

WHO NEEDS COMPASSION?

moms everywhere



Recipe: Plantain Chips

BURKINA FASO, WEST AFRICA (IN AFRICA)



INGREDIENTS (adult help needed)

- 1 ½ teaspoons of finely grated lime zest
- 1 ½ teaspoons of salt
- ¼ teaspoon of ground cayenne pepper
- Vegetable oil
- 4 large green plantains



Combine the finely grated lime zest, salt and ground cayenne pepper in a small mixing bowl. Stir well and set to one side.

Fill a heavy saucepan with $\frac{3}{4}$ inch of vegetable oil and place it on the stove over medium-high heat.

Cut off the ends of four large green plantains while the oil is heating. Make small cuts into the skins of the plantains with a sharp knife lengthwise five times. Do not score on the natural ridges of the fruit, but in between them. Place them in a large bowl of hot water. Soak for five minutes and then drain the water. Peel the plantains and slice them lengthwise with a vegetable peeler into thin strips.

Put the plantain strips into the hot oil in batches of six to eight at a time. Fry them for 30 to 40 seconds, turning frequently, until the plantain chips are golden brown in color. Place them on paper towels to drain. Sprinkle with the salt and cayenne mixture to season. Repeat until all the chips are done.

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Recipe: Halua Kenari Fudge

INDONESIA (IN ASIA)



INGREDIENTS (adult help needed)

- 1 cup of brown sugar
- 2 tablespoons of water
- ½ cup of blanched almonds, toasted lightly

In a frying pan, melt the sugar in the water over low heat. Add the almonds and mix together quickly.

Remove the frying pan from heat and drop teaspoonsful of the fudge onto an ungreased tray.

Let the fudge cool before cutting and store in a container with a tight cover.



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Recipe: Ajiaco (ah-hee-AH-co), A Chicken, Corn and Potato Stew

COLOMBIA (IN SOUTH AMERICA)



INGREDIENTS [adult help needed]

- 4 chicken breasts with skin
- Salt and black pepper to season
- 3 tablespoons of unsalted butter
- 2 teaspoons of dried oregano
- 1 large white onion, finely chopped
- 6 cups of chicken stock
- 1 cup of water
- 2 pounds of potatoes peeled and cubed
- 3 ears of corn, cut into small pieces



Pat the chicken dry and season with salt and pepper. Brown the chicken in a saucepan with the butter, skin side down. Transfer the chicken to a plate.

Add onion and oregano to the pan and lightly fry for about five minutes.

Add the chicken, stock and water to the pan. Cover and simmer, stirring occasionally until cooked through for about 25 minutes.

Shred the chicken, add the potatoes, cover and simmer, stirring occasionally for about 10 minutes.

Add the corn. Cover and simmer, stirring occasionally for about 5-10 minutes.

Serve with cubed avocado and sour cream.

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Recipe: Gallo Pinto (Gah-yo Peen-toe)

NICARAGUA (IN CENTRAL AMERICA)



INGREDIENTS (adult help needed)

- 2 to 3 tablespoons of oil
- 1 onion finely chopped
- 1 bell pepper finely chopped
- 2 or 3 cloves of garlic minced
- 2 cups of cooked red kidney beans drained (keep the liquid)
- Salt and pepper to taste
- 3 cups of hot cooked rice



Heat the oil in a large frying pan over a medium-high heat.

Add the onions, bell pepper and garlic and lightly fry for 2 or 3 minutes until cooked through.

Stir in the kidney beans, some of their reserved liquid, salt and pepper.

Bring to a boil, then reduce heat and continue to simmer until heated through.
Add the rice and stir into the beans, heating through. Serve hot.