

# **Faith-Promise Missions Conference 2012**



## **Recipes from the Mission Field**

[www.NorthsideBaptistLakeland.com](http://www.NorthsideBaptistLakeland.com)

## **Northside Baptist Church**

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Dr. Dan Yaw, Senior Pastor  
Randy Mlinek, Associate Pastor

2012 Faith Promise Missions

## 2012 Faith-Promise Missions

Conference Schedule

*"How shall they preach, unless they be sent"*

*(Romans 10:15)*

- 10/30 Faith Promise Sunday
- 9:30 am Lenny & Lisa Williams—CEF
  - 10:45 am Dr. Dan Yaw, Senior Pastor  
Jim Blizzard—Junior Church
  - 5:00 pm International Dinner
  - 6:00 pm Never Fade in Concert
- 11/01 6:30 pm Steve Gledhill—Word of Life
- 11/02 7:00 pm Jess Pincus—Friends of Israel
- 11/03 11:30 am Ladies Luncheon  
w/ A Woman's Choice
- 11/05 8:00 am Men's Breakfast  
w/Tim Yaw
- 11/06 9:30 am Dean Dawson—OM
- 10:45 am Dr. Ron Long—Luther Rice University  
Junior Church—Karen Dawson—OM
  - 6:00 pm Dan Lewis—IAGM  
Dr. Ron Long—Luther Rice University
- 11/09 7:00 pm Gary Whitmore—TWR
- 11/12 11:30 am Church wide Luncheon with  
Lighthouse Ministries
- 11/13 9:30 am Donald Hultstrom—Wycliffe
- 10:45 am Dr. Robert Roberts—South Florida  
Baptist Assoc.  
Junior Church—Laura Hultstrom—  
Wycliffe
  - 6:00 pm Tim Yaw—IAGM  
Terry Donohue—New Life Orphanages  
Music by The Thompson's

Your favorite international recipe...

# Ulaanbaatar Yogurt Bars

~Mongolia

## **Crust**

1 cup butter  
2 1/4 cup flour  
1 cup sugar  
1/2 tsp salt  
1 tsp baking soda

Mix all ingredients together until crumbly; spread 2/3 of mixture into the bottom of a 9" x 13" pan. It is unnecessary to pat it down.

## **Topping**

1 1/2—2 cups plain yogurt  
1/4-1/3 cup sugar (or to taste)

Mix the yogurt and sugar together and pour over the crust and sprinkle with the remaining flour mixture. Bake in a 350 degree oven for about 30 minutes, or until lightly brown, and/or the yogurt topping has firmed up somewhat.

Makes 12-20 servings.

Comments: This lovely dessert bar recipe comes from a Mongolian lady who lives in Ulaanbaatar and has an oven. Most Mongols don't have ovens, just a wok, in which they boil or fry their food.

~New Tribes Mission

# The Church Enumerable

How many do you have  
that's the first thing they say  
when you pastor a church in America today.  
It seems we're successful by how many we hold  
but if this is our theory who will tell the untold  
If we get one to stay it is said we are growing  
we thrive in our reaping  
But what about our sowing  
What the Lord really needs is more workers and sowers  
For He can't reach the world with only church goers  
It is time for the churches to start a new trend  
Let's measure success by how many we send  
Let's train up our people  
so they become world reachers  
We'll send them to nations as missionaries and teachers  
Then we will begin to reach thousands with the Word  
that you preach  
and the more that we send the more that we reach  
How many do you have someone now might say  
Our church is enumerable  
Because we send them away!  
~Author Unknown

# Oatmeal Lace Cookies

from Pearl Williams    Missionary to Austria

## Ingredients:

1/2 cup all-purpose flour  
1/4 cup tsp baking powder  
1/2 cup white sugar  
1/2 cup rolled oats  
2 tbsp light corn syrup  
1/3 cup melted butter  
2 tbsp cream  
1 tbsp vanilla extract

## Directions:

1. Sift together flour, baking powder, and sugar. Add oatmeal, light corn syrup, melted butter, cream and vanilla. Blend well.
2. Drop on ungreased cookie sheet 4 inches apart, using 1/4 tsp as a measure. Bake in 375 degree F (190 degrees C) oven for 5-7 minutes. Let stand a few seconds before removing from pan.

Carefully watch cookies as they are baking.

They tend to burn easily.

Variations: add a 1/2 tsp or less of cinnamon, cloves, allspice, or ginger. You can also try adding raisins, finely chopped walnuts or pecans.

Pastor Dan says...

You know you are in for a real treat when you sit down at a table in Romania and there is a 5 piece place setting stacked in front of you:

1. A saucer for an appetizer
2. A bowl for soup
3. A plate for salad
4. A plate for an entree
5. A small fork for dessert

## Mexican Coffee Recipe

### Ingredients:

1-1/2 cups brewed coffee, 1/2 cup heavy cream,  
4 teaspoon full chocolate syrup, 3/4 teaspoonful  
cinnamon, 1/4 teaspoonful nutmeg.

Method: Begin with a fine dark brew of hot coffee. Stir the cream until it's thickened almost like whipped cream. Pour the chocolate syrup evenly into 4 warmed cups. Add the coffee to the chocolate syrup and blend well. Then, sprinkle on the cinnamon and nutmeg and top with cream.

# Main Dishes

## Cazuela (Chilean Chicken Soup)

~from Eria Lopez Missionary to Chile

### Ingredients:

3 cloves of garlic (diced)  
1 onion  
6 pieces of chicken (usually 2 legs, 2 thighs, 1 breast cut in 2 pieces) (or whatever pieces you want)  
6 potatoes (small or medium size)  
6 pieces of corn (usually 2 ears cut in 3 pieces each)  
6 pieces of pumpkin (1.5 x 3 inches more or less)  
1 cup of green beans (cut like "french cut")  
2 carrots (1 cut in small thin sticks and 1 shredded)  
1 red pepper (optional) (cut in small thin sticks)  
1/2 cup rice  
bouillon cube

### Salt

1. Cut the garlic in small pieces, cut 1 carrot and red pepper in small, thin sticks and start to fry in 2 tbsp oil (that is already hot)
2. Add water (at least enough to cover all the chicken but not to the top of the pot.) You need to have room to add the vegetables.
3. Add peeled whole potatoes, bouillon cube and salt to taste (in Chile they don't really measure by teaspoon - they usually calculate with their fingers)
4. Add peeled who onion. (The onion is not eaten in soup. Before serving you throw it away!)
5. Wait til boiling. Add pumpkin.
6. Continue boiling 5 minutes then add corn, rice, and green beans.
7. Continue boiling, add 1 shredded carrot when potatoes and pumpkin are almost soft (done).
8. Throw away the onion. Serve one piece of chicken, one potato, one piece of pumpkin and one piece of corn in each bowl. (The amount of green beans, carrots, rice and red pepper vary on how many are in each scoop of "soup")

## Moloka'i Macadamia Nut Cookies

~Hawaii

### Ingredients:

1/2 cup butter or margarine  
1/2 cup shortening  
1/2 tsp. baking soda  
2 1/2 cups powdered (confectioners) sugar  
2 1/2 cups flour  
1/4 tsp. salt  
2 eggs  
1 cup chopped ROASTED macadamia nuts.

### Preparation:

Combine dry ingredients, except the nuts. Mix butter, shortening and eggs until smooth. Combine with dry ingredients, mixing well. Add nuts. Drop 1 heaping teaspoon of mix on ungreased cookie sheet, placing each portion 2 inches apart. Preheat oven and bake at 350 degrees F for 10- 12 minutes.

## Filipino Mango Float

~from Laura Hultstrom

Missionary to Philippines

### Ingredients:

200 grams of graham crackers (approximately)

1 (10 ounce) can of all-purpose cream

3 large ripe mangoes

1 (10 ounce) can of sweetened condensed milk

### Preparation:

Slice the mangoes into thin wedges.

Combine in a mixing bowl the sweetened condensed milk, all-purpose cream, and mango wedges to make your mango filling.

Put one layer of the graham crackers in the bottom of an 8x8 glass pan or other container.

On the crackers put a layer of the mango filling.

Repeat by putting layers of graham crackers and mango filling until you've used it all.

Top the final layer of mango filling with graham crackers.

Cover pan and put it in the refrigerator to chill overnight.

HINT: Mango float as a frozen treat tastes even more delicious: put it in the freezer overnight.

If mangos are unavailable at your market, peaches could be used.

HINT: Mango float as a frozen treat tastes even more delicious; put it in the freezer overnight.

## Campfire Chicken!

from Lenny & Lisa Williams

Camp Good News Florida

### Required:

aluminum foil

paper towels

long fire tongs

### Ingredients:

Serves One:

1 chicken breast

1 potato

1 carrot

1/4 onion, optional

Seasoning: salt, pepper,

Notes:

Create a foil wrapper for each person by sandwiching a wet paper towel between two squares of foil. This will help even the heat and prevent burning.

### Instructions:

Wash, peel, and dice the vegetables.

Cut the chicken into strips and place on foil wrapper.

Season chicken and add vegetables as desired.

Fold foil into a flat package sealed well.

Place the dinner on coals.

Cook for 15 minutes, then flip and cook 10 more.

Unwrap and check one dinner to see if they are done.

Make sure the chicken is white and firm, completely done, before eating.

## Chicken Adobo

Donald & Laura Hultstrom  
missionaries to Philippines

### Ingredients:

4-5 lbs. chicken thighs  
1/2 cup white vinegar  
1/2 cup soy sauce  
4 cloves garlic, crushed  
1 tsp. black peppercorns  
3 bay leaves

### Directions:

Combine all ingredients in a large pot. Cover and marinate chicken for 1-3 hours. Bring to boil, then lower heat. Cover and let simmer for 30 minutes, stirring occasionally. Uncover and simmer until sauce is reduced and thickened, and chicken is tender, about 20 more minutes. Serve with steamed rice.

## Brigadeiro

From Brazil

### Ingredients:

1 can (14 oz) sweetened condensed milk  
1 tablespoon margarine  
3 tablespoon cocoa powder

### Preparation:

Cook over medium-low heat, stir vigorously the sweetened condensed enough to show the pan bottom during stirring. Pour the mixture in a greased dish and let it cool to room temperature. Take small amounts of the mixture with a teaspoon and make 1" inch balls. Roll the balls over chocolate jimmies (sprinkles) to decorate.

Hint: Grease your hands with margarine to make the balls easily.

If the balls don't hold the shape and flat down like coins, it means that you did not cook enough. Cook additional five minutes, take a small sample and dip it in a glass with cold water. If you cooked enough, this sample should hold the shape after cooling down in the water.

The cheapest, low grade sweetened condensed milk is the best to make the brigadeiro because they have more starch on them, which helps the candy to hold the shape.

In US, buy the sweet condensed milk, cook this brand for 20 minutes in medium heat stirring continuously and your brigadeiro is with the right consistency. Place the balls in candy cups to serve. Makes: 40 candies.



## **BANANA-QUE**

Donald & Laura Hultstrom  
Philippines

### **Ingredients:**

8 Firm Bananas  
2 Cups of Brown Sugar  
Cooking Oil

### **Directions:**

Preheat 1/2" of cooking oil in a deep fry pan over medium heat. Sprinkle in a layer of brown sugar. Cut bananas into 1" pieces. Place a single layer of pieces into the hot oil. Cook on each side for 1 or 2 minutes allowing the melted sugar to coat both sides.

FYI - In the Philippines this popular snack is usually made with whole saba bananas deep fried by a street vendor and served on a wooden skewer.

## **Chicken in Peanut Sauce**

from Donald & Laura Hultstrom  
missionaries to Philippines

### **Ingredients:**

1 pkg. (6-8 pieces) chicken thighs  
3 cups water  
1/3 cup peanut butter  
2 tbsp. soy sauce  
1/2 tsp. ginger  
1 clove garlic, minced  
1/2 lb. fettuccine or spaghetti  
1 tbsp. sesame oil, optional  
2 cups frozen oriental vegetables

### **Directions:**

Spray 12-inch skillet with Pam. Brown chicken, skin side down, for 10 minutes, turning once. Add garlic; stir in water, pasta (broken in half), and heat to boiling.

Reduce heat; cover and boil gently for 10 minutes. Stir in peanut butter, soy sauce, oil, and ginger until smooth. Add vegetables and cook 3 minutes longer until vegetables are tender.

"Let them give glory unto the Lord, and  
declare his praise in the islands."  
Isaiah 42:12

## **Dublin Sunday Corned Beef & Cabbage**

~Ireland

### **Ingredients:**

5 pound corned beef brisket  
1 large onion  
1 teaspoon dried thyme  
1 small bunch parsley  
1 (2-pound) cabbage, cut in quarters and cored  
Horseradish Sauce (recipe follows)

### **Preparation:**

Put beef in a large pot and cover with cold water. Add all other ingredients except cabbage and bring to a boil with the lid off the pot. Turn to simmer and cook for 3 hours.

Skim fat from top as it rises.

Remove the thyme, parsley and onion. Add cabbage.

Simmer for 20 minutes until cabbage is cooked.

Remove the meat and cut into pieces. Place on center of a large platter. Strain the cabbage and season it heavily with black pepper. Surround the beef with the cabbage, carrots and potatoes. Serve with horseradish sauce.

### **Horseradish Sauce**

1/2 pint heavy cream  
2 to 3 tablespoons prepared horseradish  
Whip cream until it stand in peaks. Fold in horseradish.  
Serves 8.

# Desserts

Opportunities are like sunrises.  
If you wait too long you miss them.

—William Arthur Ward

# Irish Kielbasa Chowder

~Ireland

## Ingredients:

1 pound kielbasa, sliced 1/8-inch thick  
1 medium onion, chopped  
4 russet potatoes, peeled and chopped  
2 cups water  
Salt and pepper to taste  
1 small cabbage, shredded  
1 tablespoon all-purpose flour  
3 cups milk  
1 cup sharp cheddar cheese, shredded

## Preparation:

Place the first four ingredients in a large cooking pot and bring to a boil; reduce heat and simmer for 20 minutes.

Add cabbage and cook for 10 minutes or until tender.

Whisk the flour and milk together and add to soup; simmer for 10 minutes, stirring often.

Add cheese and cook, stirring until cheese is melted and soup is heated through.

Makes 4 servings.

"God isn't looking for people of great faith,  
but for individuals ready to follow Him"

Hudson Taylor

## Mexican Chicken

### Ingredients:

1 whole chicken cooked and deboned  
2 cans cream of mushroom  
2 cans cream of chicken  
1 can Rotel tomatoes, drained  
1 can diced tomatoes, drained  
1 bag Nacho cheese Doritos—crushed  
Shredded cheese

Grease pan. Preheat oven to 375.

Place crushed Doritos in the bottom of the pan. (Save some to place on top)

Combine cream of mushroom, chicken, tomatoes and a handful of cheese

Place mixture on top of Doritos

Cover top with shredded cheese and remaining Doritos

Bake for 1 hour or until the cheese is golden brown.

## Sopa Paraguaya

(Paraguayan cornbread)

from Margaret Register

Retired missionary to Paraguay

### Ingredients:

3 cups Martha White cornbread mix  
(check the label to be sure it is white  
corn meal)  
6 eggs, beaten  
1 3/4 cup milk (non-fat works fine)  
1 lb Monterrey Jack cheese, cubed  
3/4 cup oil (I use Extra Virgin Olive Oil)  
4 cups chopped onions  
(about 2 very large onions)

### DIRECTIONS

1. Grease a 9x13 glass baking dish. (olive oil)
2. Chop onions.
3. Preheat the oven.
4. Sauté onions in the 3/4 cup of oil and leave on stove.
5. Cube cheese into 1/2 inch cubes. (Do not use shredded cheese. It will disappear and the secret of this good cornbread is the melted cheese-chunks inside.)
6. Measure cornmeal into a large bowl.
7. In a separate bowl, beat eggs. Add milk.
8. Pour milk mixture into cornmeal, all at once, beating with whisk to eliminate lumps.
9. Add cubes of cheese.
10. Pour hot oil/onion mixture into the cornmeal batter. Quickly, mix well. Pour into greased pan.
11. Bake at 450 about 20 - 25 minutes, until golden brown and knife inserted in middle comes out clean. Scrumptious!

## Navajo Fry Bread

from Tim Yaw  
Missionary to Native Americans

### Ingredients:

2 cups flour  
2 teaspoons baking soda  
1/2 teaspoon salt  
1/2 cup (1/4 pound) softened butter or shortening  
1/8 cup milk, with warm water added to make 3/4 cup total  
oil or lard for frying

### Directions:

Mix the dry ingredients together, and cut in the butter using forks or a whisk. Add most of the liquid, and knead the dough until it becomes smooth and pliable. If you get too much liquid and it's sticky, add some more flour. It shouldn't stick to your fingers or your cutting board.

Roll a ball about 2 inches in diameter, and pat it out to form a thin pancake shape. Fry it in hot oil or lard for a couple of minutes on each side until it gets nice and brown.

Great by itself or as an Indian Taco (see recipe in Main Dishes)

## Peelay Chaaval

~India

An aromatic yellow rice side dish from India.

### Ingredients:

2 cups long grained rice  
2 2/3 cup water  
1 1/4 teaspoon salt  
3/4 teaspoon ground turmeric  
3 to 4 whole cloves  
1-inch stick of cinnamon  
3 bay leaves  
3 tablespoons butter, sliced

### Preparation:

Combine rice, 2 2/3 cup water, salt, turmeric, cloves, cinnamon and bay leaves in a large saucepan and bring to a boil. Cover with a tight-fitting lid. Turn heat to low and simmer for 20 minutes.

Let the rice rest, covered and undisturbed for 10 minutes. Add the slices of butter to the rice and gently mix with a fork.

Remove the whole spices before serving.

Makes 6 servings.

# Romanian Mamaliga Balls

from Patrick Boyle Missionary to Romania

## Ingredients:

2 cups yellow cornmeal  
2 1/2 cups water  
3/4 teaspoon salt  
1 tablespoon butter  
1 cup salami or smoked sausage or pepperoni, casing removed and roughly chopped

## Preparation:

Stir cornmeal, water and salt together in a heavy saucepan. Bring to a boil, reduce heat and, stir frequently, cook 12 minutes or until thick enough to be scooped. Stir in butter and adjust seasonings.

Heat oil in a heavy-bottomed pot or deep fryer to 350 degrees. Using a cookie scoop, portion out balls. Flatten mamaliga in the palm of your hand, add a chunk of salami to the center, seal completely and roll into a ball.

Fry balls 2-3 minutes or until golden brown. Drain on paper towels.

Serve warm with sliced tomatoes and fresh herbs.

Makes 6 to 8 servings of Romanian Mamaliga Balls

# Basic Fried Rice

This is a basic recipe for fried rice that you can add to as desired. If adding other ingredients, increase the number of eggs to 3.

## Ingredients:

1-2 green onions, as desired  
2 large eggs  
1 tsp salt  
Pepper to taste  
4 tbsp oil for stir-frying, or as needed  
4 cups cold cooked rice  
1-2 tbsp light soy sauce

## Preparation:

Wash and finely chop the green onion. Lightly beat the eggs with the salt and pepper.

Heat a wok or frying pan and add 2 tbsp oil. When the oil is hot, add eggs. Cook stirring, until they are lightly scrambled but not too dry. Remove the eggs and clean out the pan.

Add 2 tbsp oil. Add the rice. Stir-fry for a few minutes, using a wooden spoon to break it apart. Stir in soy sauce as desired.

When the rice is heated through, add the scrambled egg back into the pan. Mix thoroughly. Stir in the green onion.

Serve hot.

## Pineapple Cole Slaw

~Bahamas

### Ingredients:

1 teaspoon of sugar  
3 slices of pineapple  
1 teaspoon of salt  
1/4 cup of vinegar  
1 cups of shredded carrot  
1/2 cup of diced apple  
3 cups of shredded cabbage  
2 tablespoons of green pepper— chopped

### Preparation:

In a bowl add the apple, green pepper, sugar, salt, carrots, and vinegar, mix together and use the pineapple and the shredded carrots for topping.

## Sarmale (Gypsy Cabbage Rolls)

from Patrick Boyle Missionary to Romania

### Ingredients:

1 Head Cabbage  
2 lbs. Ground Meat  
1 1/2 Cups Rice  
2 Eggs  
2 White Onions  
2 Tbsp. Olive Oil  
Fresh Oregano & Parsley  
Cumin, Salt and Pepper

### Preparation:

Cut the core out of the center of the cabbage and drop the head into a pot of boiling salted water. When leaves begin to loosen remove from pot, separate leaves, and trim away the thick center vein.

Chop onions with oregano and parsley; add cumin, salt and pepper mix. Place in a big bowl, add ground meat, rice, eggs and mix well. Place 2-3 Tbsp. of mixture on leaf at the thick end, fold sides and roll.

Place rolls in a 10x13 baking dish, brush with olive oil, cover with cabbage water, add bay leaves, cover, bake for 1 & 1/2 hrs. at 400 degrees.

ENJOY!

# Curry Chicken

from Michael & Heidi Blackwell  
Missionaries to South Africa

## Ingredients:

1 medium chicken cut into pieces (or pieces of chicken  
equal to 1 medium chicken)  
1 teasp. salt  
1 c. mayo  
1/2 c. chutney  
1/4 c. maple syrup  
2 Tbsp curry powder

## Preparation:

Spice the chicken with salt. Place chicken in oven dish. Mix rest of ingredients and pour over chicken. Bake at 350 degrees in covered dish for 30 min. Then uncover and cook until done. Serve with rice and mixed salad.

Enjoy!! Heidi and Michael Blackwell

South Africa

"Expect great things from God; attempt great things for God"

~William Carey

# Side Dishes

Missionary Life in the Philippines....

"So why can't I get a bowl of noodles! When I ask if there is anything in/with the noodles they say "NO". What they mean is "No, nothing unusual, just all of the stuff we normally put in the noodles."

~~Donald Hultstrom

Missionary to Davao City, Philippines



**Your favorite international recipe...**

## **Solomon's Chicken Shishkebab**

Enjoy this recipe from Food at the Time of the Bible!

Published by  JEWS FOR JESUS.

Marinade:

1 clove finely chopped garlic

1 tbsp chopped cilantro

4 tsp ground cumin

2 tsp salt

2 tsp freshly ground black pepper

1 tbsp saffron

2 tbsp olive oil

Mix all marinade ingredients. Remove chicken from bone and cut into bite-size pieces. Marinate chicken pieces evenly and leave in refrigerator for 6 hours.

Put chicken on wooden skewers and broil or grill for 4-5 minutes on each side.

*Taste and See that the Lord is good. Psalm 34:8*

## Indian Taco

from Tim Yaw  
Missionary to Native Americans

### Ingredients:

1 pound lean ground meat (beef, lamb, venison or pork)  
1 cup diced onion  
4 cooked Navajo Fry Breads (see recipe in side dishes)  
1 head iceberg lettuce, shredded  
3 tomatoes, diced  
2 cups shredded sharp Cheddar cheese  
1 (3-ounce) can diced green chilies, drained  
Sour cream (optional)

In a large frying pan over medium-high heat, brown ground meat and onions until cooked; remove from heat. Place Fry Bread, cupped side up, on separate plates.

Layer ground meat, lettuce, tomatoes, Cheddar cheese, and green chiles onto top of each Fry Bread. Top with sour cream, if desired, and either roll up or serve open-faced with a fork.

Makes 4 servings.

~ ~ ~ ~ ~

Are you having trouble locating an ingredient in a recipe?

Check out the Cook's Thesaurus at [www.foodsubs.com](http://www.foodsubs.com)

The Cook's Thesaurus is a cooking encyclopedia that covers thousands of ingredients and kitchen tools. Entries include pictures, descriptions, synonyms, pronunciations, and suggested substitutions.

## Yakisoba

~Lorraine Nickerson—Japan

### Ingredients:

2 packages steamed chuka noodles (150g/package)  
1/2 Tbsp vegetable oil  
1/4 lb. boneless pork rib, thinly sliced  
1/4 cup peeled and thinly sliced carrots  
1 green bell pepper, chopped  
1/4 medium onion, thinly sliced  
2 green head cabbage leaves, chopped  
4-6 Tbsps. yakisoba sauce, or 2 packages of yakisoba seasoning in yakisoba kits or 4-6 Tbsps  
Worcestershire sauce

Beni-shoga (pickled red ginger) for garnish

Ao-nori (dried green seaweed) for garnish

Salt and pepper

These are available in packages at Asian grocery stores

### Preparation:

Lightly loosen pre-steamed chuka noodles and set aside.

Heat vegetable oil in medium skillet on medium heat.

Stir-fry the pork until almost cooked. Sprinkle with salt and pepper to season. Add carrots, onion, and green bell pepper in the skillet and stir-fry for a couple of minutes. Add

cabbage in the skillet and stir-fry for a minute. Add noodles in skillet. Pour 1/4 cup of water over the noodles and cover the skillet. Turn down the heat to low and steam for a few minutes. Remove the lid and add yakisoba seasoning powder or sauce. (\*Adjust the amount of sauce as you taste.)

Stir the noodles quickly.

## Arepas

from Adam & Dianna Nathanson

Missionaries to Caracas Venezuela

Arepas were originally made by the indigenous inhabitants of Venezuela and Colombia. These small corncakes are sold in Venezuelan restaurants called areperas and are stuffed with all manner of fillings like a sandwich. Makes 5-10 arepas

Pre-cooked cornmeal -- 2 cups (The cornmeal used to make arepas is a special, precooked type that usually goes by the name masarepa, or masa precocida.) It can often be found in Latino markets. The more commonly found masa harina is not the correct type to use for this recipe.

Salt -- 1/2 teaspoon \* Boiling water -- 3 cups Oil --3 tbsp

1. Preheat oven to 400°F. In a large bowl, mix together the cornmeal and salt. Pour in 2 1/2 cups of the boiling water and mix with a wooden spoon to form a mass. Cover with a towel or plastic wrap and set aside to rest for 5 to 10 minutes.
2. Using wetted hands, form balls of dough out of about 1/4 cup of dough and press to form a cake about 3 inches wide and 3/4 inch thick. If the dough cracks at the edges, mix in a little more water and then form the cakes.
3. Heat the oil in a saute pan or skillet over medium-high heat. Saute the patties, a few at a time, to form a light brown crust on one side, 5 to 6 minutes. Flip and brown on the other side.
4. When all the patties have been browned, transfer them to a baking sheet and bake in the oven for 15 to 20 minutes, or until they sound lightly hollow when tapped. Serve immediately.

Variations

Filled Arepas: Split the arepas in half when finished and scoop out a little of the soft dough filling. Stuff with your chosen filling such as: shredded, seasoned meat, black beans, chopped chicken, avocado, scrambled eggs with tomatoes, peppers, onions, and ham.

## Sweet & Sour Chicken

from Lorraine Nickerson

Missionary to Noto, Japan

### Ingredients:

1 c flour  
1/4 tsp salt  
1/2 tsp Baking Powder  
1 egg  
2 tbsp melted butter  
1/2 cup water

### Preparation:

Dice chicken breast and mix in batter. Drop by rounded tsp in grease.

### Sauce

1/4 c catsup  
1/2 c water  
1/4 c vinegar  
6 t brown sugar

Thicken a little with corn starch.

Place in sauce pan and heat and pour over chicken when served.