



Save the Children®

RECIPES FROM AROUND THE WORLD

A collection of
favorite recipes from
Save the Children
staff across the globe



Photo: Susan Warner



Welcome to your Save the Children cookbook! Prepared especially for our most valued supporters like you, it includes treasured recipes from around the world, collected by our staff on the ground. While some are family favorites that have stood the test of time, others are “special occasion” dishes that call to mind national or other holidays, or festivities such as anniversaries and birthdays. Whatever their origin, these recipes are collected here for you in the spirit of bringing the worldwide Save the Children community together.

We sincerely hope you and your family enjoy sampling the different national cuisines from the countries where Save the Children works to give children what every child deserves: a future. Please do take a seat at our “Save the Children table” and savor the new culinary experiences awaiting you!



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SWEET POTATO JUICE

Country of origin: Mozambique
Contributed by: Josina Cossa

Since the late 1990's, orange-fleshed sweet potatoes from North America have been cultivated in Mozambique and Uganda. Unlike the white or yellow varieties that had been commonly grown there, the orange-fleshed sweet potato contains beta carotene which the body uses to make vitamin A. This vital nutrient had been largely missing from the diets of people — especially women and children. One small sweet potato per day provides a child with all the vitamin A their growing body needs to stay healthy.

Sweet potatoes can be prepared in many ways including this delicious drink.

REFERENCES

<http://www.npr.org/sections/thesalt/2012/08/15/158783117/saving-lives-in-africa-with-the-humble-sweet-potato>
<http://www.hki.org/sweet-potato-effect-how-nutrition-taking-root-mozambique#.WU14OiuQyX0>



SWEET POTATO JUICE

Yields Approx. 2 Liters

Ingredients:

1/2 kilogram sweet potatoes
Juice of 2 or 3 lemons or oranges
Sugar to desired taste
2 liters of water

Instructions:

Wash the sweet potatoes and boil them. Remove the skin, crush the potatoes, and pass them through a strainer and sieve. Add lemon juice or orange juice and sugar. Mix thoroughly and put in a bottle(s). Store in refrigerator.



PARATHA WITH GHEE (Flatbread with Butter)

Country of origin: Pakistan
Contributed by: Pilar Robledo

A paratha is usually cooked in the morning and generously lathered with ghee (clarified butter). It provides sufficient calories for people laboring — usually in the fields. This versatile flatbread can also be stuffed with cheese, spinach, potatoes, onions, etc., or served with fried or boiled eggs, meats or vegetables.



PARATHA WITH GHEE (Flatbread with Butter)

Serves 4

Ingredients:

- 1 cup wheat flour
- 1 teaspoon oil
- 1/2 teaspoon salt
- 1/4 to 1/2 cup water
- 1/2 cup ghee (melted clarified butter)

Instructions:

Mix all of the above ingredients (except the ghee) together to form a stiff dough. Knead well with your hands until the dough becomes smooth. Cover and keep aside for 2 hours.

Pinch off about a quarter of the dough and roll it into a ball. Flatten evenly into a thin circle with a rolling pin. Pour ¼ teaspoon of ghee onto the circle of dough and spread it evenly around the dough—this can be done with your hands. Fold the dough into a triangle, and flatten it evenly again into a circle. Do your best to keep it round, and it will cook evenly. This process makes the paratha flakey and like pastry dough.

Pour 1/2 teaspoon of ghee onto a hot griddle—or on the top of a clay oven if you have one. Flip paratha until golden-brown on both sides.



CHICKEN COCONUT SOUP WITH NOODLES

Country of origin: Myanmar
Contributed by: Myat Than Si

This soup is a traditional food served in homes, and at cultural gatherings and events.



CHICKEN COCONUT SOUP WITH NOODLES

Serves 10

Ingredients:

3 1/2 pounds chicken	1/2 cup oil
2 quarts water	1 coconut, 3 cups of milk extracted (or use canned coconut milk)
1 teaspoon saffron	1 tablespoon gram powder (chickpea flour — or substitute corn starch)
10 onions	3 1/2 pounds egg noodles or spaghetti
4 cloves garlic	Sliced hard-boiled eggs, chopped green onions and lemon juice for garnish
2 slices fresh ginger (or 2 teaspoons dry ginger)	
4 chilies or chili powder (may be omitted here and used as garnish)	

Instructions:

Cut chicken into 4 pieces. Rub with saffron, cook in 2 quarts water till tender, salting to taste. Cut meat from bones. Crack bones and add to stock, continue to simmer. Grind 9 onions, garlic, ginger, and chilies together and rub over chicken. Heat oil in 2-quart saucepan. Brown one sliced onion in oil. Add chicken and brown. Add stock and simmer. Make paste of gram powder and 1 cup water. Add to stock and cook 10 to 15 minutes. Pour coconut milk in last and boil a few minutes longer. Add more salt if necessary.

Cook noodles in boiling water. Strain noodles in a sieve. Put one scoop of noodles into each bowl. Pour coconut soup onto cooked noodles and sprinkle with eggs, green onions, lemon juice and chili powder as desired.



BEEF RENDANG (Spicy Beef Stew)

Country of origin: Indonesia
Contributed by: Jakarta Office

Rendang originated in Sumatra, one of Indonesia's islands in the western part of the country. There are many kinds of rendang, but the most famous is Rendang Padang which comes from Padang, the capital city of West Sumatra Province. It is made of meat, coconut milk and other ingredients such as red chili (lots of it), and is accompanied by rice — a staple food in Indonesia.



BEEF RENDANG (Spicy Beef Stew)

Serves 4-6

Ingredients:

- 2 liters coconut milk
- 1 kilogram meat, cut into 3-centimeter cubes
- 2 stalks lemon grass, bruised
- 2 turmeric leaves
- 5 kaffir lime leaves
- Juice of 1/2 lemon

Spices:

- 1 ounce fresh red chilies
- 4 cloves fresh garlic
- 10 cloves red Asian onion, or 2 small onions
- 3 centimeter length of fresh ginger, skinned
- 3 centimeter length fresh galangal
- Salt

Instructions:

Make a paste (in a blender or food processor) of all spices. If it is too thick to blend add some oil. Modify the spices according to taste, however you must use a lot of the chili paste as this is the central ingredient for the sauce.

Simmer coconut milk with turmeric leaves, lemon grass, kaffir lime leaves and spice paste until milk thickens and becomes oily. Reduce heat, add beef and simmer uncovered until beef is tender. Stir regularly as the sauce tends to be thick and dry. Add lemon juice. Check sauce thickness. The sauce should be a thick pasty consistency (stir more frequently to stop sticking).

This dish improves with age so usually it's cooked the day before. Reheat it before serving.



TAJADAS CON QUESO FRITO **(Green Plantain Chips with Fried Cheese and Cabbage Salad)**

Country of origin: Nicaragua
Contributed by: Ana Clemencia Uriarte
and Elena Reilly

Tajadas is a popular Nicaraguan dish served piping hot as a quick dinner or a snack. A cold glass of cacao juice (made from cocoa beans and cinnamon), an icy beer or a shot of Nicaraguan rum make just the right complement to this dish.



TAJADAS CON QUESO FRITO **(Green Plantain Chips with Fried Cheese and Cabbage Salad)**

Serves 6-8

Ingredients:

3 long, fresh green plantains	1 pound of fresh cheese – Mexican or Central American Style (white, unsalted, look for cheese for frying)
Vegetable cooking oil	1 pound refried kidney beans
3 tomatoes, diced	Salt, garlic, sugar, cilantro, to taste
1 big fresh cabbage	sour cream
White wine vinegar	

Instructions:

Slice the green plantains lengthwise in long, very thin slices. Deep fry the green plantain slices in a deep fat fryer until they become bright yellow and look crispy. Remove the plantain chips and pat down with a paper towel, set aside.

Slice the cheese in 1-inch-thick slices, about the size of the palm of your hand. Deep fry the cheese slices until they become golden and crispy.

Chop cabbage in medium-sized julienne strips, mix with the diced tomatoes, add white wine vinegar and a final touch of salt.

Place green plantain chips on serving plate, follow with 2 slices of fried cheese, then top with cabbage salad. Accompany with refried kidney beans spiced with cilantro, salt, garlic, sugar and salt (all blended together) and a side of sour cream.

For authenticity, forget the plate and silverware, and serve wrapped in green plantain leaves to be eaten with your hands.



EMA DATSHI (Chili and Cheese Stew)

Country of origin: Bhutan
Contributed by: MB Ghaley

Ema Datshi is Bhutan's national dish. The fiery concoction of green peppers and cheese is eaten in Bhutan almost daily, often accompanied by Bhutanese red rice. Some say that if you have been to Bhutan but have not eaten Ema Datshi then you have not been to Bhutan.



EMA DATSHI (Chili and Cheese Stew)

Serves 8-12

Ingredients:

- 250 grams of chilies (green and of medium hotness)
- 1 onion chopped longitudinally
- 2 tomatoes
- 250 grams Feta cheese or Blue cheese (or half and half of each) crumbled
- 5 cloves of garlic, finely crushed
- 3 leaves of coriander
- 2 teaspoons vegetable oil or butter

Instructions:

Cut chilies lengthwise (1 chili = 4 pieces). Put these chilies and chopped onions in a pot of water (approximately 400 milliliters). Add 2 teaspoons vegetable oil or butter and boil over medium heat for about 10 minutes. Add tomato and garlic and boil for another 2 minutes. Add crumbled cheese and let it sit for 2-3 minutes. Stir. Keep pot closed for 2 minutes.

Serve over a generous portion of red rice or polished white rice.

This dish is VERY HOT.

Note: The cheese that is used in Bhutan is yak cheese or cottage cheese and cannot be found outside Bhutan. These are local farmer's cheeses with a unique texture that doesn't dissolve when put in boiling water. We suggest substituting Blue or Feta cheese or a combination the two.



CHICKEN LUWOMBO (Chicken Steamed in Banana Leaves)

Country of origin: Uganda
Contributed by: Bonita Birungi

Chicken Luwombo is a Ugandan delicacy served at traditional marriage ceremonies. It is served specifically to the visiting in-laws.

This dish can be cooked either in a large casserole dish in a modern oven or, traditionally, in a saucepan on a charcoal stove. Either way, the magic comes from the banana leaves so their availability is the most important part of the dish.



CHICKEN LUWOMBO (Chicken Steamed in Banana Leaves)

Serves 5-7

Ingredients:

1 whole chicken (or cut in serving pieces)	Carrots, sliced
Tomatoes, diced	Green peppers, chopped
Onions, chopped	Salt
	Fresh banana leaves

Instructions:

Clean whole chicken and roast chicken on fire for 5 minutes. Cut chicken into reasonable pieces. (Or brown chicken pieces in lightly oiled skillet.)

Prepare fresh, small banana/plantain leaves by passing them over the flame (or briefly heating in hot oven) to soften. Remove some of the fibers from the central rib of the each leaf — these will be used to tie the leaf-packets closed (or use kitchen string.)

Place chicken piece in center of leaf. Add onion, tomato, carrot, salt, green pepper and quarter a cup of warm water. Fold the leaf in from the sides, drawing all the sides together, being careful not to break the leaf. Tie tightly closed at the top.

Place a wire rack or trivet in the bottom of a large cooking pot. Add water to fill the pot up to the bottom of the rack. Place the banana-leaf packets on the rack. Cover and cook in hot oven or over the grill or an open fire. Steam for 45 minutes to an hour. Add water to the cooking pot as necessary to prevent it from becoming dry. Serve hot with steamed Matooke (plantain) and/or rice.



Photo: Denvie Balidoy

KAGANG TORTILLA (Crab Tortillas)

Country of origin: Philippines

Contributed by: Kuya Abdel

As a result of the bodies of water surrounding the Philippines, seafood is an abundant and versatile staple of the national cuisine.



KAGANG TORTILLA (Crab Tortillas)

Serves 5-7

Ingredients:

- 1 kilogram crabs
- Garlic to taste
- 1 large onion
- 3 tablespoon flour
- 3 eggs
- Salt and pepper, to taste
- 2 cups coconut milk

Instructions:

Boil crabs, gently separate meat from shell taking care not to destroy the shells. Sauté garlic until light brown, add onions, and then the crab meat. Season with salt and pepper. Stir and cook until done. Remove from fire.

Place a portion of sautéed crab meat back into each shell and set aside.

Prepare thick batter of flour and egg with a little coconut milk or water. Put enough batter on the surface of the meat in the shell to cover it. Then fry in deep, hot fat until golden brown.



Photo: Save the Children in Bangladesh

BEEF HARI KEBAB (Spicy Beef)

Country of origin: Bangladesh

Contributed by: Farjana Yeasmin

Hari Kebab is a spicy Bangladeshi dish, similar to a thick curry, often prepared during Islamic Eid festivals.



BEEF HARI KEBAB

Serves 6-8

Ingredients:

1 kilogram beef, cut into small pieces	2 teaspoons black pepper
3 tablespoons yoghurt	1/2 teaspoon grated nutmeg
10 sliced onions	1 pinch of nutmeg/mace (for the second coat)
4 whole cloves	2 teaspoons ginger paste
3 one-inch cinnamon sticks	1 teaspoon garlic paste
5 pieces of cardamom	2 teaspoons chili paste
1 bay leaf	2 teaspoons salt
1 teaspoon coriander	3 cups oil

Instructions:

In hot oil, gradually stir fry half of the onion till it gets light brown. Set the cooked onion aside.

Add oil to the pan and heat. Add cloves, cinnamon, cardamom, bay leaf, coriander, black pepper, nutmeg and the second coat of nutmeg and sauté. Make powder/paste of the fried spices with fried onions.

Add more oil to the pan and heat. Add beef, yoghurt, the rest of the sliced onion, ginger, garlic, chili, salt and some water. Cover the pan and leave to cook over low heat, until the water dries up and the oil rises to the top. Mix in the fried spices and onion paste/powder. Cover the pan again and allow to cook for five minutes until the flavor comes out. Serve hot garnished with onion ring and coriander leaf (cilantro).



Photo: Susan Warner

BUÑUELOS CON MIEL (Dessert Fritters with Syrup)

Country of origin: Guatemala
Contributed by: Melissa Molina

This delicious recipe is prepared on December 7, which in Guatemala is the traditional celebration “the burning of the Devil.”



BUÑUELOS CON MIEL (Dessert Fritters with Syrup)

Serves 8

Ingredients:

3 to 4 large eggs
1 1/4 cup of flour (sifted)
1 cup of water
1/2 teaspoon of anise seed
1/4 teaspoon of salt
1/8 teaspoon of baking soda
Cooking oil

Syrup:

1/2 or 3/4 cup of sugar
1 cup of water
1 piece of cinnamon

Instructions:

Fritters: In a pot, boil 1 cup of water, anise and salt. Allow to boil for a minute and then add baking soda and flour. Take it off the stove and beat the ingredients vigorously until the flour is well mixed. Allow to cool, then add an egg. Continue to beat the mixture well and add the second egg, then the third, and the fourth in the same manner. Cover the dough and let it rest at least 1 hour.

Place oil in a pot and heat it. Using a teaspoon, place the balls of dough into the hot oil, one by one. Fry until well cooked, removing them when they appear golden. Once removed from the oil, drain the excess oil in an absorbent paper towel. Serve the fried dough with the syrup sprinkled on top.

Syrup: Boil the sugar, water and cinnamon together in a small pot for 5 minutes. Depending on taste, one can add other ingredients such as liquors, fig leaves, vanilla or anise.

Metric Conversions

Approximate Liquid and Dry Measure Equivalencies

1/4 teaspoon	1.25 milliliters
1/2 teaspoon	2.5 milliliters
1 teaspoon	5 milliliters
1 tablespoon	15 milliliters
1 fluid ounce	30 milliliters
1/4 cup	60 milliliters
1/3 cup	80 milliliters
1/2 cup	120 milliliters
1 cup	240 milliliters
1 pint (2 cups)	480 milliliters
1 quart (4 cups, 32 ounces)	960 milliliters(0.96liters)
1 gallon (4 quarts)	3.84 liters
1 ounce (by weight)	28 grams
1/4 pound (4 ounces)	114 grams
1 pound (16 ounces)	454 grams
2.2 pounds	1 Kilogram (1,000 grams)

Conversion Formulas

ounces (oz) \times 28 = grams (g)
pounds (lb) \times .45 = kilograms (kg)
teaspoons (tsp) \times 5 = milliliters (mL)
tablespoons (Tbsp) \times 15 = milliliters (mL)
fluid ounces (fl oz) \times 30 = milliliters (mL)
cups (c) \times .24 = liters (L)
pints (pt) \times .47 = liters (L)
quarts (qt) \times .95 = liters (L)
gallons (gal) \times 3.8 = liters (L)
grams (g) \times .035 = ounces (oz)
kilograms (kg) \times 2.2 = pounds (lb)
milliliters (mL) \times .03 = fluid ounces (fl oz)
liters (L) \times 2.1 = pints (pt)
liters (L) \times 1.06 = quarts (qt)
liters (L) \times .26 = gallons (gal)

Or use an online calculator such as the following:

<http://www.convert-me.com/en/convert/cooking/>

Our Mission

Save the Children believes every child deserves a future. In the United States and around the world, we work every day to give children a healthy start in life, the opportunity to learn and protection from harm. When crisis strikes, and children are most vulnerable, we are always among the first to respond and the last to leave. We ensure children's unique needs are met and their voices are heard. We deliver lasting results for millions of children, including those hardest to reach.

We do whatever it takes for children — every day and in times of crisis — transforming their lives and the future we share.

Thank you for being a part of our family. We couldn't do it without you.



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