A. Foord

APRICOT CRUNCH

8 oz. solid white vegetable shortening	3 c. Cornflakes
8 oz. dried apricots, chopped	1 1/4 c. coconut
4 oz. walnuts, chopped	3/4 c. raw sugar
	1/4 c. powdered milk

Melt shortening over low heat stirring until melted. Remove, stir in finely chopped apricots and walnuts then remaining ingredients. Mix well. Press into greased Lamington tin. Refrigerate for 2 hours. Remove and cut into finger lengths.

Mrs. A.L. Van der Straaten

LAMINGTONS

4 oz. (1 stick) butter or margarine	1/2 tsp. vanilla
4 oz. (1/2 c.) sugar	1 c. flour
2 well beaten eggs	1/2 tsp. salt
4 T. milk	1 tsp. baking powder

Cream together butter and sugar. Gradually add eggs, milk and vanilla. Fold in flour. Spread in a well greased shallow pan. Bake in moderately hot oven 375° - 400°, 30-35 minutes. Leave overnight before cutting into squares or rectangles. Make a chocolate icing and dip pieces into it. Coat pieces all over. Drain well and roll in coconut.

ICING

1 1/2 c. confectioners sugar	boiling water
2 T. cocoa	2 tsp. vanilla

Heat slightly. Let icing stand in 2 T. hot water to keep it liquified.

Joy Beazley

PINEAPPLE FLUMMERY

1 pkg. marshmallows
15 oz. tin crushed pineapple

1 bottle cream whip
1 T. gelatine

Mix 1 T. gelatine in $\frac{1}{4}$ c. boiling water. Combine all ingredients. Decorate with nuts and marshmallow quarters.

Mrs. A.L. Van der Straaten

SAGO AND FRUIT PUDDING

4 T. sago
 $\frac{1}{2}$ c. brown sugar
1 c. seeded raisins,
dates or sultanas
1 c. bread crumbs

1 beaten egg
1 T. melted butter
1 tsp. mixed spice
1 tsp. baking soda in 1 T.
hot water
Essence of lemon or vanilla

Soak the sago for 1 to 2 hours. Mix all ingredients together. Put into greased pudding basin. Steam for 2-2 $\frac{1}{2}$ hours. Serves 6-8 persons. Top the servings with thin custard, cream or ice cream.

Mrs. Howie J. McIntosh

WHOLEMEAL BISCUITS

4 oz. margarine
 $\frac{1}{2}$ c. castor sugar
2 Ts. honey
1 egg
 $\frac{1}{2}$ c. white plain flour

1 c. wholemeal plain flour
 $\frac{1}{2}$ c. white self rising flour
 $\frac{1}{4}$ c. unprocessed bran
pinch of salt
extra bran

Cream margarine and sugar, add honey, egg, flour, bran and salt. Roll out thin, place on greased slide (cookie sheet) and prick. Bake in moderate oven 12-15 minutes. Leave on tray to cool.

Mrs. A.L. Van der Straaten

WHOLEMEAL APPLE AND DATE SLICE

3 green apples
1 c. chopped dates
 $\frac{1}{2}$ c. water

3 cs. wholemeal self rising flour
1 T. raw sugar
4 oz. margarine

Peel, core and slice apples. Put in pot with dates and water, cook until tender, leave until cold.

Sift flour into bowl, add sugar, rub in margarine, add sufficient milk to make a firm dough.

Roll out half the dough and line tin. Spread with cold filling. Top with remaining dough. Brush with milk. sprinkle with extra sugar. Bake in moderate oven 30 minutes. Cut when cold.

Mrs. A.L. Van der Straaten

FOOLPROOF PAVLOVA

2 egg whites
 $1\frac{1}{2}$ cs. castor sugar
1 tsp. vinegar

1 tsp. cornflour
 $\frac{1}{2}$ tsp. vanilla
4 T. boiling water

Place all ingredients in basin, beat until mixture is very stiff and forms peaks when lifted on spoon. This takes a while to do. Spread on lightly greased heat proof plate. Bake in very slow oven 300° - 250° for 30 mins. Turn oven off and allow pavlova to cool with oven, (In the oven.) Serve with fruit and cream.

Mrs. Barbara Pheloung

ALLBRAN LOAF

1 c. All-bran
1 c. dates or mixed fruit

1 T. golden syrup
1 c. self rising flour

Soak the all-bran 10 minutes in milk. Mix ingredients together. Bake in a loaf tin. Cut and spread with butter.

Mrs. A.L. Van der Straaten

NANA'S STOLEN RECIPE

Nana picked up the telephone receiver to make a call and heard crosstalk. One lady was saying to another "I have a marvellous recipe. I will read it to you." So Nana took the opportunity to take down the recipe too. Hence its name.

1 pkg. sweet biscuits (225 grms.)
110 grms. butter or margarine
130 grms. Nestles sweetened condensed milk
110 grms. chopped walnuts
110 grms. chopped ginger (preserved or glace)
 $\frac{3}{4}$ c. icing sugar
Lemon juice

Crush the biscuits. Melt butter and add condensed milk and pour over biscuits. Mix in half the walnuts and ginger. Press onto baking dish (20 cm. x 30 cm.) Refrigerate. Spread with lemon icing, sprinkle remainder of nuts and ginger over top. Refrigerate.

Mrs. A.L. Van der Straaten

PEANUT BISCUITS

$\frac{1}{4}$ lb. butter or margarine 1 egg
 $\frac{1}{2}$ c. sugar 1 c. chopped peanuts
large pinch salt $1\frac{1}{2}$ c. self rising flour

Beat margarine and sugar to a cream, add egg and beat well. Add other ingredients. Drop teaspoons of mixture on greased slide (cookie sheet) and bake in a moderate oven.

Mrs. A.L. Van der Straaten

*"My cloud of battle-dust may dim,
His veil of splendour curtain Him,
And, in the midnight of my fear,
I may not feel Him standing near.
But, as I lift mine eyes above,
His banner over me is Love."*

Gerard Massey, Adelaide CFO, Australia

NUTTIES

$\frac{1}{2}$ lb. margarine 2 T. Golden syrup
2 T. boiling water 1 level tsp. soda

Melt all in pan and stir in the following:
1 c. sugar 1 c. coconut
1 c. flaked oatmeal 1 c. nuts
1 c. self rising flour

Drop by teaspoons on tray and bake.

Mrs. A.L. Van der Straaten

GINGER SLICE

4 oz. margarine 1 tsp. baking powder
2 oz. sugar 1 tsp. ginger
1 c. flour

Cream margarine and sugar then add flour, baking powder and ginger. Mix well. Press onto a flat tin (cookie sheet) and bake.

TOPPING

2 T. margarine 4 T. icing sugar
3 tsp. Golden syrup 1 tsp. ginger

Put all ingredients together into a pot and melt then pour over ginger slice.

Mrs. A.L. Van der Straaten

CHRISTMAS CAKE

1 lb. butter or margarine 2 Ts. Treacle
1 lb. currants 6 eggs
1 lb. sultanas 4 oz. almonds
1 lb. mixed peel 1 tsp. soda
1 12 oz. pkg. raisins 2 tsp. mixed spice
 $\frac{1}{4}$ lb. cherries 1 lb. plain flour
 $\frac{3}{4}$ lb. brown sugar 1 c. warm milk.

Beat butter and sugar to a cream. Add eggs one at a time, then treacle and fruit, flour and spice, lastly the soda dissolved in warm milk. Bake in a slow oven $3\frac{1}{2}$ hours.

Mrs. A.L. Van der Straaten

Canada

CAPE BRETON SCONES

4 c. flour	¼ c. sugar
6 tsp. baking powder	⅔ c. shortening
1 tsp. salt	2 eggs

Mix and sift dry ingredients. Rub in shortening with tips of fingers. Add eggs and about 2 c. milk, reserving a small amount of eggs. Toss on a floured board. Pat and roll into three fourths. Brush with reserved egg. Sprinkle with brown sugar. Cut into squares. Bake in hot oven 450°F. for 15 mins. Eat with butter.

Greta L. Rose

ANNAPOLIS APPLE PUDDING

6 medium apples	¼ c. soft shortening
3 T. white sugar	¾ c. sugar
1½ c. flour	1 egg, well beaten
3 tsp. baking powder	¾ c. milk
½ tsp. salt	1 tsp. sugar
	1 tsp. cinnamon

Grease a 10 x 6 x 2 inch baking dish. Slice peeled apples and arrange in bottom of dish. Sprinkle with the 3 T. sugar. Sift together flour, baking powder and salt. Cream shortening until fluffy. Gradually add sugar, mixing until creamy. Add beaten egg. Beat well. Add dry ingredients alternately with milk, folding in lightly after each addition. Pour over apples. Sprinkle with combined sugar and cinnamon.

Bake at 350° F. for 45 to 50 mins. Serve warm, cut in squares. Serve with a sauce or ice cream or whipped cream. Serves 8.

Greta L. Rose

LOBSTER CHOWDER

2 c. lobster meat	1 c. light cream
1 medium onion	2 T. butter
2 medium potatoes	1 tsp. salt
1 pt. whole milk	¼ tsp. pepper

Cook chopped onion and diced potatoes until tender in 1 cup boiling water. Add cooked lobster meat, cut in pieces. Add salt and pepper. Heat to boiling point for 5 mins. Then add milk, cream and butter and heat just to boiling. Serve piping hot with crisp crackers.

Greta L. Rose

RAGOUT DE PATTES [Pork Hock Stew]

2 garlic cloves, slivered	¼ tsp. each ground cloves,
3 lb. pork hocks	cinnamon and nutmeg
1 T. salt	¼ c. drippings or other fat
¼ tsp. pepper	2 medium onions, chopped
	¾ c. browned flour

Press garlic into pork hocks. Mix salt, pepper and spices; sprinkle over hocks, coating well. Brown in drippings. Add onions and enough water to cover. Cover; simmer 2-3-hr. or until pork is tender. Sprinkle flour over cooked mixture; stir to blend. Cook 20 mins., stirring frequently. Cabbage may be boiled in some of the stock. Makes 6 servings.

"I ask to be -

*Not a mount of grandeur, nor a valley wide,
Not a sky resplendant, nor a surging tide;
Not a gorgeous flower, nor a verdant green,
But an open channel, leading from the Lord,
For the passage of His love to a needy world."*

Sri Lanka CFO

TOURTIERE [16 servings]

2½ c. flour	½ tsp. cinnamon
1 tsp. salt	½ tsp. garlic powder
½ T. soda	Dash of pepper
1 c. shortening	1 T. salt
1 tsp. cream of tartar	1 c. water
½ c. milk	¼ tsp. cloves
3 lb. lean ground mixed	¼ tsp. allspice
beef and pork	¼ tsp. celery salt
1 medium onion, chopped	¼ tsp. savory

Put flour, salt, soda and shortening into large bowl. Dissolve cream of tartar in milk; add gradually to flour mixture. Mix; roll out to fit two 10" pie dishes. Combine remaining ingredients; mix well. Put into large sauce pan; simmer 30 mins. stirring often. Cool. Pour into pastry lined pans; cover with top crust. Slash steam vents; seal edges together well. Bake at 375° F. 45 mins. to 1 hr.

*If we but count our blessings
How happy we shall be,
We'll only thank the Father
From burdens we'll be free.
This beauteous environment,
Ah! What a lovely place
To hold this camp so friendly
Filled with His holy grace.
I see the birds now flying
How sweetly they can sing
The butterflies flit gladly
New life to me they bring.
And all those little children
So joyous is their play.
They, too, are God's witnesses
So lively and so gay.*

Sri Lanka CFO

England

FLAUMPEYNES

Take fat pork so. Pyke it clene. Grynde it smalle. Grynde chese, and do thereto; with sugar and gode powders make a coffyn of an inch depe, and do this fars therein. Make a thynne foile of gode paste and kerve out thereof smalle pointes. Fry ham fars, and bake it up on.

From: The nuptial banquet of Henry the Fifth and Catherine of France 1420.

Reginald and Joan Storey

EVE'S PUDDING

1 lb. cooking apples	vanilla essence
8½ oz. castor sugar	2 large eggs
4 oz. butter	4 oz. self-rising flour

Preheat oven 375° F. Butter a 1½ pt. pie dish.

Peel, core and slice apples. Put slices in prepared pie dish. Sprinkle with 4 oz. sugar and 3 T. cold water. Cream butter with 4 oz. sugar until light and fluffy. Beat in a few drops of vanilla essence. Add eggs, one at a time, beating well between each addition. Sift in flour; fold in carefully. Spoon mixture over apples. Bake pudding in center of oven 25-35 mins. or until sponge is golden and firm to touch. Serve hot, sprinkled with the rest of the sugar.

Reginald and Joan Storey

"Lord, make me willing to change when I am wrong; and when I am right, make me easy to live with."

COUNTRY CASSEROLE

6 good sized rabbit joints	1 heaped T. plain flour
Salt and pepper	1 meat extract cube
6 thin rasher streaky bacon	$\frac{3}{4}$ pt. hot water
2 oz. butter	pinch of dried mixed herbs
1 large onion	

Blanch the rabbit and put into a pan. Cover with salted cold water. Bring to a boil. Drain well. This makes the rabbit flesh as white as possible. Wrap bacon rasher round each rabbit joint.

Heat butter gently in a pan. Fry rabbit joints lightly. Remove from pan. Skin and finely chop onion. Fry gently in same pan. Remove onion; leave fat in pan and add flour. Stir; leave to cook gently for 3 mins., or until browned. Dissolve meat extract cube in hot water. Stir gradually into pan until smooth. Season.

Put rabbit and onion in casserole or ovenproof dish. Pour over the brown sauce you have made. Add herbs. Cover dish. Cook 3 hrs. or until rabbit is very tender.

Reginald and Joan Storey

SAUSAGE ROLLS

2 lb. pork sausage
1 large egg, beaten

Rough Puff Pastry, recipe on page 25.

Roll out pastry to a 12" square. Cut in half. Divide sausage into 8. Roll each piece to length of pastry and put in center of each pastry strip. Moisten pastry edge with cold water; fold to make a thin roll. Press edges to seal and cut. Mark with blade of knife. Brush with egg. Bake on 2 baking sheets in center of pre-heated oven 20 mins. or until golden. Cool. Lay on flat plates. Do not pile up. Cover with clean tea towel until time to serve.

Reginald and Joan Storey

STEAK AND KIDNEY PIE

1 sheep's kidney or 4-6 oz. kidney	Salt and pepper
$\frac{1}{2}$ -1 lb. stewing steak	A little fat or bacon
Flour	$\frac{1}{4}$ pt. of stock or water

Rough puff pastry, from 6 oz. flour according to desired thickness

Wash kidney and cut into thin pieces. Remove core. Cut steak into thin slices. Dust with seasoned flour. Place a piece of kidney on each slice of steak and a small piece of bacon fat if desired. Roll up the steak. Half fill a pie dish with meat rolls. Add stock. Put other rolls of steak on top.

Roll out pastry to $\frac{1}{3}$ " thickness, rather larger than the pie dish to be covered. Cut off a strip around the pastry. Wet edges of dish and place the strip around it. Wet edge again and place remaining pastry over pie. Trim off edges and decorate. Cut a hole in the middle of the pie to allow steam to escape while baking. Roll out the trimmings and cut leaves. Place these around the hole in the middle of the pie. Brush all over with beaten egg. Place the pie in a hot oven until the pastry is set; 450° F. Then reduce heat and cook until meat is tender about 2½ to 3 hrs. If pastry browns too quickly, protect it with greaseproof paper at lower heat.

ROUGH PUFF PASTRY

This is suitable for meat pies, sausage rolls and various patties.

Weigh (or measure) the flour, add salt in the proportion of $\frac{1}{2}$ tsp. salt for 1 lb. of flour. Sieve together into mixing bowl.

Allow 4-6 oz. fat to 8 oz. flour. Do not rub the fat into the flour with the fingers. Use two knives like scissor blades and cut the fat into the flour in small pieces no bigger than peas.

Mix to a stiff dough with very cold water.

Flour the board and rolling pin lightly and roll pastry into a strip about 6" wide and $\frac{1}{4}$ " thick, keeping the ends square and sides even.

Fold the pastry by bringing the side edges to the middle; then top and bottom edges to middle. Finally fold in half. Press edges together.

Whenever possible, put in a very **cold** place for 15 mins.

Turn the pastry so its folded edge is to your left hand side. Roll out again and fold as above. Then roll out and use as required. Bake in a hot oven, 475° F.

Reginald and Joan Storey

ENGLISH FARMHOUSE MARMALADE

1 lb. oranges ½ pt. water in which fruit is boiled
2 lbs. sugar

Use SEVILLE oranges if possible, but sweet oranges or grapefruit would do. With sweet oranges use one lemon to about four oranges.

Wash and boil the fruit **WHOLE** until the skin is tender but not split. Water should be just sufficient to cover the fruit.

Take the oranges from the water as required, cutting and removing the pips. Keep the pips. Then either a) scrape and save the pulp and thinly slice the remaining peel or b) remove the pips and place the remaining fruit and juice in a liquidizer.

Weigh all this fruit (juice, pulp, peel) and to **each pound** of fruit add 2 lbs. sugar and ½ pt. water, using the water in which the fruit was boiled. Before adding this water boil all the pips which were removed from the fruit in the water, then discard pips only. If the water is **more** than the required amount, reduce it by boiling; if it is less make up the difference with more water.

Next day bring the fruit, water and sugar to a boil, stirring gently until the sugar is well dissolved. Then boil fairly rapidly 15-20 mins. Bottle and cover while still very hot with parafin.

Bert Kerley

The following recipes are named after various counties in England and are particular favorites in that county.

BUCKS CHERRY TURNOVERS

¾ - 1 lb. black cherries granulated sugar
½ lb. short pastry

Roll out pastry, not too thinly. Cut into rounds 4-5" across. Mould up one side to make a rim. Pack well with cherries, cover with sugar. Fold pastry over, wet edges and seal. Pinch joins to a standing edge to keep the juice in. Bake in a hot oven until brown. Sprinkle with castor sugar to serve.

Reginald and Joan Storey

CHELSEA BUNS

1¾ lb. plain flour 2 oz. castor sugar
1½ tsp. salt Good ¾ pt. milk, or milk
1 oz. yeast and water, lukewarm

FOR SPREADING:

4 oz. butter or margarine Mixed spice
4 oz. castor sugar 4-6 oz. sultanas or currants

Sieve flour and salt into a basin. Put yeast and sugar into another small basin. Cream together with a wooden spoon until they are liquid. Pour on milk. Mix well together. Make a deep well in center of flour and carefully pout the yeast mixture into it.

Sprinkle flour from the sides over the top. Set to rise in a warm place for 20 mins. Then work in flour by hand until smooth. Cover basin with a cloth and let rise again about 30 mins. Turn dough onto a floured board and knead for 5 mins. Roll out dough into a sheet ¼" thick. Spread the butter over it. Sprinkle with castor sugar and, if desired, mixed spice and sultanas or currants. Roll up like a swiss roll and cut into slices 1-1½" thick. Grease baking sheet and arrange rolls on it. Put in warm place to rise. Bake in moderate oven about 30 mins. Sprinkle with castor sugar when done.

Reginald and Joan Story

CORNISH PASTIES

8 oz. short pastry 2 raw potatoes
8 oz. raw beef, minced 1 onion, chopped
4 oz. kidney, chopped

Roll out pastry thinly, cut into 8" diameter round. Chop potatoes and mix with other ingredients. Season. Place in center of pastry, dampen edges, pull up over top. Brush with beaten egg. Bake at 400° F. for 10 mins. then lower heat for further 30 mins.

Reginald and Joan Storey

DUNDEE CAKE

4 oz. whole almonds 8 oz. margarine
12 oz. plain flour 8 oz. castor sugar
pinch of salt 4 large eggs
1 level tsp. baking powder 1 lb. dried mixed fruit, cleaned

Preheat oven to 350° F. Grease a round 8" cake tin. Line with greaseproof paper.

Put almonds in a pan and cover with water. Bring to a boil; drain and skin. Sift flour, salt and baking powder. Cream margarine and sugar until light and fluffy. Beat eggs lightly and add a little at a time to creamed mixture, beating well.

Fold in the flour and mix in fruit. Turn into prepared tin. Make a well in the center and arrange almonds on top of cake. Bake in center of oven for 45 mins., then reduce oven to 325° F. and cook for additional 1 hr. and 45 mins. Cool a little in the tin; then turn onto a wire rack.

Reginald and Joan Storey

"Be like the watch: have an open face, busy hands, full of good works, pure gold and well regulated."

DEVONSHIRE CAKES

1 lb. plain flour 6 oz. butter or margarine
Salt 6 oz. sugar
1 ½ level tsp. cream of tartar ¼ lb. currants or dried fruit
1 level tsp. Mixed spice to taste
bicarbonate of soda 2 eggs --- milk
½ tsp. baking powder

Grease some patty pans. Sieve flour, pinch of salt, cream of tartar and soda and baking powder into bowl. Rub the butter in lightly. Add sugar, currants and mixed spice. Beat the eggs in a basin and stir into the mixture. Add enough milk to make into a dough. Put into prepared tins and dust with sugar. Bake in a moderate oven (350° F.) for 20 mins. Cool on a wire sieve. Makes 20 to 24 cakes, according to size.

Reginald and Joan Storey

ECCLES CAKES

6 oz. flakey pastry -- made with 6 oz. flour, 4 oz. lard and margarine mixed, pinch of salt and water to mix.

FILLING:

3 oz. currants 1 ½ oz. granulated sugar
1 oz. candied peel, chopped 1 oz. butter, melted
¼ tsp. nutmeg, grated

Mix all filling ingredients together.

For the pastry; add a pinch of salt to flour, rub in a little fat and mix to a stiff paste with cold water. Roll out. Spread remaining fat over half, fold over, press edges and roll out carefully. Fold again, roll, then fold into three. Roll out thinly and cut into rounds 4" across.

Put a teaspoon of filling in center of each round. Dampen edges of pastry and gather to center. Turn over, press lightly and snip centers. Brush with water, sprinkle on sugar. Bake in hot oven 15-20 mins.

Reginald and Joan Storey

NORFOLK DUMPLINGS

4 oz. plain flour	½ oz. yeast
½ tsp. salt	1 tsp. parsley

Cream yeast with warm water. Mix flour, chopped parsley and salt. Add to yeast. Leave 10 mins. then mix to soft dough with warm water. Form into balls.

Leave 10 mins. Boil in fast boiling water 15 mins. Drain, serve with stewed steak, or braised liver.

Reginald and Joan Storey

NORFOLK PORK LOAF

2 oz. butter	¼ pt. milk
2 level T. onion, minced	1½ level T. mustard
4 oz. streaky bacon	4 oz. fresh breadcrumbs
1 lb. pork, freshly minced	1 level tsp. mixed herbs
2 medium eggs	Salt and pepper

Melt butter in frying pan. Add onion. Cook slowly until tender but not browned, turning occasionally.

Meanwhile remove rind from bacon. Cut bacon into small pieces. Add with pork, using belly or chump. Cook gently about 5 mins.

Break eggs into a large basin. Add milk and mustard. Beat together with a whisk or rotary beater until blended. Stir in pork and breadcrumbs, mixed herbs and seasoning. Stir until blended.

Place in a greased 2 lb. loaf tin lined over the base with greaseproof paper. Bake on middle shelf of moderate oven (350° F) about 1½ hrs.

Allow to cool in tin, then turn out and serve cut in slices with salad. Makes 6 portions.

Reginald and Joan Storey

PEMBROKESHIRE PORK AND APPLE PIE

1 lb. lean pork	Butter
½ lb. lean bacon	3 cloves
½ lb. sweet apples	Little powdered ginger
½ lb. cooking apples	1 level tsp. mixed herbs
¼ lb. onions	1 lemon
2 oz. raisins	1 lb. short pastry
2 oz. sultanas	Salt and pepper

Wash and dry pork, cut in pieces. Mince bacon. Peel and slice apples. Arrange layer cooking apples in pie dish. Add layer sliced onion, few cleaned raisins and sultanas, 1 clove, little lemon juice and few knobs butter. Add layer of pork and one of bacon. Cover with sweet apples, clove, raisins, sultanas, butter and lemon juice. Add remaining meat, repeat layers finishing with sweet apples and ginger. Moisten with apple juice or water. Cover. Bake 20 mins. in moderate oven. Make pastry, adding herbs. When meat mixture has been cooking 30 mins. put into a pie funnel. Cover with pastry. Bake 40 mins.

Reginald and Joan Storey

WELSH CAKES

10 oz. plain flour	3 oz. currants
3 oz. butter	1 lemon, grated and juiced
1 oz. vegetable fat	1 tsp. baking powder
2 eggs	2 T. milk, warmed
3 oz. Demerara sugar	nutmeg

Sieve flour, baking powder, then rub in fats. Add currants and grated lemon rind. Dissolve sugar in warm milk. Add egg yolks, pinch of nutmeg and lemon juice. Mix this with dry ingredients and beaten egg whites. Knead to dough. Roll, cut in rounds; cook on greased hotplate 4-5 mins. Turn often.

Reginald and Joan Storey

SCOTCH SHORTBREAD

5 oz. plain flour
1 oz. rice flour

2 oz. castor sugar
2 oz. butter

Sieve together flours, sugar and pinch salt. Cut butter into dry mixture until crumbly. Knead until it binds together. Mould into 6-7" sandwich tin. Turn onto lined baking sheet. Prick surface, mark triangles, crimp edges. Bake 375° F. ¾-1 hr.

Reginald and Joan Storey

YORKSHIRE PARKIN

1 lb. medium oatmeal
1 lb. flour
1 oz. ground ginger
2 T. milk
¼ lb. lard

¼ lb. margarine
1 T. sugar
1 tsp. bicarbonate of soda
2 lb. brown treacle

Mix flour, oatmeal, sugar and ginger. Put treacle, lard, margarine and soda dissolved in milk, into a pan and heat until the fat melts. Add quickly to dry ingredients. Mix well until smooth and flowing. Pour into Yorkshire pudding tin. Bake in a slow oven 1 hr. or until risen, deep brown and spongy.

Reginald and Joan Storey

YORKSHIRE PUDDING

2 oz. plain flour
Pinch of salt
1 egg

¼ pt. milk
2 T. hot fat or drippings
4 individual tart pans
(4½" size)

Sieve flour and salt into a small basin. Add egg and a little milk. Beat until smooth. Gradually beat in remaining milk. Whisk 2-3 mins. Heat fat in tart pans placed on a baking tray. Spoon batter mixture into hot fat in dishes and bake in a hot oven (425° F) 20-25 mins. or until golden brown. Muffin tins may be used in place of tart pans. Put smaller amount of mixture into each.

Reginald and Joan Storey

ENGLISH APPLE CRUMBLE

apples
2-3 ozs. brown sugar
(to taste)

4 oz. COARSE bread crumbs
2 oz. butter

You will need to judge the amount of ingredients from the dish size. Peel, core and THICKLY slice enough apples to fill ¾ of the pie dish used. A sharp apple which does not give too much juice is best. Add a little sugar to this fruit, but do not over sweeten.

Make sufficient crumble to fill the pie dish. Melt the butter in a pan, then stir in bread crumbs. When well coated add the sugar. Pour the mixture on top of the apples. Only roughly flatten.

Cook in a hot oven until the top crumble is crisp and the apples are just soft. Long cooking (up to 2 hours) in a slow oven gives the best flavour.

If the apples are not sharp, give more flavour by adding a little candied peel or spices to the crumble.

Serve hot from the oven, preferably with custard sauce or cream.

Bert Kerley

GINGER DOGS

9 oz. plain flour
Pinch of salt
1 level tsp. ground ginger
1 rounded tsp.
bicarbonate of soda

2½ T. golden syrup
2 level T. castor sugar
2 oz. margarine
Small egg, beaten

Preheat oven at moderate temperature, 350° F.

Grease a large baking sheet. Sift the flour, salt, ginger and soda into a mixing bowl. Melt the syrup, castor sugar and margarine in a small pan. Cool slightly. Mix into dry ingredients with enough of the egg to give a stiff dough.

Roll out thinly. Using a dog-shaped cutter, cut out 36 dogs. Bake in center of oven for 12 mins. or until firm to the touch. Cool on a wire tray.

Reginald and Joan Storey

MERINGUE CATS

2 egg whites	4 oz. sifted icing sugar
4 oz. castor sugar	Almonds, split
2 oz. butter	Green angelica or candied peel

Preheat oven to 200° F or lowest gas setting.

On 2 sheets of greaseproof paper, make 12 cats' bodies and heads by drawing circles, 1½" and ½" in diameter, joining at one point. Oil the paper and put on 2 oiled baking sheets.

Whisk the egg whites until stiff. Gradually whisk in 2 oz. of the sugar. Fold in another 2 oz. of sugar. Using 2 teaspoons, place neat heaps of meringue on circles on paper. Dry out in preheated oven about 2 hrs. or until crisp.

Sandwich the meringues together with butter icing made by creaming the butter and the icing sugar. Place meringues upright. Put 2 split almonds in the cream at the top of each cat's head to represent ears. The tails are made from strips of the angelica or candied peel.

Reginald and Joan Storey

CAMPS FARTHEST OUT

*Comrades of the Cross we be
Annually we meet you see;
More like our dear Lord to grow.
Praying souls we come together
Selves to erase, for Him to take o'er.*

*Farthest out with Him to go,
Always adoring Him more and more.
Relying on our own strength no longer.
Trusting with Him in Spirit to grow stronger.
Higher to climb as the days go by,
Ever to have Him as our Guide to rely
Trusting His Promises whate'er betide.*

*Ours a life of Praise will be,
Until day breaks and shadows flee,
Till in Heaven His Face we see.*

Sr. Lanka CFO

Fiji

KOKODA [Pronounced Kokonda]

2 lb. fish	1 onion
3 tomatoes	1 green pepper
2 fresh coconuts or 2 T. coconut cream (thin with water)	3 lemons

Skin and chop fish, remove bones. Chop onion. Seed green pepper and tomatoes and discard seeds. Put in bowl with salt and juice of lemons. Leave to marinate 6 hours. Pour off juice and discard. Grate fresh coconuts. Add 2 c. warm water, squeeze and strain. Pour over fish to cover. If no coconuts are available, the thinned coconut cream can be used. Serve.

Roy and Zeta Salmon

CURRY CHICKEN [Indian style]

1 chicken (about 3 lb.) chopped into small pieces	2 tsp. salt - pepper (to taste)
2 medium onions, chopped	2 T salad oil
2 T masala	1 T curry powder
2 T ginger	1 T crushed garlic
1 large chilli, chopped	1 tsp. mint leaf, chopped
	cinnamon sticks

Heat a heavy sauce pan. Add the salad oil, heat. Put in chopped onions and cinnamon sticks. Stir until onions brown lightly. Add curry powder and stir for a minute. Add chicken, salt, garlic, chillies and pepper. Stir and cook with lid on pot for ½ hour or until all moisture disappears. Stir often. Add 4 c. hot water and the rest of spices. Cook gently until meat is tender. Serve with White rice or Roti. Serves 6-8 persons.

Roy and Zeta Salmon

BANANAS AND COCONUT

5 bananas, 6 cm. in diameter water
fresh coconut, grated Sugar, to taste

Peel and slit the bananas in the center. Stuff a little grated coconut into the slits. Put bananas in baking dish. Fill the dish with plain water to the level of the bananas and add one more cup of water. Bake in the oven until the top of the bananas are golden brown. Cool and put in the refrigerator. Eat as a dessert.

Mrs. Savita Nath

FULOONI

1 c. powdered split peas	1 onion, chopped fine
1 potato, grated	½ tsp. baking powder
1 tsp. cumin seed	½ tsp. spice or curry powder
1 T. flour	1 level tsp. salt
6 garlic cloves, crushed	2 small chillies (to taste)
(to taste)	oil - enough to deep fry
Mint leaves, cut fine	
(can be omitted)	

Soak powdered split peas, baking powder and flour in enough water to make a soft dough (almost like pancake dough). Beat well with hand for a few minutes. Add all other ingredients and mix well.

Heat oil. Take about a teaspoonful of mixture and form into balls. Fry on slow or medium heat until brown and well cooked. Remove and place on paper to drain. This can be very tasty with a cup of tea in the afternoon.

Grace C. Mohan

"Silence is not always golden - sometimes it's just plain yellow."

India

PURI - [Indian Bread]

3½ c. whole wheat flour	oil about 2" deep in skillet
½ tsp. salt	water

Knead about 3 c. flour and salt with water to make a semi-hard dough (not too soft). Leave covered 20 mins. Knead again 5 mins. or so. Pinch off small portion, making a ping-pong ball size (3.81 cm). Flatten between palms, coat in excess dry flour and roll to make about 3" diameter circle. Deep fry in hot oil. Makes 15 to 20. Use dry flour to coat Puri if it sticks to roller and block.

Mahadeo P. Verma

CUCUMBER SALAD

1-2 cucumbers	1 onion
1 green pepper	½ tsp. cumin powder
1-2 tomatoes	½ tsp. paprika
Sour cream	Salt and pepper

Grate cucumbers (peeled or unpeeled) and mix with chopped peppers, tomatoes and onions. Stir in sour cream, salt and pepper. Dress with cumin powder and paprika. Keep cool. Serves 4-6.

Mahadeo P. Verma

LAMB-DO-PIYAZA [Lamb in onions]

1 lb. cubed leg-o-lamb	1 tsp. whole black pepper
2 lb. onions, chopped	4 cardamoms
2 sticks cinnamon (1" length)	¼ c. butter
4 small bay leaves	½ tsp. salt

The cinnamon, bay leaves, black pepper and cardamoms may be tied in a cheese cloth if so desired.

Mix all ingredients and cook in a pressure cooker 15 mins. at 15 lb. pressure. Serves 4.

Mahadeo P. Verma

MIXED VEGETABLES

4 med. potatoes	1 tsp. coriender powder
1 small cauliflower	½ tsp. cumin powder
1 c. green beans	1 tsp. allspice
2 carrots, sliced	½ c. water
1 med. onion	Salt and pepper to taste
1 stick butter (¼ lb.)	

In a baking dish arrange vegetables. Add water. Pour melted butter and sprinkle in spices and salt. Bake at 350° F. 30-40 mins. or until done. Serves 4-6.

Mahadeo P. Verma

CHICKEN MASALA - [Dave's Delight]

One 2½ to 3 lb. fryer	1 stick cinnamon
1 tsp. Ac'cent	1 tsp. black mustard seed
¼ c. Mazola corn oil	1 tsp. cumin seed
2 med. onions, chopped coarse	2 tsp. poppy seeds
2 garlic cloves, chopped	1 tsp. curry powder
Small piece green ginger root	1 tsp. paprika
2 Bay leaves	2 tsp. lemon pepper

Chicken: discard skin, back and neck. Disjoin or debone chicken. Cut into 1-2" pieces. Sprinkle with Ac'cent, toss and set aside 15 mins.

In a deep skillet (preferably wok) heat oil to 350° F (medium high). Fry onions, garlic, ginger, bay leaves, cinnamon stick, mustard seed and cumin seed about 5 mins. or until onions are transparent.

Add chicken and stir about 5 mins. Cover and cook 10 mins. or until chicken is ¾'s done. Remove cover. There will be expressed liquids in the pan. Add poppy seeds, curry powder and paprika. Stir occasionally.

When the water has almost evaporated turn off fire. Sprinkle lemon pepper, toss and serve. Serves 6.

Mahadeo P. Verma

RICE-PEA-MUSHROOM PULAO

2 c. long grain rice	1 stick cinnamon 2" long
1 med. onion	4 med. bay leaves
1 can (4½ oz.) mushrooms	½ tsp. cumin seeds
1 pkg. (10 oz.) frozen peas	½ tsp. mustard seeds
1 pkg. beef bouillon	½ stick butter (2 oz.)
in 3½ c. water	½ tsp. Kitchen bouquet
	(browning seasoning sauce)

Wash rice and soak in water 15 mins. Drain and let dry until ready to cook. Brown onions in butter until golden in color and set aside. Add cinnamon and bay leaves, cumin seeds and mustard seeds in butter in a 3 qt. sauce pan. Fry until leaves turn light brown. Add mushrooms and rice and fry 5 mins. Add peas, Kitchen bouquet and broth and bring to boil. Turn heat to low and cook covered until rice is done. Stir occasionally. Each grain of rice should separate. Dress with onions. Serves 4 to 6.

Mahadeo P. Verma

MASHED EGGPLANT

1 eggplant	3 garlic cloves
1 med. onion	1 tomato, chopped
½ stick butter (2 oz.)	Salt and pepper to taste

Make holes in eggplant and insert garlic cloves. Bake at 375° - 400° F. until done. Remove, peel and mash. Saute onions in skillet. Add eggplant mash and chopped tomato. Serves 4-6.

Mahadeo P. Verma

GULAB JAMUM

SYRUP: Bring 2½ c. sugar dissolved in 2½ c. water to a boil. Remove from heat.

JAMUN: Knead 2 c. powdered milk and 1 c. bisquick in heavy cream to a hard consistency. Make marble size balls by rolling in between palms. Deep fry to golden brown in medium heat. Dunk in syrup. Makes 40.

Mahadeo P. Verma

Jamaica

GUAVA DRINK

About 1 large handful guavas sugar to taste
1 qt. boiling water small piece of
 dried orange peel

Wash and cut up guavas. Prepare as for pine drink. Do not leave for more than 1 or 2 days in bottles, otherwise they will burst.

Jamaica CFO

PEPPER POT SOUP

4 lb. stew beef or pork 2 hot peppers
2 T. brown sugar 1 stick cinnamon
½ lb. pigs tail few cloves
1 lime 1 T. vinegar
salt to taste

Cut meat into pieces; wash well with lime juice, salt and put to boil well covered with water. When half done, add other ingredients. Put peppers in with stems and remove before they burst or they may be put in a muslin bag strung over the side of the sauce pan. Keep boiling until meat is tender and liquid just covers it. Serve hot with boiled rice.

Jamaica CFO Council Ring

PUMPKIN SOUP

1 lb. pumpkin ½ lb. salt meat and bones
1 onion 2 cabbage leaves (cut finely)
½ c. split peas (soaked) piece of thyme
pepper and salt to taste 1 T. butter

Slice and lightly fry onion in butter. Add peeled and cut pumpkin then the rest of ingredients. Cover with water and simmer for about an hour. Strain before serving.

Jamaica CFO Council Ring

CALLALOO WITH MINCE

½ lb. minced beef or pork 1 T. oil
½ lb. callaloo ½ tsp. salt
1 medium onion ¼ tsp. black pepper
1 sweet pepper

Clean and chop callaloo, onion and sweet pepper. Saute onion and sweet pepper in oil. Add minced meat and cook for about 5 mins. Add callaloo, salt and black pepper. Cook for an additional 5 to 10 mins.

Jamaica CFO Council Ring

STEW BEEF

1 lb. stewing beef 2 T. flour
1 tsp. salt 1 T. vinegar, if desired
½ tsp. pepper 4 T. oil or drippings or
seasonings, onion, 1 T. fat pork and 2 T. oil
 thyme or tomato 1 pt. cold water
1 tsp. brown sugar

Clean the meat thoroughly. Cut into neat ½ inch cubes or joint according to the shape of the bones. Prepare the seasonings, add to the meat and leave for 20-30 mins. Use a thick pot, heat the oil, add the sugar, and cook just until it bubbles. While oil and sugar are heating, remove seasonings from the meat, coat with flour and fry in hot oil in uncovered pot. This browning improves the appearance and the taste of the stew. In the case of lean meat, it forms a coating on the outside which prevents too much of the meat juice running out. Either draw meat to the middle of the pot or remove it altogether and then brown the seasonings. Mix meat, seasonings and water; cover. Heat to boiling point and simmer for 1½ to 2 hours.

Jamaica CFO Council Ring

"Is the symbol of our Christianity a cushion or a cross?"

STEW PEAS

1 lb. salt beef	1 clove garlic
big gill red peas	1 small onion, chopped finely
4 c. cold water	¼ tsp. black pepper
4 c. boiling water	½ c. water
½ lb. fatless oxtail	⅓ c. macaroni broken
3-4 small plum tomatoes	into 1½ inch lengths
made with ¼ c. puree	

Soak salt beef and red peas for 1 hour. Place in cold water. Bring to boil and cook for 45 mins. Drain off salted water and clean fat from pot. Add boiling water and oxtail. Cook for 1½ hrs. or until oxtail is tender. Skim off excessive fat from time to time.

Mash 2½ T. peas and return mash to pot. Stir occasionally throughout cooking so peas do not stick to bottom of pot and burn. Add ¼ c. homemade tomato puree, garlic shaved into thin slices, onion and black pepper.

Remove salt beef. Cut into small pieces and return to pot. Add ½ c. water. Bring to boil. Drop in broken macaroni. Continue cooking for 15 mins. or until macaroni is soft enough to your likeness. If you find stew is too thick, pour in some water as suited. Yield - 3 to 4 servings.

Jamaica CFO Council Ring

COCONUT CANDY

3 c. sugar
1 c. water
3 c. grated coconut

Heat the water and sugar until it spins a thread. Remove from the heat, stir in the coconut, then boil slowly for 10 mins. Remove from heat, and stir vigorously until the mixture becomes creamy. Drop in spoonfuls on greaseproof paper. The mixture should harden slightly with standing. This is a very popular sweet.

Jamaica CFO Council Ring

ESCOVEITCHED FISH

2 lbs. fish, sliced	1 large onion
2 limes	2 hot peppers
1 T. black pepper	1 doz. pimento seeds
1 tsp. salt	1 doz. black pepper seeds
1 medium carrot	1 c. vinegar
½ c. cooking oil	

Clean and slice fish into 4 slices. Wash with limes. Pat dry. Season with salt and pepper. Fry with oil leaving 2 T. for making pickle.

Meanwhile cut carrot in long strips and cook slightly. Slice onion and pepper in rings. Add 1 c. vinegar and the remainder of oil, pimento and black pepper. Pour over fish.

Simmer for 10 mins. Let marinate for 24 hrs. Garnish with carrot, onion and pepper rings.

Jamaica CFO Council Ring

BANANA BREAD

This is a favorite Jamaican recipe for any occasion.

2 c. flour	1 c. mashed ripe bananas
1 c. sugar	1 tsp. lime juice
½ c. margarine	½ tsp. mixed spice
3 eggs	1 tsp. vanilla
2 tsp. baking powder	Preheat oven to 350°F.
¼ tsp. bicarbonate of soda	

Cream margarine and sugar together. Beat eggs until light and add. Press bananas through sieve and add lime juice. Blend with creamed mixture. Sift flour, baking powder, soda and spice. Fold quickly into banana mixture. Add the vanilla. Bake in a well greased loaf pan for 1 hour.

Jamaica CFO Council Ring

Proverbs 17:1 -- *Better to eat a dry crust of bread with peace of mind, than to have a banquet in a house full of trouble.*

BEEF PATTIES

This is our most popular snack.

1 lb. minced beef	2 sprigs fresh Thyme
1 tsp. paprika	½ tsp. Chinese ve-tsin powder
1 oz. escallion	1 small hot Jamaican pepper
1 small onion	1 c. bread crumbs

Chop escallion, pepper and onion. Add to ground meat with salt. Place meat in a sauce pan making a well in the center into which place a bundle of thyme. Cook without adding any water or fat until meat has lost its juice. Add water, bread crumbs, the other sprig of thyme and paprika. Cook for 20 mins. Add Chinese powder. Remove from fire, taste, add extra seasoning if necessary. Cool for filling pastry.

PASTRY

3 c. flour	⅓ c. ice water
3 oz. butter	½ tsp. lime juice
4 oz. margarine	

Sift flour into a bowl. Cut the margarine and butter into flour with a knife until it resembles fine bread crumbs. Sprinkle cold water on the mixture and, still using the knife, mix it into a stiff dough. The dough should be soft enough not to break when it is rolled, but stiff enough not to stick to the board. Cover. Put in refrigerator to chill. (Can be done overnight). Lay the pastry on a lightly floured board, flour rolling pin and roll lightly from center outwards turning the dough to keep the required shape. Roll quite thin and cut a circle by using a saucer. In the center of each circle place a spoonful of meat filling, brush edge with water, fold and seal edges by using a fork. Brush with lightly beaten egg. Bake on lightly greased baking sheet in a hot oven 450°F. for 35 mins.

Jamaica CFO Council Ring

"Turn your face towards the sunshine, and the shadows will fall behind."

CINNAMON PUFFS

2½ oz. butter or margarine	1 egg, separated
1½ c. flour	½ c. butter
2½ tsp. baking powder	2 tsp. cinnamon
¼ tsp. salt	½ c. milk
½ c. sugar	

Preheat oven to 350°F. (Makes 12 to 14).

Sift the flour, baking powder and salt. Cream the butter and sugar. Add beaten egg yolk. Sift in dry ingredients alternately with the milk. Combine well after each addition. Fold in egg white, beaten stiff but not dry. Half fill greased muffin tins and bake for 20 to 25 mins. Melt ¼ c. of the butter. Mix the ½ c. of sugar and cinnamon. When the cakes are done, remove them from the tin at once and roll quickly in melted butter and then in the sugar and cinnamon.

Jamaica CFO Council Ring

COCONUT SUGAR CAKE

2 c. light granulated sugar	½ c. water
½ tsp. vanilla essence	1 c. grated coconut

Boil sugar and water together until syrupy. Test a few drops in a saucer with cold water. When it forms a soft ball, remove from heat. Cool a little, then beat mixture until very thick and begins to crystallize. Stir in essence and coconut. Blend well and pour into a greased shallow pan 8" x 8" x 1". Mixture may be divided and half coloured pink using a few drops of red dye. Or a pink layer may be placed on a white layer to make a two colour cake. Cut in 2" squares. Work quickly and do not overbeat mixture.

Jamaica CFO Council Ring

Wisdom: "Any dead fish can float with the stream; it takes a live one to swim against it."

PLANTAIN TARTS

½ c. sugar	6 ripe plantains boiled and
2 c. flour	crushed with a dash of mixed
½ c. iced water	spice and vanilla added
¼ tsp. nutmeg	⅔ c. shortening
1 tsp. cinnamon	¼ tsp. salt

Add half of shortening to flour, cut in with 2 knives. Add remaining flour to which cinnamon, nutmeg and salt have been added. Again cut with 2 knives until mixture resembles coarse cornmeal. Add 4 T. iced water or sufficient to hold mixture together. Refrigerate for an hour or two. Turn out lightly on floured board.

Roll thin, then cut in circles about 3" in diameter. Spoon the plantain mixture in the middle of each circle. Fold circles in half to form a crescent shape. Seal edges. Bake at 450°F on an ungreased cookie sheet for 40 mins. When baked, dredge with fine granulated sugar.

Jamaica CFO Council Ring

COCONUT CAKE

Jamaicans use a lot of coconut at all times.

1 c. dry grated coconut	½ c. butter
1 c. sugar	2 eggs
½ tsp. mixed spice	½ c. coconut milk
1 tsp. vanilla	2 c. flour
3 tsp. baking powder	¼ tsp. salt

Grate coconut and cover with half cup milk. Allow to stand for 10 mins., then squeeze through strainer or cheese cloth to make ½ c. coconut milk. Cream the butter and sugar. Add the well beaten eggs and vanilla. Sift flour, baking powder and spice. Add to the creamed mixture alternately with coconut milk. Add grated coconut and turn into 8 inch cake tin lined with greased paper. Bake for 30 to 35 mins. in a preheated oven at 325°F.

Jamaica CFO Council Ring

GUAVA ICE CREAM

12 full guavas	1 tin condensed milk or
1 tin evaporated milk	2 pt. boiled cow's milk
Thickening	2 c. sugar if cow's milk is used

Wash guavas and put to boil in an unchipped enamel or brightly polished aluminum pan with 2 pt. water. When boiled this should have reduced to about 1½ pts. After boiling about 1 hr. strain, sweeten and thicken guava juice. When quite cold (otherwise mixture will curdle) add milk. Follow rules for freezing. When serving, decorate with pieces of red guavas from which seeds have been removed.

Jamaica CFO Council Ring

C.F.O.

*Poodles and puppies
Babies and Grandmas
Cuddles and hugs
Laughing and tears
Meals together
Cuppas and bickies. (Cup of tea and cookies)
Precious shared minutes
Blessed and beautiful.
Loud Creaking beds
Squeaking vociferously.
Deep needs and hurts
Brought into the open
Loving hands ministering
Jesus' compassion.
Wisest of teachings
Time for reflection.
Warmth of the sunshine
Buckets of rain.
Walks by the river
It's tea time again.*

Waikato CFO, New Zealand, 1978

Japan

VICHYSOISSE [Cold potato soup]

2 naga negi (white part)	1 c. cream
400 grm. potatoes (cut into cubes)	6 c. broth (2 cubes chicken bouillon)
3 T butter	salt and pepper

Slice negi (Japanese long onion or leek) and cook them in butter for 5 mins. Add cubed potatoes and broth. Simmer for 40 mins. Put in a blender and refrigerate. Add cream. Keep in a cold place until serving time. Sprinkle chopped parsley on top.

Miyo Arai

CUCUMBER SALAD

Thinly slice and salt sparsely 2 or 3 cucumbers. Squeeze out the water. Mix into the dressing.

DRESSING

3 T. vinegar
1 T. water
sugar and salt to taste

Serve this cold. You can mix it with seaweed, cooked ham or cooked shrimps.

Hiroko Harkless

SALAD [Indian style]

Chop and cut: carrots, cucumbers, radish, onion, tomatoes. Sprinkle salt and black pepper powder according to taste. Squeeze a large lemon. Toss well. A very good "diet dish."

Miyo Arai

BEEF AND RICE IN GRAPE LEAVES

1 lb. lean ground beef	1 tsp. dill weed
1 large onion, chopped	3-4 doz. grape leaves, canned or fresh
½ c. uncooked rice	
3 tsp. butter or margarine	1 c. water
½ c. chopped mint	3 eggs
2 tsp. salt	3 tsp. lemon juice
1 tsp. pepper	

Combine ground beef, onion, rice, butter, parsley, mint, salt, pepper and dill. Wash grape leaves in hot water and drain on paper towel. (Cabbage leaves may be used in place of the grape leaves.) Spread each leaf on a flat surface with the under side up and stem end toward you; cut off stem. Place about 2 spoons of filling near the stem end, then fold the sides of the leaf over the filling and roll away from you. Continue until all the filling is used. Place the rolls in a large kettle (at least 6 qt. size) on a layer of grape leaves. Add water and place a heat proof plate on top of the rolls to prevent them from breaking apart. Cover pan and simmer 40 mins. or until rice is tender. Drain rolls, saving the cooking liquid. Beat eggs until fluffy and add lemon juice, 1 tsp. at a time. Gradually stir in the cooking liquid from the dolmathes. Pour sauce over the rolls. Makes 8 to 10 servings - about 40 rolls.

Mrs. El Daief,
an Egyptian living
in Japan

BAKED FISH

Fish fillets (Perch or Sole)
2 c. coarse cracker crumbs (Ritz)
½ c. margarine, melted
¼ c. finely chopped sweet or dill pickle

Combine all ingredients. Rub the fish with salt. Fill with or pile around stuffing (and under fillets). Brush with butter.

Bake uncovered at 450°F. for 10 mins., then 350°F. for 30 to 40 mins.

Yoshie Briggs

SUKIYAKI

2 lb. beef fillet
2 T. suet
8 naganegi (long Japanese leeks) sliced at angles
8 fresh mushrooms or dried shiitake (dried mushrooms soaked in water)
Sliced tofu, one or two squares
Shirataki, cut into one inch cubes
2 bundles green vegetables - choose only 2 or 3: spinach, green beans, Chinese cabbage or bamboo sprouts

There are many ways to prepare sukiyaki. There are two ways that can be used. The one is to put a small amount of beef suet into the sukiyaki pan (nabe), add and fry the meat until slightly done. Put into one corner of nabe and add mushrooms, bamboo sprouts, greens, leeks and the shirataki and tofu a few minutes later. Over this add a prepared sauce of shoyu, sugar and mirin, or sprinkle liberally with sugar and add shoyu sauce to taste. Simmer until the vegetables are slightly soft and the meat is tender. Eat immediately.

The second way you add the vegetables first, then pour the prepared sauce over them. Toward the latter part of the vegetable cooking time lay slices of meat on top and cook only until the meat is tender.

Sukiyaki is most delicious when taken, piping hot, from the nabe, dipped into a raw beaten egg and eaten with a small bowl of rice. Pickles and fresh fruit in season usually accompany the meal.

PREPARED SAUCE

2 c. shoyu sauce	1 c. sugar
¼ c. mirin	½ c. water

Boil ingredients together very slowly for about 5 mins. Serves 4 to 6.

Jessie Banno

TERIYAKI [Chicken]

400 grm. chicken thighs	2 tsp. sugar
4 T. Mirin (cooking wine)	4 T. soy sauce

Puncture the skin of the chicken by fork making tiny holes over the skin. Heat the frying pan. Pour 1 T. oil into heated pan. Place chicken in pan skin side down. Over high heat, brown the chicken on both sides. Pour the oil out of the pan. Reduce heat. Pour the Teriyaki sauce (Mirin, sugar and soy sauce) over the chicken. Cover pan. Cook over reduced heat 7 - 8 mins., turning chicken occasionally. Remove cover. Cook slowly over medium heat until you see no more liquid.

Hiroko Harkless

GREEN RICE

3 c. hot cooked rice	1½ c. milk
⅓ c. finely chopped parsley	½ c. (2 oz.) grated cheddar cheese
⅓ c. finely chopped green onions	¼ c. butter
⅓ c. finely chopped spinach	2 eggs, well beaten

Butter a 1 qt. casserole. Scald milk (until a thin film appears). Mix cheese and butter into the hot cooked rice. Mix in parsley, green onion and spinach. Add beaten eggs and scalded milk to rice mixture. Mix lightly. Turn into casserole. Bake at 250°F. for 45 mins. or until set.

Yoshi Briggs

FRIED RICE

Cooked rice	3 eggs, well beaten
small shrimps	ham, sliced and finely cut
vegetables: green onion, green pepper, celery, mushrooms, carrots, sliced and cut	

Use rice in proportion to ham, shrimp and vegetables. Make scrambled eggs. Put aside. Fry ham, shrimp and vegetables all together. Mix with cooked rice and scrambled eggs. Salt and pepper to taste. Good with a bit of soy sauce.

Hiroko Harkless

TEMPURA

1 c. flour
1 egg

$\frac{2}{3}$ to 1 c. water
 $\frac{1}{2}$ tsp. salt

Beat egg well. Add water, sifted flour and salt. Mix lightly and quickly. Batter may be lumpy but it doesn't matter.

Heat about 2½ c. oil in a pan for deep frying. Use only good fresh oil... sesame oil, salad oil, rapeseed, peanut and soybean oil are all used. A suggested mixture of 2 parts sesame seed oil to one part olive oil is very satisfactory. Have the temperature of the oil between 300° and 350°F. Deep fat cooking time: Shrimp -- 3 min.; beans - 3 mins. Drain on paper. They must be eaten immediately to be really enjoyed and are most delicious.

The cooked tempura is dipped into a special sauce made with soy sauce, mirin, and dried bonito flakes to which grated turnip (daikon) is added.

TEMPURA SAUCE:

1 c. water
1 to 4 T. dried bonito

$\frac{1}{4}$ c. soy sauce
 $\frac{1}{4}$ c. mirin or 1 T. sugar

Cook bonito and water together. Bring to boil and simmer 3 mins. Strain. Add soy sauce and mirin. Again bring to boil and add $\frac{1}{4}$ tsp. glutamate.

For each person served, grate 1 or 2 daikon and $\frac{1}{2}$ tsp. ginger and serve on a small side plate. The broth is served in a small sauce dish.

Suggested ingredients: Prawns, shrimp, cuttle-fish, mackerel, small fish (kisu), green peppers, string beans, egg plant, carrots, onions, lotus roots, sweet potatoes, apples and other greens.

For prawns and shrimp: Remove the heads, shell to vein. The vegetables are cut into fine shreds and a bunch is dipped into the batter and fried. Serves 4-6.

Jessie Banno

JAPANESE ALMOND FLOAT

1 long piece kanten (white)
(available in oriental
food stores)

2 c. milk
3-4 drops almond essence
2 c. water
1 c. sugar

Wash kanten, squeeze out water, then soak in 2 c. water in pot. Heat slowly until kanten melts. Add sugar, then milk. Take off from heat immediately. Put through sieve into a flat pan or pyrex dish. Add almond essence, mix well. Chill.

Sharon Banno

LEMON JUICE

2 c. water
1 whole lemon

1 c. sugar

Grate lemon rind. Combine sugar and water. Heat until sugar melts. Add lemon rinds. After cooled, add lemon juice. After almond mixture is set, cut into 1½" squares. Pour lemon juice mixture over almond mixture. Add canned fruit and serve. Serves 6-8.

Sharon Banno

FLUFFY CAKE

2 c. flour
1¼ c. sugar

2½ tsp. baking powder
1 tsp. salt

Mix well together. Then add:

$\frac{1}{3}$ c. soft shortening
1 egg

$\frac{2}{3}$ c. milk

Bake at 350°F. for 30 to 40 mins.

Miyo Arai

Kenya

We, Kenyans, feel more blessed by the Lord as our country is beautiful with enough rain and sunshine to grow any kind of food needed by the people. Lastly, but not least it is such a peaceful and loving country.

SWAHILI - Sisi wakenya twapenda reli yetu umaridadi wake wa maumbive. Tuua muuaya kutosha, kuchonioka kiva jua na twaweza kukuza uyakula uyovioti wanaindi wanauyo hitaji - na uwisho lakini kubwa sauwa, ni inchi ipendayo amani.

UGALI

1.251 grm. (2½ pt. water)	125 grm. (4 oz.) butter
375 grm. (12 oz.) maize meal	chopped parsley

Boil the water. Add the maize meal stirring well. When the mixture forms a dough, add in the butter. Stir well, then cover for 5-8 mins. Stir again and cover again. Cook in this way for 30-45 mins. Put the dough on a clean board and roll it out 2 cm. (¾") thick. Cut into shapes with biscuit cutters. Serve on a plate with parsley and tomatoes. UGALI biscuits may be served sandwiched with mashed sweet potatoes or arrowroot or with meat stew and cooked spinach.

Mrs. Eunice Nyaboke

*Why didst thou come to the CFO Camp?
For fun and laughter - a good time with friends?"
"Hark," said the Master, "that wasn't my plan:
To walk with Me closer than when you first began."
"O Lord, I am sorry. How soon I forget
That unless I go 'farther' I'll no benefit gain."
So into His Presence I went each day,
Dwelt with the Rose of Sharon - this raw piece of clay.
And then altho' I felt His presence the perfume did stay,
"Now not for thyself this fragrance alone,
Go shed it abroad where I'm still not know."*

Sri Lanka CFO

Korea

Korean food is generally highly seasoned. The Koreans have a particular liking for strong spices such as red pepper, garlic, and green onions which give flavor to dishes balancing the bland taste of white rice. The preparation of Korean food takes time, but the result is well worth the time. Since the food is eaten with chopsticks, it must be cut into small pieces, shredded or rolled into edible size.

A Korean family meal generally consists of hot rice, hot soup (meat or fish, with vegetables), KIMCH'I, cooked vegetables (NAMUL) pan broiled meat or fishes, soy sauce (as a seasoning) and red pepper paste. They are laid out all together on a low table at which families sit together or on individual tables. The foods are eaten from china, brass or stainless steel bowls and plates.

Traditional food varies according to the folk events of the year. The Korean wife prepares special dishes on the day of the folk holidays in the lunar calendar. On the day of each event the family menu varies depending upon the economic and social condition of each family.

MOO KOOK [Radish soup]

5 c. water	2 garlic cloves, sliced
50 grm. beef	Soy sauce to taste
¼ radish, diced	Black pepper
½ onion	Sesame seed oil

Note - Korean radishes and onions are very, very large.

Slice beef. Mix with other ingredients. Place in small sauce pan the sesame oil. Let it get hot. Put in beef and lightly brown. Add radish. Cook on low heat until radish is soft. Add onions and soy sauce.

Dr. and Mrs. Hynn Soo Kim

SAM YANG NAENGMYON [Cool Noodles]

2 pkg. Sam Yang noodles	Cucumbers, thinly sliced
Pork, thinly sliced	Pears, sliced
Radish KIMCH'I	1-2 eggs, hardboiled

(recipe on page 59)

Put Naengmyon (noodles) into pot of constantly boiling water (10 c. - 8 fl. oz. cup) at 100° C. and let boil about 3 mins. Remove noodles from water and wash in cold water 2-3 times to cool, then drain.

Put soup base powder (included in package of noodles) into 3 c. cold water and mix well. Pour the cold soup in the bowl containing the cooled noodles, mix and serve.

Dr. and Mrs. Hynn Soo Kim

BOOL KOKI [Broiled Beef]

600 grm. beef	Black pepper to taste
3 tsp. sugar	2 tsp. sesame seed oil
4 tsp. soy sauce	2 tsp. Ac'cent
5 tsp. green onions, chopped	5 garlic cloves, crushed
2 tsp. sesame seeds	

Slice beef very thinly. Place in bowl. Add sugar and garlic, pepper and Ac'cent. Mix well. Mix in sesame seed oil and sesame seeds and other ingredients. Mix well. Then marinate and set aside several hours or overnight.

Put meat in pan and cook quickly. This is best cooked in a Bool Koki pan or chafing dish right on the table.

Dr. and Mrs. Hynn Soo Kim

KO-CHEE-CHANG BOKUM [Fried meat with hot sauce]

½ c. Korean hot sauce	1 tsp. sesame seed oil
500 grm. beef or pork	1 tsp. sesame seeds
2 garlic cloves, sliced	Ac'cent
3 green onions	2 tsp. sugar

Note: Korean hot sauce is available at Oriental stores.

Slice meat into small chewable sizes. Slice onions and garlic. Put oil in pan. Add meat and fry to medium brown. Add hot sauce, onions, garlic and sugar. Serve.

Dr. and Mrs. Hynn Soo Kim

KALBI J'IM [Braised ribs]

3 lb. (1,350 g.) ribs	2 T. sesame seed powder
2 c. water	3 T. sugar
½ c. soy sauce	3-5 dried mushrooms
¼ c. green onions, chopped	¼ lb. (120 g.) carrots
1 tsp. chopped ginger	1 c. meat stock
1 tsp. black pepper	6-7 pieces eun haeng (Gingko nuts)
2 T. sesame seed oil	2 eggs
1 tsp. pine nuts	

Note: Eun Haeng (Gingko nuts) must be prepared in advance by peeling the inside skin. Put them into a pan and heat to green color. Use for decoration.

Cut ribs into pieces 2" (5cm.) long. Take out extra fat from each piece. Cut deeply crosswise and lengthwise every ½" on both sides of each piece. Cook with water 10 mins. Mix all prepared seasonings in ½ c. soy sauce.

Remove ribs from cooked stock and roll in seasoned soy sauce. Put the marinated ribs with seasonings into pot and cook 10 mins. Add meat broth in which ribs were boiled. Add vegetables; soaked mushroom, carrots on top. Cover and simmer until rib and vegetables are tender. Prepare egg decoration and garnish it on top of dish. Serve hot. 6-8 servings.

Dr. and Mrs. Hynn Soo Kim

BULGOGI [Broiled beef]

1 lb. beef	¼ tsp. black pepper
2 T. sugar	2 T green onion, chopped
1 T. oil	1 tsp. minced garlic
2½ T. soy sauce	2 T. sesame seeds

Cut beef into thin slices. Add oil and sugar and mix well. Combine all other ingredients and mix well with meat. Marinate 15 mins. in refrigerator. Spread aluminum foil on broiling pan and arrange meat on foil. Broil at 350° F. 6 servings.

Dr. and Mrs. Hynn Soo Kim

BAECH 'U T'ONG KIMCH'I [Winter Kimch'i]

4 lb. (770 g.) Korean cabbage
3 c. water
1 c. salt (for softening cabbage)
½ c. shredded radish (1/8" thick and 1-1½" long)
1 c. green onions (1-1½" strips)
1 tsp. chopped garlic or garlic powder
1 tsp. chopped ginger root
1 c. shredded celery (1-1½" long)
1 T. red pepper powder or red pimento
¼ c. shredded carrots (1/8" thick x 1-1½")
3 T. salt, salted anchovy juice or salted shrimp juice

Remove outside leaves of cabbage and cut off head. Cut into 4 sections lengthwise. Put sectioned cabbage into large pan. Sprinkle with salt water (1 c. salt to 3 c. water). Let stand 1 hr. until cabbage softens. Wash cabbage well, drain. Mix prepared radish, carrot, onion, garlic, ginger, celery, red pepper and salt or salted fish juice. Pack this mixture between each cabbage leaf. Wrap up cabbage with outside leaves. Put prepared cabbage into a jar and cover with cabbage leaves. Pour juice from cabbage and mixture to fill jar. Cover jar tightly and let stand to ripe 2-3 days in room temperature. Keep in refrigerator.

O Youn and Un Cho

BLUE-BELL ROOTS VEGETABLES

1 c. Blue-bell roots	1 tsp. sesame seeds
2 T. Korean hot sauce	Ac'cent, small amount
¼ tsp. salt	1 T. sugar
2 tsp. sesame seed oil	1 T. vinegar

Tear Blue-bell roots into strips. (Do not cut). Add salt. Set aside about 30 mins. Rinse and drain well. Add hot sauce and all other ingredients. Serve.

Dr. and Mrs. Hynn Soo Kim

"Even the shadows are cast by the light behind."

MOO KIMCH'I [Radish Kimch'i]

1 medium size radish	Small fresh ginger, chopped
Ground red pepper	Sugar to taste
Garlic clove, crushed	1 T. salt
4 green onions, chopped	

Cut radishes into 1 cm. x 7 cm. Marinate in salt about 1 hr. Rinse lightly. Mix in garlic, onion, ginger and pepper. Stir well. Cover noodles.

Dr. and Mrs. Hynn Soo Kim

OI SOBAEGI [Stuffed Cucumber Kimch'i]

1 lb. sweet pickle cucumber
2 tsp. salt (for rubbing cucumber)
¼ c. shredded carrot
¼ c. green onions, shredded 1½"
1 T. salt, salted anchovy juice or salted shrimp juice.
¼ tsp. chopped garlic or garlic powder
¼ tsp. ginger, chopped
1 T. red pepper powder, chili powder or shredded red pimento
⅓ c. water

Wash cucumber and remove blossom ends without peeling. Using hands, rub cucumber with salt and let stand 5-10 mins. Cut into 4 sections lengthwise at only one end. Do not separate. Mix all other seasonings. Carrots should be in thin slices 1/8" thick and 1½" long. Pack mixture of seasonings between sections of cucumber. Put prepared cucumber into jar and pack down together. Add salt or salted fish juice to water and pour on top of cucumber. Cover jar tightly and let stand 1 day to ripe in summer time. Keep in refrigerator.

Dr. and Mrs. Hynn Soo Kim

Proverbs 15:17 -- Better to eat vegetables with people you love, than to eat the finest meat where there is hate.

DOO BOO - CHUN KOL [Bean cakes with mixed vegetables]

2 bean cakes	2 Chinese or Korean cabbage leaves
250 grm. beef	1 c. bean sprouts
2 eggs	Ac'cent
2 c. spinach	1 c. beef broth
Sesame seeds	Sesame seed oil
Green onions	Garlic powder to taste
Black pepper	Soy sauce
1 small carrot	½ c. Chinese radish, sliced

Slice the bean cakes in half lengthwise then cut slices in two. Fry small pieces until slightly brown. Slice beef thinly and in small pieces. Add all spices onions, garlic and soy sauce. Dust one side of bean cakes with flour. Sandwich beef mixture between floured bean cakes. Dust outside of sandwich with flour and dip into 1 egg, well beaten. Fry lightly, not too much oil.

Marinate spinach with soy sauce, onion, pepper and garlic. Cook cabbage leaves in boiling water until soft. Lay cabbage leaves flat. Place spinach in center. Roll cabbage leaves around spinach mixture.

Slightly cook bean sprouts in hot water a few minutes. Spread bean sprouts, sliced radish and remainder of meat on bottom of pan. Arrange bean cakes and cabbage rolls in circular decorative fashion. Garnish with hard boiled egg and carrot slices. Cover with beef broth. Cover and cook on medium high heat 10-12 mins. Serve in cooking pan.

Dr. and Mrs. Hynn Soo Kim

DISHWASHER'S PRAYER

*Lord, give us Your joy
as we do this task
Give us your peace
which will ever last
O Lord, may we know
that whatever our lot
You will be here
in each pan and pot!*

Ruth Laybourn, Nova Scotia CFO

SINSOLLO (Fairy dish)

(Editor's note: The following recipe is 2½ pages long.)

Fairy Dish is cooked at the table. The cooking pot has a tube for burning charcoal in the center. Size of pot varies. An electric cooking pan may be used. Fairy Dish is a special dish for special occasions.

SOUP:

¼ lb. or more stew meat	1 small radish
6 c. water	2 T. soy sauce.

Cook meat in water over medium heat 20-30 mins. Put radish, washed and peeled, whole or cut lengthwise into pot. Cook until meat and radish are tender. Remove from broth. Season with soy sauce.

Cut meat and radish into ¼" x 1" pieces.

UNCOOKED BEEF:

1/8 lb. ground beef	1 tsp. sesame oil
1 T. green onion, chopped	speck black pepper
1/8 tsp. garlic clove, chopped	1 tsp. soy sauce

Mix well together all ingredients and put in pan for first layer.

Pan Fry [P'A Jon] green onion

2 green onions	2 T. oil
1 T. flour	¼ tsp. salt
1 egg	

Wash green onions and cut green part same length as pot. Put ends of onion on a bamboo skewer. Roll in flour and dip in beaten egg. Fry in small amount of oil until light brown on both sides. After cooling pull out skewer, cut into 1" pieces same length as pot.

SAENGSON JON [Pan fried fish]:

1/8 lb. or less ocean perch	2 T. oil
or cod fillet	1/4 tsp. salt
1 T. flour	Speck black pepper
1 beaten egg	

Sprinkle salt and pepper on one side of each piece of fish. Roll in flour and dip into egg. Fry in small amount of oil over low heat 360°F. After cooling, cut into pieces 1" wide and as long as radius of pot.

GAN JON [Pan fried liver]:

1/8 lb. or less liver	2 T. oil
1 T. flour	1/4 tsp. salt
1 egg	Speck black pepper

Remove any thin layer of skin. Dip liver into boiling water shortly. Cut into thin pieces. Sprinkle with salt and pepper. Roll in flour and dip into beaten egg. Fry in small amount of oil until light brown on both sides. After cooling, cut into 1" wide and same length as radius of pot.

DANGGUN [Boiled carrot]:

1 small carrot	3 c. water
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Wash carrot and peel. Cook in water until just tender. Drain. Cut into same size as other vegetables.

BOSOT [Mushrooms]:

5 dried mushrooms

Soak in lukewarm water until softened. Remove stems. Wash well and squeeze water out. Slice into same size as other vegetables. Fry in small amount of oil.

KERAN WANSUK [Hard boiled egg]:

1 egg

Boil egg and put into cold water at once. Remove shell and cut into 4 sections lengthwise for decoration.

WANJA JON [Pan fried meat ball]:

1/8 lb. or less beef, ground	Speck black pepper
1 T. green onions, chopped	1 tsp. salt
1/2 tsp. garlic clove, chopped	1 T. flour
1 T. sesame seed oil	1 egg
1 T. sesame seed powder	2 T. oil

Mix meat, green onion, garlic, black pepper, sesame oil, sesame seed powder and salt. Make into small meat balls (about 1 tsp. of meat mixture). Roll in flour and dip in beaten egg. Fry in small amount of oil.

PINENUTS or EUN-HAENG [Gingko] and Walnuts**ARRANGEMENT OF SINCOLLO**

Place a layer of prepared uncooked meat in pot

Place a layer of prepared radish from soup.

Arrange prepared carrot, mushrooms, green onion, liver, egg decorations (white and yolk according to color).

Decorate with meat balls, boiled egg, pinenuts, walnuts, Eun Haeng on top of pot.

Add prepared soup and cover with lid.

Put burning charcoal into the tube, cook just before serving.

When using an electric Sinsollo, connect cord to the plug, cook just before serving.

Decorate the top of food with nuts; pinenuts or walnuts.

Dr. and Mrs. Hynn Soo Kim

(end of recipe)

FIJIAN SONG OF FAREWELL

Isa lei, na nogu rarawa, - Isa lei, the purple shadows falling,

*Ni ko sana uodo e na mataka, - Sad the morrow will dawn upon
my sorrow*

*Bau nanuma, na nodatou lasa, - O, forget not, when you are far
away*

*Mai Suva namuma tiko ga. - Precious moments, beside dear
Suva Bay.*

Mexico

Mexico - the land of hot, spicy foods like Chili Con Carne, Hot Tamales, Frijole Pie, Green Enchiladas, Beef Tacos, Tostados, Chalupas, Japaleno Corn Bread and Guacamole!

The staple food of Mexico is the tortilla or tiny cake. This thin, flat cornmeal cake was first made by the Aztecs. The cornmeal mixture is rolled flat and baked in a tiny oven. When finished, the result is a crisp, firm, flat bread-like cake. The tortilla takes the place of bread in the average Mexican's diet.

Chocolate is frequently used in the preparation of Mexican foods. The word itself comes from the Aztec word "chocolatl".

Mexico was a highly developed land before Columbus discovered America. Between the 4th and 14th centuries, the Mayans built magnificent stone cities. These ruins still stand today.

The average Mexican is very poor by North American standards. On all the fine highways which crisscross Mexico, one sees these typical countrymen walking to market or riding their burros. Mostly the people walk as their strong burros are hidden from sight under a load of goods to be sold at the marketplace.

SOPA DE AGUACATE [Avocado soup with garlic]

4 ripe avocados	1/2 tps. salt
2 c. chicken broth	1/8 tsp. garlic powder
1 tsp. lime juice	2 c. heavy cream

Halve and peel avocados; puree with broth, lime juice, salt and garlic powder. Stir in cream; chill. Garnish with lemon slices or additional heavy cream whipped with dash of garlic powder. Serves 6.

ENSALADA DE NOCHE BUENA [Christmas Eve Salad]

This is a traditional Mexican salad for the night before Christmas. It used to be served only with sugar, but now many prefer French dressing or mayonnaise.

1 head lettuce, shredded	2 bananas, sliced
3 sliced, cored red apples	1/2 c. roasted peanuts
3 sliced pineapples, quartered	1/2 c. pomegranate seeds
2 peeled oranges, sliced	

Spread lettuce on large platter; arrange fruits in symmetrical manner with colors contrasting. Sprinkle with nuts and pomegranate seeds; serve with dressing if desired. Serves 8-12.

GUACAMOLE - TOMATO SALAD

4 med. tomatoes	2 ripe med. avocados
Salt	3 slices bacon,
1/2 c. onion, finely chopped	crisp and crumbled
1 canned green pepper, chopped	Crisp lettuce
2 tsp. lemon juice	

Cut 1/2" slice from stem end of tomatoes. Scoop out centers; chop fine. Sprinkle inside tomato cup lightly with salt. Turn upside down on paper towels to drain. Refrigerate. Stir onion, green pepper, lemon juice and 1 1/2 tsp. salt into chopped tomato. Cover. Refrigerate. Peel and pit avocados just before serving. Mash. Stir in tomato mixture. Spoon into tomato cups. Top with crumbled bacon. Arrange on lettuce leaves. Serves 4.

*They shall be abundantly satisfied with the fatness of thy house;
And on the last day, the great day of the feast, Jesus stood and
cried, saying, If any man thirst, let him come unto me and drink.
John 7:37*

ENCHILADAS

1 lb. ground meat
Bacon drippings
Salt and pepper to taste
1 onion, finely diced

Ripe olives, sliced (1 c.)
½ lb. sharp cheese, grated
12 corn tortillas
Enchilada sauce

Saute meat in bacon drippings. Add salt and pepper. Add onion, olives and cheese to meat. Mix together and set aside. Dip tortillas in warm oil to soften. Place 1 heaping T. meat mixture in each tortilla. Roll up. Secure with toothpicks. Place in baking dish. Heat enchilada sauce in pan adding some water. Pour over tortillas. Bake at 400°F. 20 mins. Makes 12 enchiladas.

CHALUPAS

1 c. tomatoes	12 tortillas
1 jalapeno pepper	oil
½ green pepper	1 c. sharp cheese, grated
½ tsp. Tabasco sauce	½ head lettuce, chopped
(hot sauce)	Chopped onion
½ lb. ground beef, browned	2 chopped jalapenos
2 c. refried beans	

Blend tomatoes, 1 jalapeno, green pepper and hot sauce. Mix beef and beans. Dip tortillas in hot oil until slightly crisp; drain. Spread with bean mixture and top with cheese. Place on baking sheet and bake at 350°F. 10 mins. or until cheese begins to brown. Top with onion, lettuce, fresh tomatoes, chopped jalapenos and tomato mixture. Serves 6.

Therefore, I say unto you, Be not anxious for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than food, and the body than the raiment?

Matt. 6:25

WEDDING CAKES

¾ c. butter or margarine
Powdered sugar
2 tsp. vanilla
1 tsp. cold water

2 c. sifted all purpose flour
Dash of salt
1 c. pecans or walnuts,
finely chopped

Cream butter until fluffy. Add 4 T. sugar, vanilla and water. Mix thoroughly; stir in flour, salt and pecans. Shape into roll about 1½" in diameter. Wrap in greaseproof paper; chill thoroughly. Cut into ¼" slices and place on ungreased baking sheet. Bake at 400°F. 6-8 mins. or until lightly browned. Remove and roll in powdered sugar while hot. Place on rack to cool then roll again in powdered sugar if desired. These may also be rolled into small balls and baked for 8-10 mins. Makes 3½ to 4 doz.

PULPA DE PUERCO CON SALSA VERDE [Pork with Green Sauce]

10 green tomatoes
1 med. onion
1 large garlic clove
10 spring coriander
or parsley

1-2 green chilies
1 lb. boneless pork, chunked
Salt to taste
4 med. potatoes, peeled,
quartered & boiled

Combine tomatoes, onion, garlic, coriander, chilies and small amount of water. Blend to liquid. Fry pork until browned; pour off desired amount of fat. Remove pork; pour sauce into hot pan with pork drippings. Stir and fry 5-6 mins. Add about 1 c. water. Mix. Return pork to pan; add salt. Add potatoes stirring gently. Cover and simmer several minutes before serving.

He that believeth in me, as the scripture has said, from within him shall flow rivers of living water.
John 7:38

CHICKEN MOLE

This recipe was developed by Catholic Sisters in Mexico to impress a visiting Bishop many years ago.

2 qts. water	2 c. tomatoes
2 T. salt	2 pkg. chili seasoning mix
2 broiler-fryer chickens, cut up	¼ c. chunky-style peanut butter
3 T. salad oil	1 tablet Mexican chocolate
1 med. onion, finely chopped	1 T. toasted sesame seeds

Pour water in large, deep pan. Add salt and chickens. Bring to a boil; reduce heat. Cover; simmer 45 mins. or until tender. Reserve 3 C. broth. Heat oil in large skillet. Add onion; saute until tender. Add tomatoes and chili seasoning mix; mix well, breaking up tomatoes with spoon.

Add reserved chicken broth; bring to a boil. Add peanut butter and Mexican chocolate; stir well. Simmer 15 mins. stirring occasionally.

Place chicken in large shallow casserole (baking dish). Pour sauce over chicken. Bake at 350°F. 20-30 mins. Sprinkle with sesame seeds.

Two 2 oz. squares chocolate, 2 T. sugar and ¼ tsp. cinnamon may be substituted for Mexican chocolate. Serves 8-10.

CORN BREAD

1¾ c. yellow cornmeal	2 eggs
3 tsp. baking powder	1 c. grated sharp cheese
½ tsp. soda	⅓ c. oil
1 tsp. salt	1 c. creamed corn
1 c. sour milk	3 or less jalapeno peppers

Mix all ingredients. Pour into greased iron skillet. Bake at 400°F. 30 mins. or until golden brown. 8-10 servings.

New Zealand

HANGI COOKING

Hangi cooking is a meal prepared in the Maori fashion. Use familiar foods. To make a hangi (use long a and pronounce "haangi") - dig a shallow pit and build a heap of good firewood in it. On your wood place a heap of good round river bed stones 9" to 12" across. It's a good idea to fire these first and reject those liable to crack. You need the fire to burn for at least an hour during which time you prepare the meat, fish, potatoes, kumara, pumpkin, etc. Have ready buckets of water, clean cover bags and a clean, white cloth (sheet). When the stones are really hot, clear away the unburnt wood, toss the meat or fish onto the stones. Turn with a pitch fork until pieces are grilled (which is very soon). You can use chicken, but partly boil it first to tenderize it. Put all meat, fish, etc. on stones. Put all vegetables on top. Souse with water so a dense cloud of steam arises and quickly enclose the food with the white cloth. Put over this the clean cover bags or sacks and all the earth from the excavation. Watch for steam escaping and cover with more earth. Give hangi a good 1½ hours to cook, then uncover carefully. The fragrant steam will arise as an offering. Earth, fire and water combine to bring a meal fit for a chief. Serve speedily. Season to taste and eat piping hot. This is good Kai (food).

Roy and Zeta Salmon

To be famous in war is soon forgotten, but fame in producing food will always remain.

"He toa taus, he toa pahekeheke, he toa mahi kai he toa paumau" - Maori proverb -- Waikato CFO, New Zealand

TROUT IN FERN [any fresh water fish]

Clean and scale fish. Leave the head on. Prepare opening for seasoning.

SEASONING

½ tsp. ground nutmeg
3 or 4 rashers bacon (remove rind)
1 small onion

Fern leaves, unbroken green bush fern
(This is the New Zealand emblem)

Scatter ground nutmeg throughout the inside of the fish. Slip in the rashers bacon and onion. Wrap fish in washed fern leaves or taro leaves if available. Tie with a string. Put butter and water in baking dish. Cook in a slow oven 250° 1½ to 2 hours. Baste frequently.

Roy and Zeta Salmon

LAMB CHOPS NEW ZEALAND STYLE

6 thick lamb chops (neck)	1 c. white long grain rice
seasoned flour	1½ c. water
2 T. butter	1 level tsp. salt
1 onion, sliced	fresh ground pepper
1 green, 1 red pepper cut in rings	
1 425 grm. canned pineapple pieces	

Saute onion in butter until soft. Add pepper. Cook 2 mins. then set aside. Trim chops, coat with seasoned flour, brown each side in butter mixture. Lift chops out. Add water, pineapple juice and rice in pan. Stir until boiling. Add salt and pepper to taste. Cook 3 mins. Put in oven dish. Place chops on top with onion, pineapple pieces and peppers. Cover and bake in oven at 180° Centigrade for 30 mins. or until rice is cooked and chops are tender. Serves 6.

Roy and Zeta Salmon

A tatau mahi kia kaha. United efforts win. New Zealand

KERIKERI ROAST LAMB

1.75 to 2 Kilograms leg of lamb	4 T. flour
1/5 c. orange juice	salt - pepper
1/5 c. honey	2 c. vegetable water

Lightly score skin on meat and rub with salt. Place in roasting dish and roast at 160° C. about 2½ hours. Mix orange juice and honey. Brush over meat, basting it about every 20 mins. Put vegetables (potatoes, pumpkin, kumala with meat to roast). When lamb is cooked, remove to hot serving dish. Pour off all but 4 T. of pan drippings. Stir in flour, salt and pepper. Cook until bubbling. Gradually add vegetable water stirring until it boils and thickens. Serve sauce separately. Serves 6-8 persons. Serve with mint sauce and minted green peas.

Roy and Zeta Salmon

APPLE GEMS

These are good for morning or afternoon tea.

¼ lb. butter	1¾ c. flour
¾ c. sugar	1 c. sultanas
1 egg	pinch of salt
1 c. sliced, cooked apple	1 tsp. cinnamon
1 tsp. spice	½ tsp. nutmeg
1 tsp. baking soda dissolved in cold water	

Cream butter and sugar. Add egg and beat. Add cold stewed apple, mix. Add dry ingredients, then baking soda in water. Place in buttered gem irons. Cook 400°F for 11 mins. This could also be put in a loaf tin and used as loaf.

Roy and Zeta Salmon

KIWI FRUIT DESSERT

Peel and slice fruit. Cut slices very thick - 3 pieces to a fruit. Melt ½ oz. butter in frypan, add 1 oz. sugar to make a light "fudge". Add fruit and turn in fudge over very gentle heat. When just softened, add a glass of Maraschino and set aflame. Serve immediately.

Roy and Zeta Salmon

PAVLOVA - New Zealand Popular Party Dessert

4 egg whites	2 c. Boysenberries
1½ c. castor sugar	1½ c. sugar
1 tsp. vinegar	1 tsp. gelatine, melted
1 tsp. vanilla	¼ pt. cream

Put some greaseproof paper on a baking tray. Mark out two 8" circles. Grease paper and sprinkle with cornflour. Pre-heat oven to 275°F. Beat egg whites into soft peaks, gradually adding the sugar and beating until stiff. Add the vinegar and vanilla. Put ½ of mixture on each 8" circle and flatten. Leave bottom element on in oven. Put tray in middle oven. Cook ¾ hour.

While this is cooking put the boysenberries and sugar into a sauce pan and gently heat. Add the gelatine when cool. When Pavlova is cooked, remove it from the heat and cool. Put half the boysenberry mixture on top of one Pavlova and place the other Pavlova on top. Beat the cream. Pipe around the edge thickly until all is used. Place remaining fruit in middle. (Any fruit may be used.)

Roy and Zeta Salmon

HONEY

*Here within this golden goodness
All of summer is distilled.
Returned to us again in amber,
Magically and song-infilled.
South winds soft from off the ocean,
Breath of blossoms steeped in sun,
Sleep and waking of all sweetness--
These the bees brought -- one by one
To this gift of captured nectar,
Where the seasons' cycles lie.
Humbly now we taste this symbol
Miracle of earth and sky.*

Greta L. Rose, Nova Scotia CFO

Peru

Potatoes, corn and sweet potatoes originated in Peru with the Inca civilization, and constitute a large part of the diet of many Peruvians.

CHUPE DE CAMARONES [Shrimp Soup]

¼ c. olive oil
1 medium onion, chopped
2 cloves garlic, crushed
salt, pepper and pinch of oregano
4 T. chili sauce
8 c. fish broth
½ c. rice
2 potatoes, chopped (optional)
1 lb. shrimp
1 can corn, drained (an ear of corn may be substituted by cutting it in small pieces)

The fish broth can be made by boiling fish with celery and bay leaves.

Heat the oil. Add onion and garlic and saute. Add tomatoes, chili sauce, salt, pepper and oregano and saute for a few more mins.

Add fish broth and bring to a boil. Add rice and chopped potatoes and again bring to a boil. Simmer 15 mins. or until potato is tender. Add shrimp and corn and simmer until shrimp turn pink.

Serve with 1 tsp. cream and chopped parsley.

Mrs. Luisa O'Lear

Consider the postage stamp. Its usefulness lies in its ability to stick to one thing until it gets there. Waikato CFO, New Zealand

CEBICHE

2 lb. any kind of fish	Dash salt, pepper
1 large onion, chopped	1 tsp. salad oil
1 c. lemon juice	1 lb. sweet potato
¼ c. celery, chopped	2 ears fresh corn
1 T. hot pepper	1 head of lettuce

Clean the fish and remove all the bones. Chop it and put it in a bowl. All the lemon juice. Leave for 2 hrs. stirring every half hour. Wash the chopped onion and add it to the fish. Mix, then add salt, pepper, oil and the celery. At the end, add the hot pepper (if you wish). To serve, put it in a leaf of lettuce in a dish. Accompany this with a small sweet potato and half an ear of fresh corn. Decorate the fish with a dash of parsley.

Ed and Pilar Ruddell

AJI DE GALLINA [Peppered Chicken]

3 lb. chicken	¼ c. oil
1 loaf bread	1 clove garlic, crushed
1 c. evaporated milk	½ tsp. black pepper
½ c. parmesan cheese	½ tsp. red pepper
½ c. chopped walnuts	1 onion, chopped

Cook chicken in water. Bring to a boil. Cover and simmer 1 hr. Drain and save the broth. Remove bones from chicken and shred chicken into small pieces. Soak the bread in milk and blend.

Heat the oil, add onion, and garlic until soft. Add pepper and bread mix and simmer. If it gets too thick, add some of the chicken broth.

Add chicken pieces, cheese and nuts. Simmer for 10 mins. adding broth as necessary.

Mrs. Luisa O'Lear

ANTICUCHOS [Beef Heart in Hot Sauce]

2 garlic cloves, ground
½ c. hot peppers
2 c. plus 3 T. vinegar
½ tsp. cumin seed
½ tsp. achiote
1 tsp. salt
½ tsp. pepper
1 beef heart, cleaned and cut in small pieces
½ c. oil

Place garlic, ¼ c. hot peppers, 2 C. vinegar, cumin seed, achiote, salt and pepper in bowl; mix well. Marinate heart in garlic mixture overnight, making sure heart is covered. Remove heart from marinade, reserving 2 T. marinade. Place heart on wooden or metal skewers; cook on spit or rack over direct heat. Fry remaining peppers in oil; add remaining vinegar and reserved marinade. Baste heart with mixture.

RELLENO

1 small tin chilies
1 can whole tomatoes
Dash of Tabasco sauce
1 lb. sharp cheese, shredded

Combine all ingredients in top of double boiler; stir over boiling water until cheese is melted. Serve in chafing dish as a dip.

I fed you with milk, not with meat; for ye were not yet able to bear it: nay, not even now are ye able.

1 Co. 3:2

Trust in Jehovah, and do good; Dwell in the land, and feed on his faithfulness.

Ps. 37:3

SEVICHE DE CORVINA -- [Pickled Fish]

2 lb. white fish, skinned, boned and cut in small pieces
Juice of 6 lemons
Juice of 3 sour oranges
2 large onions, finely sliced
2 hot peppers, cut in strips
Salt and pepper to taste

Place fish in large colander; pour boiling water over. Drain well; place in mixing bowl. Cover completely with lemon and orange juices. Wash onions well in salted water; drain. Rinse well; add to fish. Season with salt and pepper. Cover tightly; place in refrigerator for at least 4 hours.

Serve on platter; garnish with sliced sweet potatoes, pieces of corn on the cob and lettuce. Yield; 6-8 servings.

*"Give me" he prayed the foolish willful boy.
He thought that but to have was to enjoy.
A broken sobered man, robbed, hungry, bare,
"Make me" he prayed, and 'twas a wiser prayer.
Much wiser! My possessions may decay:
What I become can no one take away.
A man's true worth may be appraised the best
By what he was, not by what he possessed!*

WISDOM: "Father, give me", Luke 15:12, "Father, make me", Luke 15:19

*"Your way to get ahead is to use the one you have."
"The essential thing in life is not conquering, but fighting well."
Wisdom: "Whatever awaits you around the corner, God is already there"
When the great Scorer comes to write my name, it won't be so much whether I won or lost; but how I played the game.
Majory M. Foord, Adelaide CFO*

Philippines

The present day Philippine flavour, like that of many nations is, in part, a reflection of its past. Few cuisines (French and Chinese being notable exceptions) offer a wide range of truly original recipes, and most indicate in numerous ways the influence of past histories. While both the Chinese and Spanish influence can often be detected in the Philippine dishes, nevertheless the tastes and character of the Filipinos and the abundance of fresh foods also play a large part in creating a very individual and distinctive local flavour. In Manila, anyone with the time, is offered the opportunity of sampling the lesser known foods from the provinces, as well as the popular "national" dishes such as Lechon, Lumpia and, perhaps the best known of all, Chicken and Pork Adobo.

ALIMANGO SA DAHON [Crabs Oriental]

4 fresh crabs	50 grm. mushrooms
2 onions	3 garlic cloves
3 tomatoes	25 ml vegetable oil
½ green pepper	¼ tsp. white pepper
½ red pepper	Salt to taste

Steam crabs and remove all meat being careful to leave the back shells intact. Clean shells and set aside. Chop onions, tomatoes and peppers. Slice mushrooms and crush garlic. Heat oil in a frying pan. Add crab meat and stir 1 min. over medium heat. Add all vegetables seasoned with pepper and salt. Continue to cook gently 5 mins., stirring regularly. Spoon mixture into shells, wrap in banana leaves, if available, and bake in a medium oven about 3 mins.

Mrs. Teresa del Tufo

KINUNOT [Baby Shark Stew]

500 grm. baby shark meat
2 onions, sliced
3 garlic cloves, crushed
1" knob fresh ginger, crushed
400 ml thick coconut milk
Freshly ground black pepper
Salt to taste
12 malunggay (horseradish) leaves

Boil the baby shark meat until it becomes tender. Remove from pan, drain thoroughly and cut into small cubes. Place onions, garlic and ginger into an earthenware pot. Pour coconut milk into the pot, season with pepper and salt and bring to a boil. When the mixture begins to turn oily, add the shark meat and simmer 5-6 mins. If using the malunggay leaves, add these to the pan and simmer another minute. Remove from heat before they lose their bright green color.

Mrs. Teresa del Tufo

Experienced on a trip in the Northern Hemisphere:

*"No jam spoons on the table?
The butter knife's missing too!
No serviette is by my plate,
Whatever shall I do?
Oh Lord, these things seem very small
To fuss and bother me --
But, oh, one plate, one knife, one fork,
For dinner and for tea!
The fish, the fruit, and all between
Make very strange assortment:
So, if my taste buds seem so bent
On prejudices flimsy,
I know, dear Lord, you'll understand
'Tis not just straight-out whimsy!"*

Mrs. Majory M. Foord, Adelaide, Australia

LAPU-LAPU BADJAO [Fish]

1 whole lapu-lapu (or garoupa) 1 Kilo
100 gram. cooked shrimps
100 gram. boiled mussels
100 gram. boiled clams
1 onion, chopped
2 tomatoes, chopped
1 green pepper, chopped
1" knob fresh ginger, chopped
2 fresh red chillies, chopped
6 garlic cloves, crushed
50 ml olive oil
1 tsp. chopped parsley
½ tsp. basil
Freshly ground black pepper
Salt to taste

Clean and prepare lapu-lapu, removing the scales and fins. Carefully remove the backbone to form a cavity. Shell and devein shrimps. Remove meat from mussels and clams. Heat oil in a pan and add onions and garlic. Saute 3-4 mins. until golden brown and crispy. Add other vegetables, basil, pepper and salt and continue over high heat another minute. Allow to cool before stuffing into the cavity of the lapu-lapu. Wrap the fish in banana leaves, place in a baking pan and bake in a preheated oven 350°F. about 45 mins. If banana leaves are not available, wrap the fish in aluminum foil.

Mrs. Teresa del Tufo

*Ho, every one that thirsteth, come ye to the waters, and he that has no money, come ye, buy and eat; yea, come, buy wine and milk without money and without price.
Is. 55:1*

LUMPIA 'SAN LORENZO' [Eggrolls]

200 grm. fresh pork	3 garlic cloves
150 grm. fresh shrimp	50 ml vegetable oil
250 grm. heart of palm	Salt to taste
2 carrots	Freshly ground black pepper
1 onion	Lettuce leaves

Chop the pork finely. Shell and devein shrimps and chop into small pieces. Cut heart of palm and carrots into julienne strips, chop the onion finely and crush garlic. Heat oil in a pan. Saute onion and garlic 2 mins. Add pork and shrimp. Season with salt and pepper. Continue cooking over medium heat 10 mins., stirring regularly. Add heart of palm and carrot, continue to stir 4-5 mins. Remove and set aside.

WRAPPERS:

150 grm. flour
100 grm. cornstarch
50 grm. lard
2 eggs

Sift flour and cornstarch together. Add lard, eggs and 200 ml water. Knead well. Roll out thinly and cut into 5" circles.

SAUCE:

3 garlic cloves
25 ml soya sauce
50 grm. sugar
1 T. calamansi juice
25 grm. cornstarch

Chop garlic very finely and mix with sugar, soya sauce, calamansi juice and about 100 ml water. Bring mixture to a boil and allow to simmer 2 mins. Mix cornstarch with a small quantity of cold water and add to pan. Stir over medium heat 2-3 mins. until the sauce thickens.

To serve, place a lettuce leaf on top of each wrapper. Spoon on a quantity of pork mixture, roll up and fold in at one end to secure. The lettuce leaf should be left to protrude from the other end. Serve with the Lumpia Sauce.

Mrs. Teresa del Tufo

HALAAN SOUP [Clam Soup]

300 grm. fresh clams	3 chilli leaves
1 onion	25 grm. butter
3 garlic cloves	Dash monosodium glutamate (MSG)
1" knob fresh ginger	Salt to taste

Wash clams under cold running water. Chop onion, garlic, ginger and chilli leaves. Melt butter in a large sauce pan. Saute onion, garlic and ginger over medium heat 2-3 mins. Add clams and 1 litre cold water. Bring to a boil and allow to boil rapidly until clams open about 5 mins. Add chilli leaves. Season with MSG and salt to taste. Simmer another minute before serving.

Mrs. Teresa del Tufo

A CHRISTMAS PUDDING

Are you praying for a very blessed Family Reunion on Christmas Day? You are? Then make this CHRISTMAS PUDDING your specialty. Place the following fruit of the Spirit into a large Christmas pudding bowl. (Use mixed fruit, brand marked Galatians 5:22, 23)

*1 whole heart full of LOVE
1 cup running over with JOY
Sweeten to taste with PEACE
Sift in GENTLENESS
Gradually add GOODNESS
Pour in large amount of FAITH
Flavour with MEEKNESS
Sprinkle lightly with TEMPERANCE*

METHOD: Mix all together, endeavouring to keep the unity of the Spirit (Eph. 4:3) Turn on to pudding cloth woven with LONG SUFFERING, and secure tightly in the bond of peace. (Eph. 4:2)

COOKING TIME: One sweet hour of prayer

Serve with joyful Christmas spirit to everyone on Christmas Day. In doing so you serve the Lord Christ. (Col. 3:23, 24)
N.B. This mixture makes unlimited quantity - so-

BE AN ANGEL

At Christmas time and share your Christmas Pudding with a lonely or needy person, and spread the "good tidings of great joy."

Mrs. Kathleen Meulink, Adelaide, Australia CFO

RELLENONG MANOK [Roast Chicken Stuffed]

1 chicken, about 1.5 kilos
1 tsp. salt
½ tsp. white pepper
1 T. calamansi juice

Clean the chicken and debone carefully. Season inside and out with the white pepper and salt. Pour on the calamansi juice. Allow to stand for 30 mins.

STUFFING:

500 grm. pork meat
100 grm. Vienna sausage (spiced sausage)
100 grm. sliced ham
100 grm. Edam cheese
3 onions
1 red pepper
100 grm. sweet pickle relish
75 grm. cooked peas
50 grm. raisins
Freshly ground black pepper
Salt to taste
Dash monosodium glutamate (MSG)
4 fresh eggs
4 hard boiled eggs, shelled
50 grm. margarine

Cut the pork, Vienna sausage and ham; grate the cheese, chop onions and pepper. Mix thoroughly with pickle relish. Place through a coarse grinder, then add peas and raisins. Season with black pepper, salt and MSG. Break in the fresh eggs and blend well to form an even and fairly moist consistency.

Fill the cavity of the chicken with prepared stuffing, placing the hard boiled eggs in a line along the center. Secure opening with thread. Wrap around 4 thin strips of foil to maintain the shape of the chicken during cooking. Cover evenly with margarine. Place in a baking dish and cook in preheated oven 350°F. about 1¼ hrs. or until cooked. Can be served either hot or cold.

Mrs. Teresa del Tufo

CHICKEN AND PORK ADOBO

1 chicken, about 500 grm.	1 T. rock salt
500 grm. pork meat	Freshly ground black pepper
75 grm. pork liver	1 bay leaf
100 ml vinegar	250 ml chicken stock
2 tsp. soya sauce	100 ml vegetable oil
½ tsp. crushed garlic	

Clean and prepare chicken. Cut into pieces. Cut pork into 1½" cubes. Cut liver into 1" slices. Place into a sauce pan, pour on the vinegar and soya sauce. Add crushed garlic, rock salt, pepper and bay leaf. Allow to marinate 20 mins. Then remove chicken and set to one side. Add chicken stock to the pan, bring to a boil and simmer, uncovered, until the pork is half cooked. Remove meat and drain thoroughly. Chop the liver into very small pieces. Strain the cooking liquid, pour it back into the sauce pan and add the liver.

Heat oil in a separate pan. Add the chicken and pork and fry 3-4 mins. turning to brown on all sides. Replace the meat into the original sauce pan, bring the liquid to a boil, cover, and simmer until the meat is cooked and the sauce almost completely reduced. Adobo can be served immediately with rice or allowed to cool and be served with salad.

Mrs. Teresa del Tufo

Wherefore do ye spend money for that which is not bread? And you labor for that which satisfieth not? Hearken diligently unto me, and eat ye that which is good and let your soul delight itself in fatness.

Is. 55:2

Jesus said unto them, I am the bread of life; he that cometh to me shall not hunger, and he that believeth on me shall never thirst.
John 6:35

TINUKTOK [Shrimp in coconut sauce]

200 grm. fresh shrimps
200 grm. young coconut meat
1 onion
1" knob fresh ginger
1 T. calamansi juice
Freshly ground black pepper
Salt to taste
300 ml thick coconut milk
12 gabi (taro) leaves

Shell and devein shrimps. Chop into small pieces. Cut coconut meat into small pieces. Chop onion and ginger. Place into a pestle and pound together to form a fine paste. Add calamansi juice and season with pepper and salt. Pour in a small quantity of the coconut milk; just sufficient to thoroughly moisten mixture. Divide mixture, place into gabi leaves and fold to form small rectangles 2" x 1". Place into a kawali, wok or large frying pan and pour over the remaining coconut milk. Cover and steam over medium heat until the coconut milk has almost, but not completely, been absorbed.

Mrs. Teresa del Tufo

Wherefore let us keep the feast, not with old leaven, neither with the leaven of malice and wickedness, but with the unleavened bread of sincerity and truth.

1 Cor. 5:8

Who giveth food to all flesh; For his lovingkindness endureth forever.

Ps. 137:25

Puerto Rico

Almojabanas and arroz con coco are served mostly at Christmas time, which in Puerto Rico extends up to Three Kings Day, January 6. These are two traditional dishes. During Christmas time, people used to prepare them and give them to neighbors, special friends or relatives. In this time, people use to go by surprise in groups from house to house with musical instruments (guitar, "cuatro" and "guicharo") singing Christmas carols ("aguinaldos") until late in the night. In these occasions the lady of the house prepared side dishes like the two mentioned above which are very delicious.

ALMOJABANAS [Rice Meal Buns]

½ lb. (1 ⅓ c.) very fine rice meal
3 eggs, beaten
1 tsp. salt
4 T. butter
1 c. milk
½ lb. mild white cheese (native cheese)

Mix rice meal and eggs. Combine salt, butter, milk and heat until butter is melted. Remove from heat and stir into the rice flour mixture. Cook the mixture over moderate heat for 2-3 mins., stirring constantly with a wooden spoon to prevent it sticking to the sauce pan. Remove from heat and cool.

When ready to fry, mash the cheese with a fork, add to mixture and stir until well blended.

Fry by spoonful in 1 lb. fat heated to 370°F. for 2-3 mins. or until the "almojabanas" are golden brown. Remove and drain on absorbant paper. Makes 24.

Ana Rosa Goitia

ARROZ CON COCO [rice with coconut]

1 c. rice	6 cinnamon sticks
1 coconut	1 tsp. whole cloves
1 c. sugar	½ c. raisins
1 piece ginger, chopped	ground cinnamon

Place rice in water for 2 hrs. Grate coconut and add about 5 c. hot water to get 6 c. coconut milk. Add ginger, cloves, cinnamon sticks, salt and rice to 5 c. coconut milk and cook at low heat. When rice is tender and almost dry, add 1 c. coconut milk, sugar and raisins.

Stir well and continue cooking over very low heat. When rice is almost dry, remove from heat. Pour in a platter and sprinkle with cinnamon. Makes 8 servings.

Ana Rosa Goitia

HOW TO EXTRACT COCONUT MILK

1. Break dry coconut to remove water.
2. Cut shell into several large pieces.
3. Place in oven and heat to remove shell easily.
4. Break nut into pieces, remove brown skin and grate.
5. Add about 1 or 2 cups hot water.
6. Strain through a fine cloth or sieve.

Do not add any water if more concentrated milk is desired.

Ida (Shy) Mackes

For the Kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.
Rom. 14:17

But if thy enemy hunger, feed him; if he thirst, give him to drink.
Rom. 12:20

BACALAITOS [Codfish]

½ lb. salted fillet or codfish	1 clove garlic
1½ c. all purpose flour	4 pounded peppercorns
¾ tsp. salt	1 tsp. baking powder
1½ c. water	

Wash codfish and bring to a boil in enough water to cover it. Drain and wash in cool water 2 or 3 times. Remove the skin and bones of codfish. Shred the fish and soak in water for 1 hr. to remove excess salt.

In a sauce pan combine flour, salt and baking powder and gradually stir in the water. Add garlic and peppercorns to mixture. Drain codfish well.

Have a kettle half full of fat. Heat it to 390°F. Drop batter by spoonful into the hot fat. Fry until golden brown. Remove and drain on absorbent paper.

Ana Rosa Goitia

PUERTO RICAN CHICKEN GUISADA

This is a tasty dish! Use one's head about the length of cooking time.

Clean and dry chicken well. Cut up. Salt and pepper each piece and leave in the icebox overnight. Have fat hot. Put in the chicken to brown. Turn constantly. When brown add enough water to cook until tender.

Then season with onions, tomatoes, more salt if necessary and 1 T. bread crumbs to thicken the gravy. The chicken is not removed from the pot when the seasoning is added. All is cooked together.

ARROZ CON POLLO [Chicken and Rice]

I've copied this recipe just as it is, except for my remark about the water when you add the rice, because it is so precious! This is a recipe sent to me when Don and I were first married, and is the one I "grew up" with in Puerto Rico. It is delicious!!!

Kill and clean an old fat hen (not a young one)! Cut into pieces and dry carefully before adding salt and pepper to taste. Let stand overnight in icebox, if possible.

For best results of this dish one should use the pots that the natives use, called "Olla de Castilla" or "Olla de Barro". If such a pot cannot be obtained, use an iron pot that has not been used to toast coffee.

Use any kind of fat to brown chicken. If the hen is sufficiently fat to fry herself, remove this yellow fat and put into pot. Melt and heat first, then add chicken and cook to a golden brown. When nicely brown add enough water and set over low fire and cook till meat is tender.

Now take one large onion (2 if smaller) and ¼ lb. raw ham, chop small, add dessert-spoonful capers, small 15 cent bottle stuffed olives, 2 T. tomato (canned), and brown this in another pan. Add to chicken when nice and brown. Wash well 3 c. rice and add to chicken and cook until rice is tender.

If you have to add water, **do so at once**. Experience will teach you amount of water needed. (I'd say, add water!!)

When rice is almost cooked open a can of red peppers and cover the rice, and let finish cooking. When serving be careful not to destroy the peppers. They add to the attractiveness of the platter.

Ida (Shy) Mackes
(raised in Puerto Rico)

Feed me with food that is needful for me. Prov. 30:8

MORCILLA [Blood Sausage]

This is a delicious dish which is served mostly with roasted sweet potatoes or boiled green bananas. It is used in special occasions, parties, wedding receptions, etc. as a side dish. We can also get it in luncheonettes.

2 T. diced cilantro	¾ c. fat from intestines
2 sweet peppers, chopped	1 yard pork intestines
3 hot peppers, chopped	1½ T. salt
2½ c. blood	

Remove some of the fat that is found surrounding the intestines of the pork. Cut the fat in small pieces. Stir blood to cut clots. Add seasoning ingredients and mix thoroughly.

Wash the pork intestines carefully turning them inside out so that they will be clean. Rinse with water mixed with sour orange or lemon juice.

Tie one end of the intestine and stuff, using a funnel. The sausage filling should be somewhat loose. Tie the other end and cook in boiling salted water for 25 mins. When done the sausage should be firm. Drain and keep in refrigerator and fry for a few minutes before serving.

Ana Rosa Goitia

PUERTO RICAN BOILED RICE

Delicious! Every grain separated. Use one's head about cooking time.

To each cup of rice add 2 c. cold water and ¾ tsp. salt. Let it boil until all the water boils out and leaves little holes where the last bubbles were. Turn heat down to medium after rice comes to a boil. Then stir in a good sized piece of butter and lower the heat. Steam until tender.

Ida (Shy) Mackes

ALCAPURRIAS [Stuffed Banana Croquettes]

Stuffed banana croquettes are used for coffee breaks and lunch. In the patronal saint festivities, the "alcapurrias" and "bacalaitos" are sold in "kioskos" (mini stores).

MASA [Paste]

5 green bananas
1 lb. yellow "Yautias" (tanier)
2 tsp. salt
1 T. melted achiote lard

Wash and pare "yautias" and peel green bananas. Grate "yautias" and bananas and mix with salt and melted lard.

FILLING

½ lb. beef or pork	½ tsp. olive oil
1 oz. cured ham	1/8 tsp. vinegar
½ oz. salt pork	2 tsp. lard (if beef is used)
1 clove garlic, peeled	½ tsp. lard (if pork is used)
¼ green pepper, seeded	3 green olives, pitted
½ sweet chili pepper, seeded	3 dry prunes, pitted
½ small onion, peeled	2 tsp. raisins, seeded
½ tomato	½ tsp. capers
½ tsp. oregano	1 T. melted "achiote" lard
½ tsp. salt	¼ c. tomato sauce

Put beef, ham, salt pork, garlic, green pepper, onion and tomato through a meat grinder and put into a bowl. Add oregano, salt, olive oil and vinegar. Heat lard in a kettle. Add previous mixture of ingredients and cook over high heat for 3 mins. Add olives, prunes, raisins, capers, achiote and tomato sauce. Turn heat to low, cover and cook for 15 mins. Uncover kettle and cook 15 mins. longer. (For pork, cook an additional 15 mins.)

TO SHAPE AND COOK ALCAPURRIAS

Spread some of the "masa" in a dessert dish. Place a teaspoon of the filling in the center, cover well with the "masa", and shape into a cylinder or croquette. Fry in deep fat heated to 365°F. for 8-10 mins. Drain on absorbant paper.

Ana Rosa Goitia

SURULLITOS [Cheese Corn Sticks]

3 c. water
2 tsp. salt
1½ c. yellow cornmeal
1 c. freshly grated imported
Edam or Gouda or a mild Cheddar cheese

Combine water and salt in a heavy 2-3 qt. sauce pan and bring to a boil over high heat. Stirring constantly, pour in the cornmeal in a slow, thin stream so the water does not stop boiling. Continue to stir for 2-3 mins. until the porridge is smooth and thick.

Remove the pan from the heat and beat in the grated cheese with a spoon. Cool to room temperature, then, moistening your hands from time to time in cold water, shape 2 T. of the mixture at a time into cylinders about 3" long and 1" in diameter.

Covered with plastic wrap or wax paper, the "surrullitos" may be kept at room temperature for 2-3 hrs. or in the refrigerator for a day or so.

When you are ready to fry the "surullitos", preheat the oven to the lowest possible temperature and line a large, shallow baking dish with paper towels. In a heavy 10" - 12" skillet, heat the oil over high heat until a light haze forms above it. Fry 4 or 5 "surullitos" at a time, turning them with a slotted spoon or spatula for about 5 mins. or until crisp and golden brown.

As the corn sticks brown, transfer them to the lined baking dish and keep them warm in the oven. Serve at room temperature with drinks or as a hot bread.

Ana Rosa Goitia

For I was hungry, and ye gave me to eat; I was thirsty, and ye gave me drink; I was a stranger, and ye took me in.
Matt. 25:35

R. of S. Africa

BOBOTI

This is a main course served with rice and good with a green salad.

2 large onions, sliced	1 T. curry powder
2 lb. raw beef, minced	1 T. vinegar
1 tsp. mixed herbs	1 dessertspoon sugar
1 tsp. salt	1 egg
1 thick slice bread	milk

Fry sliced onions in a little fat until lightly browned. Add minced beef and brown, adding salt and mixed herbs. Soak the bread in milk or water, then drain off liquid, mash bread with fork and add to the meat mixture.

Mix together curry powder, vinegar and sugar and add to the meat mixture. Cook slowly for half an hour. Turn into greased pie dish.

Beat egg with milk, season with salt and pepper and pour over the meat mixture. Bake gently for 30-40 mins. at 350° F. until custard topping is browned.

Norman and Peggy Ross

TOMATO BREDIE

This is a main dish that is always served with boiled rice.

2 lb. mutton	Tomatoes
2 onions	A little cooking fat
Pepper and salt	

Scald tomatoes to remove skins. Cut meat in pieces. Slice onion and brown in fat in sauce pan over brisk heat for a few mins., stirring it. When onion begins to brown, put in meat and brown it. Add tomatoes and let all stew gently. When cooked, it can be thickened if necessary.

Almost any vegetable can be used, e.g. pumpkin, cabbage, green beans. If tomatoes are used, a little sugar can be added. Fat meat is usually used.

Norman and Peggy Ross

SMOORED SNOEK [Barracuda]

This is a one dish meal and can be served with rice.

1 lb. smoked snoek	1 dessertspoon sugar
4 small onions	1 lb. ripe tomatoes, sliced
6 small parboiled potatoes	

Slice onions and fry until golden brown. Add sliced tomatoes and sprinkle sugar over them. Cook mixture until fairly dry, stirring occasionally. Add sliced parboiled potatoes and flaked snoek. Cover closely and simmer very gently until potatoes are thoroughly cooked.

Norman and Peggy Ross

YELLOW RICE

This is usually served with roast meat or roast chicken.

1½ c. white rice
½ c. sugar
½ tsp. salt
½ c. seedless raisins or sultanas, cleaned
1 tsp. tumeric
1 T. butter

Wash and boil rice for 5 mins., drain off water. Cover again with boiling water. When rice reaches the boil again, add all the remaining ingredients, stir a little and cook until the rice is dry.

Norman and Peggy Ross

The meek shall eat and be satisfied; They shall praise Jehovah that seek after him: Let your heart live forever.
Ps. 22:26

MELKTERN [Milk Tart]

1¼ T. flour
½ c. sugar
salt

1¼ T. cornflour
2 eggs
2¼ c. milk

Beat eggs, add sugar, salt, flour, maizena (cornflour) and beat well. Bring milk to a boil and pour over mixture, stirring all the time. Put on stove to boil and add a little butter and vanilla. Pour into a baked pastry shell and sprinkle with cinnamon.

Norman and Peggy Ross

KOEKSISTERS

4 c. flour
¼ tsp. salt
4 tsp. baking powder

2 eggs, beaten
little milk
deep hot oil or cooking fat
½ c. butter

SYRUP: This should be prepared a few hours before using and chilled thoroughly in the refrigerator. Bring to boil 4 c. sugar and 3 c. water. Stir until sugar is dissolved. Cool and chill in refrigerator.

Sift dry ingredients together in bowl and rub in the butter finely. Add beaten eggs with milk to blend into a stiff dough. Roll out dough to ¼" thick and cut in strips approximately 4" x 2". Divide strips into 3 tails, leaving them joined at one end. Plait the strips and press to join at the ends to fasten.

Drop a few koeksisters at a time into the hot oil. Cook until lightly brown and puffed. Lift out of oil and drain for a minute on crumpled greaseproof paper, then drop at once into chilled syrup. Turn over in syrup, lift out and drain on a sieve until dry. Store in a tin.

Norman and Peggy Ross

Sri Lanka

Sinhalese people are very good imitators. The diet in the majority of houses is quite English. We have rice and curry in every Sinhalese household, but for dinner, etc. we have courses, puddings and such which have come to us from the English. Even during the Christmas season and for parties we have cakes and English sweets. The Sinhala recipes are difficult to make. In the olden days every Sinhala household had many servants. Now we don't have that luxury, so people prefer the easy methods.

The following four recipes were **MUSTS** in every Sinhalese home for Christmas, New Year and any festival day. Now hardly anybody makes them for lack of helpers or servants. But the villager, however poor, makes even a little Kavin or oil cakes for the Sinhalese New Year.

ASME [8-10 asmes]

½ lb. rice flour
1st and 2nd extracts of coconut milk (½ coconut)
handful of daul Kurandu leaves

Pound rice and sieve through a very fine sieve. Make a very stiff dough by mixing with coconut milk. Dough must be fairly stiff. Add salt.

Grind the daul Kurando leaves and extract the juice. Add this to the coconut milk flour mixture so that a slimy consistency is obtained. Dilute with a little more coconut milk to get the consistency required for the batter.

Dip fingers arched into this batter, and with fingers pour the batter into the heated oil. Fold into two and set aside for a few days. Fry again to make asme light and crisp. Pour very thick colored sugar syrup over asme to form a design.

Miss Ursula Jayewardene

KAVUM [for 30-50 kavums]

1 lb. rice, soaked, pounded and sieved well

16 oz. treacle or thick sugar syrup

Mix flour and treacle or thick sugar syrup well. Allow mixture to stand about ½ hr. Dilute with sugar syrup or more thin treacle. Fry in deep frying pan one at a time by pouring a little batter into the bottom of pan and after a few minutes have passed, insert an ekel or wooden skewer into center of the batter. Keep turning ekel so that uncooked batter keeps coming up, forming what is called a konde or a knot.

There must not be too much heat or the outside will be browned and the inside uncooked. Drain.

Miss Ursula Jayewardene

KALU DODOL

6 coconuts

1 lb. rice flour

3 bundles jaggery

¼ lb. cadjunuts, chopped

Scrape the coconut and extract the milk. The coconut should be squeezed out 3 times. Put the coconut milk, scraped jaggery, flour into a preserving pan and leave on the fire. Stir well until the mixture thickens and is dark in color. Remove oil as it oozes out. Add chopped cadjunuts, and take off fire when mixture forms into one mass and comes off sides of pan. Flatten out on a board or pan and cut into pieces. Use a 12" x 15" pan.

Miss Ursula Jayewardene

Let no man therefore judge you in meat, or in drink, or in respect to a feast day or a new moon or a sabbath day.

Co. 2:16

KOKIS [for 75-100 kokis]

2 lb. raw rice

1 egg

milk of 2 coconuts

turmeric for coloring

salt to taste

Soak rice only a few hours before it is to be pounded. Sieve flour well, mix with coconut milk. Add beaten egg, salt and turmeric. Let it rest for about an hour. Heat oil, dip kokis or waffel mould in batter after dipping it in heated fat. Fry until crisp. Drain.

Miss Ursula Jayewardene

NEGOMBO ALUWA [20-25 pieces]

2 c. well roasted and sieved flour

¾ - 1 bottle treacle or jaggery

25-30 cadjunuts, broken into lg. pieces

1 tsp. ghee

pinch of salt

extra roasted flour for dusting

Put the treacle or jaggery into a pan and cook until thick. Add flour and stir well to prevent lumps. Mix in the coarsely chopped cadjunuts and the ghee.

Stir mixture until it reaches a non sticky pliable dough stage. Remove from the fire and put the mixture into a board dusted with roasted flour. Flatten the mixture to an inch thickness. Dust the top with roasted flour and cut into diamond shaped pieces.

Miss Ursula Jayewardene

Know ye not that a little leaven leaveneth the whole lump?

1 Cor. 5:6

AGGALA

¾ lb. parboiled rice washed and roasted in a pan until light golden brown
½ lb. coconut, finely grated and pounded
¾ - 1 lb. kitul honey
10 pepper corns, crushed (optional)

Ground or pound the roasted rice and sieve. Cook honey until it boils once. Remove about 4 oz. to be used later if necessary. Add coconut and cook until honey boils 2-3 times.

Allow to cool for 5-10 mins. Add rice flour gradually. Mix well. Add more honey, if necessary. Mixture must be fairly stiff. While hot, make into balls 1-1 ½" in diameter and roll in a little bit of the roasted rice flour.

Miss Ursula Jayewardene

COCONUT ROCK [35-40 pieces]

1 lb. coconut, grated	2 lb. sugar
8 oz. milk	cadjunuts

Boil sugar and milk together. Add grated coconut, and cook until the mixture comes off the sides of the pan. Add the chopped cadjunuts. When done, spread on a greased board or plate and cut into squares.

Miss Ursula Jayewardene

I am the living bread which came down out of heaven; If any man eat of this bread he shall live forever; yea and this bread which I give is my flesh, for the life of the world.
John 6:51

The following five recipes are breakfast dishes. However, in many houses they are used for dinner, too.

KIRI BATH

Kiri Bath is part of the tradition of the Sinhalese people. It is a MUST on New Years Day and on the first day of each month in most homes.

2 c. short grain white rice	2 tsp. salt
3 c. water	1 stick cinnamon, optional
2 c. thick coconut milk	

Put rice and water into a pan and bring to a boil. Cover and cook 15 mins. Add coconut milk, salt and cinnamon stick. Stir well with handle of wooden spoon. Cover pan and cook on low heat for further 10-15 mins. till all the milk is absorbed. Remove cinnamon, cool slightly, then turn out on a flat plate. Mark off in diamond shapes and serve with coconut sambol or curry.

Miss Ursula Jayewardene

HOPPERS WITH YEAST AND WHITE WHEAT FLOUR

1 lb. flour	16-24 oz. coconut milk
salt to taste	1 tsp. yeast dissolved in 2 oz. water
	pinch of sugar

Sift flour into a bowl, add salt, yeast and sugar. Mix in enough water to make a stiff dough. Let rise 2-3 hrs.

Gradually mix in milk and let rise another hour or more. Add a pinch of bicarbonate of soda and sugar.

Grease a hopper pan. Heat it over a moderate flame. Pour a spoonful of batter in it and tilt pan to form a flare around the pan. Cover with a sauce pan lid or place a pan with live coals on top of hopper pan. Bake until golden brown and can be eased out with a hopper spoon.

Miss Ursula Jayewardene

ROTI [for 4 portions]

4 oz. white wheat flour or roasted rice flour
10-12 oz. grated coconut
salt to taste

Mix flour and coconut together in a bowl. Add salt and enough water to make a stiff dough.

Knead it well. Spread mixture and cut rounds or make balls and flatten out on a slightly greased plantain leaf or greaseproof paper.

Bake or cook on roti pan or griddle.

Miss Ursula Jayewardene

PITTU WITH ROASTED WHITE WHEAT FLOUR [4 portions]

4 oz. well roasted flour	salt
4 oz. grated coconut	2 oz. 1st extract of coconut milk
	water to mix

Put flour, coconut and salt into a pan and mix so that the flour forms into little grains. If necessary, add water while the grains are being formed. Fill mixture into a pittu bamboo and steam until done. Push the pittu through using a stick. Pour 1st extract of coconut milk on while still hot.

Miss Ursula Jayewardene

STRING-HOPPERS WITH RICE FLOUR [8 portions]

1 lb. rice flour
salt to taste
boiling water

Roast flour well and sift into a bowl. Add enough boiling water to make a soft but not sticky consistency.

Fill string-hopper mould with dough and squeeze on to a very lightly greased string-hopper mat or wattle.

Steam until beads of water begin to drop from sides of string-hopper cover. Remove from mats. Continue until mixture is used.

Miss Ursula Jayewardene

Switzerland

The traditional meal after the Basel Carnival on Rose Monday is Flour Soup and Onion Cake.

FLOUR SOUP [per person]

1 T. flour
1 tsp. butter
2 dl. bouillon

Melt the butter in a pan. Add flour and fry until brown. Add bouillon and cook for ½ hr., stirring to prevent the flour from becoming lumpy. Serve with grated cheese.

Friedi Vogt

MISUNDERSTOOD

Boys flying kites haul in their white-winged birds--
You can't do that when you're flying words.
They're gone, and to the nest cannot return--
Forever gone, to soothe or else to burn!
What shall I do, Lord, for I love Thee much,
Yet seem to shatter most I ever touch;
Always believing 'next time' I'll be free
To help, maintain, to love
And lead these folk to Thee.
Time passes on, I know not
That tomorrow will be mine
To blend the threads of Love,
And once again to twine
And mend these shattered pieces
Of pure gold,
That in my arms once more
I may enfold
Thy needy one!
May I love on, trust on and believe
That in the end
Love's labour is never lost.
Though tempest tossed!
Thou wilt meet their need!
Perhaps for me
'Tis just to sow the seed.

Majory M. Foord, Adelaide, Australia CFO

ONION CAKE

200 grm. flour	pinch of salt
2 level tsp. baking powder	5 T. water or milk
	60 grm. melted butter or fat

Use a 30 cm. dish. Mix flour and baking powder well, then add salt and milk (or water) mixing until it becomes thick. Put butter (or fat) on the top and sprinkle with flour, then roll up. Roll out to a larger size than the dish. Put into a greased dish. Make holes in the bottom with a fork.

FILLING

500 grm. onions	pinch of salt
2 eggs	2 level T. flour
2 dl. cream	2 T. butter

Heat butter in a frying pan. Add sliced onions and cook slowly until soft. Mix eggs, cream, flour and salt in a dish, then add cold onions. Put into a baking dish. Bake in a medium oven for 30-40 mins.

In many places and families this is a typical meal eaten on a Friday lunch time. In different countries they have their own special names for this dish. The mixture is always made in the same way but with many different fillings. Instead of onion, you may use cheese or half chopped spinach and half cabbage. The flour, salt and cream are always in the same quantity. Pieces of bacon in it give a fine aroma. Another variation is the sweet cake. For that sprinkle the bottom of the mixture with grated nuts. For the filling berries, sliced apricots, cherries, sliced apples, chopped rhubarb or any fruit of your choice may be used. Over the fruit pour a juice which is made of:

2 eggs	1-2 dl. cream
1 level T. flour	1-2 T. sugar

Baking time is the same as for the onion cake.

Friedl Vogt

ROSTI

In earlier years rosti was a typical farmer's breakfast. The whole family would sit around the table and the rosti, on a large plate, was in the center of the table. The family then helped themselves. Bread and butter were also eaten and usually milk would be drunk. In Zurich rosti is served with small pieces of pork in a sauce. This is a speciality.

Portions are for four persons.

1 onion, chopped	3-4 T. butter, fat or oil
salt	1 kg. potatoes

Cook potatoes the previous day. Heat butter (fat or oil) and lightly brown chopped onion. Peel and grate potatoes, then fry until nicely browned but not too quickly. Turn over from time to time. Brown according to taste. As a variation, pieces of bacon, kummel or marjoram may be added. Keep the rosti together in the pan so it looks like a cake. When cooked, turn out onto a flat plate. Served with salad, this is a very good lunch time meal. Fried eggs can also be served with it.

Friedl Vogt

BIRCHER MUSLI

Use the following portions per person:

1 T. oats	1 T. condensed milk (or yoghurt)
3 T. water or milk	1 T. grated nuts
apple	1 T. lemon juice

Put the oats into the milk or water and leave for 5-6 mins. Add lemon juice, apple and condensed milk or yoghurt. Mix well. (if necessary, sugar may be added). Add nuts. Fruits such as orange, banana or fresh berries may also be used.

With bread and butter this is a favorite dinner. In small portions, garnish with whipped cream and serve as a dessert.

Friedl Vogt

RACLETTE

Raclette is very good for small parties and usually is eaten at dinner time. In the county of Wallis this meal is often eaten for celebrations, when possible, in the open air. Then a whole cheese or a half may be used. The side of the half cheese is melted and then scraped off and eaten quickly.

The following portions are per person:

3-5 medium potatoes	Silver skin onions
120-180 grm. raclette cheese	gherkins
	pepper to taste

Raclette oven, frying pan, baking tray or an open fire is needed for this recipe.

Cook the potatoes in the skins and keep warm. Cut cheese into pieces 7 x 7 cm. and ½ cm. thick. Put on a plate to serve. Put the vinegar vegetables into small dishes and set on the table. Melt cheese portions one by one and serve with the potatoes. (Potatoes served hot in the skins). If you haven't a special raclette oven, the cheese may be melted in the normal oven on a baking tray. Take care not to let the portions mix. Take out with a large flat knife and put on the plates. A frying pan may also be used though it is not very convenient as one person must be continuously melting the cheese.

Friedi Vogt

Jesus therefore said unto them, Verily, verily, I say unto you, It was not Moses that gave you the bread out of heaven; but my Father giveth you the true bread out of heaven.
John 6:32

BERNER PLATTE [for 4 persons]

A Berner poet told us this: In the year 1200 a bear was killed by a Duke. From that day on the place where this happened became known as Berne. In celebration of that day a special place was set apart where the bear meat could be kept fresh. Many years later evidence showed that the meat had been eaten by human hands. Fingerprints were found on the ribs. Pieces of sausage with the Duke's silver stamp on them were found also. A toothpick slightly burned proved that the meat had been smoked. False teeth with cabbage pieces and salt crystals showed that they must have eaten sauerkraut with the meat. Later when potatoes were introduced to our country, they became part of this meal. Today, instead of bear meat, we eat pork and use knives and forks instead of our fingers!

800 grm. sauerkraut	10 juniper berries
1 large onion	300 grm. bacon
2 T. butter	4 smoked pork chops
2 dl. bouillon	1 Berner tongue sausage
1 apple	

Heat butter. Add chopped onion and cook lightly. Add sauerkraut and cook lightly again. Add bouillon, sliced apple and berries. Put bacon on top of sauerkraut and cook approx. 1 hr. (If using a pressure cooker, 15 mins.) Add pork chops and tongue sausage. Cook another 30 mins. When ready put sauerkraut in a flat dish, add bacon and decorate with the tongue sausage and pork chops. Serve with boiled potatoes. This is a very popular winter dish.

Friedi Vogt

And into whatsoever city ye enter, and they receive you, eat such things as they set before you.
Luke 10:8

POLENTA [for 4 persons]

By 1930 Polenta was the most popular meal of Tessiner farmers. In the 16th century polenta was cooked with or without cabbage. Later still, fruit and corn were added. In the 20th century only corn would be used for the real Polenta.

8 dl. bouillon
160 gm. corn (not too fine)
50-100 gm. small pieces of cheese

Boil the bouillon, then add corn and cook for 30-40 mins. on low heat. Stir from time to time. Add cheese and stir well. Put into a serving dish and serve with meat.

Friedi Vogt

MINISTRONE - A Tessiner speciality

1 T. olive oil	2 small tomatoes
500 gm. bacon bits	½ zuchetti
2 garlic cloves	50 gm. dried beans
1 carrot	1 liter bouillon
1 stick celery	50 gm. rice or noodles
½ leek	pepper, marjoram, rosemary, basil, cheese

Cook onions and bacon in heated oil until brown. Add pressed garlic and small, sliced vegetables. Cook together until they soften, then add bouillon. Cook for 45 mins. Add rice or noodles. Cook another 15-20 mins. Add more bouillon if necessary. Top with cheese. Eaten with bread this is a complete meal.

Friedi Vogt

And bring the fatted calf, and kill it, and let us eat and make merry.

Luke 15:23

RISOTTO CON VERZE [An old Bundner speciality for 4 persons]

1 cabbage (approx. 700 gm.)
1 Liter bouillon
300 gm. long grain rice
1 Engadiner sausage (or 1 saucisson or 1 tongue sausage)
2 T. butter
50 gm. grated sharp cheese

Wash and cut the cabbage into 4 pieces and half cook it in the bouillon. Add the sausage and rice, cooking slowly on low heat for 20-30 mins., stirring gently from time to time. If necessary, more bouillon may be added. Put into a dish and sprinkle with cheese.

Brown butter and pour over. Instead of rice, potatoes may be used. Cut 1 kg. peeled potatoes into pieces. Take 300-400 gm. thinly sliced bacon instead of the sausage, brown lightly and put on the top in place of the cheese and butter.

Friedi Vogt

RISSOTTO - Tessiner style [for 4 persons]

This goes back to the time when the rich people gave this dish to the poor to enable them to survive the fasting period.

250 gm. long grain rice	2 T. olive oil
1 onion	700 dl. bouillon

Heat oil and lightly cook the finely chopped onions until golden brown. Add rice until all oil is absorbed. Add bouillon and cook for 20 mins. If preferred, 200 gm. mushrooms (fresh or dried) may be added. Serve with salad for a complete meal.

Friedi Vogt

BERNER ZOPF [Braided Sweet bread]

On special celebration days and Sunday mornings this bread is eaten with fresh butter and honey.

500 grm. flour	1 level tsp. salt
2½ dl. milk (lukewarm)	80 grm. butter
2 tsp. sugar	1 egg
10 grm. yeast	1 egg yolk for brushing

Sprinkle yeast with sugar then let it stand a little until yeast rises. Mix with 5 spoons of milk. Put the flour in a dish. Make a hollow in the middle and put in the yeast, rest of the milk, salt, sugar, egg and melted butter. Knead until it is a smooth firm dough. Cover with a damp cloth and stand in a warm place until it has doubled in bulk. Roll out into 3 equal strands and braid. Pinch ends together and tuck under loaf.

Repeat the process to make a second braid. Place the braided bread on a greased baking tray and stand again in a warm place until nearly doubled in size. Brush with the egg yolk. Put in a cool place for 20-30 mins. to keep the form. Bake slowly in a pre-heated oven for 40-50 mins. until nicely browned.

Friedi Vogt

For the bread of God is that which cometh down out of heaven and giveth life unto the world.
John 6:33

And when they had done this, they enclosed a great multitude of fishes; and their nets were breaking.
Luke 5:6

AARGAUER CARROT CAKE

For a cake 20 - 22 cm:

750 grm. grated carrots	1 pinch clove powder
5 eggs separated	50 grm. breadcrumbs
200 grm. sugar	200 grm. ground almonds
juice and peel from ½ lemon	2 T. cornflour
1 tsp. cinnamon	1 level tsp. baking powder

Take the egg yolks, sugar, lemon juice and peel and put into a dish. Mix until fluffy. Add cinnamon, clove powder, almonds and grated carrots. Mix breadcrumbs, cornflour and baking powder well and add to the rest. Mix in the whisked egg white gently with a spoon.

Grease baking dish and sprinkle in some breadcrumbs. Put in the mixture and bake on a low heat for 50-60 mins. When cooked, remove from the baking dish and allow to cool. Sprinkle with powder sugar or icing.

ICING SUGAR

150 grm. powdered sugar	1-2 T. water
1 T. lemon juice or kirsch water	

Mix together well and put on the cake. You may also decorate with marzipan carrots.

Friedi Vogt

And they all ate, and were filled: and they took up that which remained over the broken pieces, twelve baskets full.
Matt. 14:20

And he that supplieth seed for the sower and bread for food, shall supply and multiply your seed for sowing, and increase the fruits of your righteousness.
2 Cor. 9:10

U.S. Crow Indians

Lo' the poor Indian! Whose untutor'd mind sees God in clouds or hears Him in the wind.

Indian Prayer: Here needy he stands -- And I am he.

Lottie Deuble,
Missionary to Crow Indians

CHOCKECHERRY PUDDING

1 qt. chokecherries, frozen, canned or sundried
1 c. sugar
¼ c. flour
1 T. butter or bone marrow

Place chokecherries in a sauce pan. Add enough water to cover 1½". Cover and cook until the skin breaks if the cherries are fresh. Otherwise, let cook until thoroughly heated through. Take the pan off the heat and pour off a little of the juice, but save it to pour back. Use a hand potato masher to mash the cherries. Do not crush the stones unless they are already mashed or ground. Pour back into the pan the juice that was reserved and, if necessary, add more water to bring water level above the cherries. Put back on stove. Let boil; then add sugar and flour mixed. Stir constantly as the dry ingredients are added. This prevents lumping. Cover and let simmer over medium heat until the thickening is thoroughly cooked. Remove from fire and add butter. In the old days bone marrow was used; but it is not always available today, so butter is an acceptable substitute. This may need more sugar or thickening.

And they say unto him, we have but five loaves, and two fishes.
Matt. 14:17

And take up the fish that first cometh up; and when thou hast opened his mouth, thou shall find a shekel.
Matt. 17:27

MINT TEA

Mint grows along a ditch, creek, river or around a spring. The stem is square where other plants have round stems. They grow about a foot tall. Gather 4 or 5 of these plants. Wash them thoroughly and remove the roots. The roots are so shallow they are easily pulled up with the stem.

Heat a quart of water in a kettle. Bring it to a boil, then put the mint into the water. Cover and let steep for 10-15 mins. Keep the brew hot to serve it hot. It is delicious with fry bread. This is one of the best thirst quenchers when iced.

Lottie Deuble

EASY CORN PUDDING

2 c. fresh corn
3 eggs, slightly beaten
2 tsp. sugar
2 T. butter

1½ tsp. salt
Pinch of pepper
2 c. milk

Combine corn, sugar, salt and pepper. Add eggs and mix. Add butter to milk. Heat until butter is melted. Blend the milk with the corn and egg mixture. Put into baking dish. Bake at 325°F. for 1 hr. or until a knife comes out clean.

Lottie Deuble

FRIED SWEET POTATOES

Use amount of sweet potatoes according to servings. Peel and cut sweet potatoes. Put fat in skillet and keep turning potatoes. When almost done, add 3-4 tsp. brown sugar and ¾ c. sweet milk. Place on low heat. Let simmer until done.

Lottie Deuble

PHEASANT

Dress pheasant and put on a stick before the fire or over hot coals. Roast until brown. Put browned pheasant in a pot and boil until well done. Thicken soup with cornmeal and season with salt.

Lottie Deuble

FACING REALITY

Alone,
But not alone,
With You,
Without You,
A crowd,
A mass,
Nothingness,
Except a light
A pinprick.
Glow.
Power,
Engulfs
Swallows up,
Darkness?
No!

Light?
Yea!
a crowd, a mass
No more
Not one light,
A thousand lights
Triumph'

Shine
Be Yourself
Not a second-rate
somebody else.
Expand
Spread the light,
Face Him

Reality.
Turn away,
Shall I?
No'
Be a rock
Not sand.
Stand firm,
Immovable.
A mountain in the
devil's path,
Not a mountain in
our path
A path through
mountains
That others may walk on.

13 yr. old boy, English CFO

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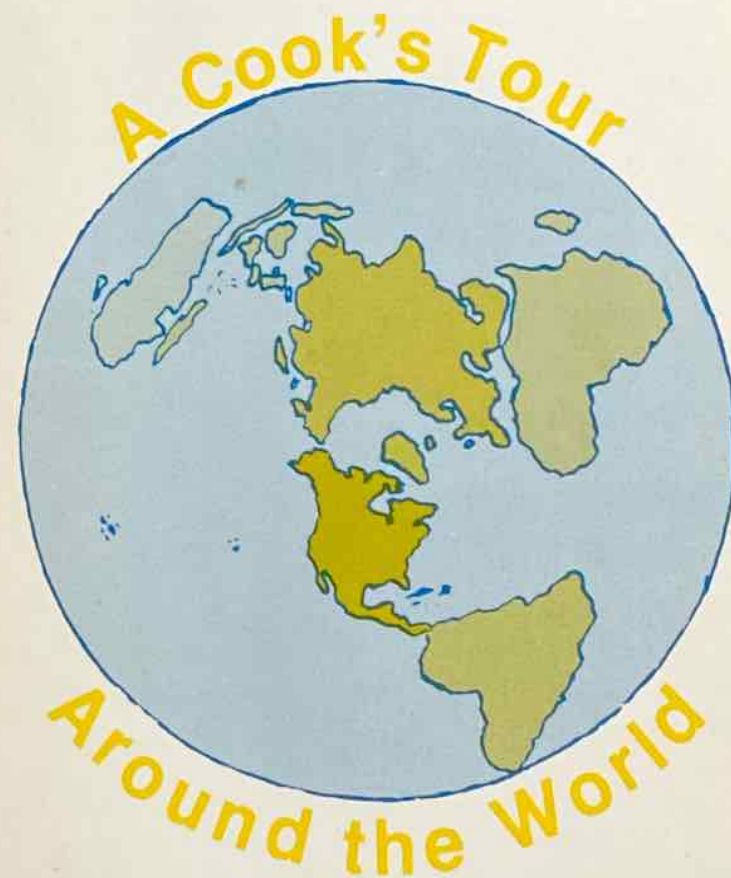
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Thank you!



[See page 9, Australia recipes]

'Catch One Kangaroo'



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