

Around the World in 12 Recipes

Connecting Cultures,
Faith and Food



Releasing children from poverty
Compassion
in Jesus' name

Welcome to Around the World in 12 Recipes!

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This cookbook is organized around the four geographical areas where Compassion works. In each of these sections, you'll discover authentic recipes and information about the work our local church partners are doing to release children from poverty in those countries.

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Welcome to Around the World in 12 Recipes!

Inside you'll find delicious dishes from all over the world that you can make right in your home kitchen! But there's more inside than just recipes. Inside is a thank you — and an opportunity.

At Compassion International, our mission has always been to release children from poverty in Jesus' name. And that takes people. People just like you. You enable us to partner with local churches all over the world. The local churches are equipped to care for the children in their communities in ways we can't. And you are helping empower that work.

That's why we want to say thank you for your work as a child advocate. Since you mean so much to us, we want to take you on a journey to the countries where you make an impact. Inside this cookbook, you'll find stories, statistics, facts and prayer points from our church partners in the countries represented by these recipes. Cooking has a unique and beautiful power to bring people together. That's what we want to help you do with this cookbook!

So we invite you to invite others into your kitchen. To cook, but also to talk, learn and pray. We hope this cookbook can be a starting point for learning about other cultures and their traditions and customs, for talking about the work God is doing around the world and your role in it, and for praying for the needs of the most vulnerable around the world.

From all of us at Compassion, thank you. And enjoy cooking!





INTRODUCTION:

In the coming pages, you'll find fascinating information about each region. These include:

- **Regional stories:** With each recipe, we share a story of hope and encouragement. A story you are helping make possible. In these stories, you'll have the chance to read about people in the region the recipe represents. These are a great way to bring others into the experience (and maybe even get some help in the kitchen)! Share these stories around the stove or table and use them as starting points for talking and learning.
- **Recipe introductions:** These offer information about the dishes and the cultures behind them.
- **Did you know?** This section is stocked with fun and interesting facts as well as statistics about the region.
- **Prayer points:** These are ways for you to join Compassion and the local church to support and uplift the countries and communities our sponsored children call home.
- **QR codes to additional resources:** These are opportunities to engage more deeply with the work God is doing around the world.

All these sections are designed for you. They are conversation starters, teaching tools, spiritual resources and cultural learning opportunities. And all of them are best enjoyed when you can bring other people on the journey with you.

From all of us at Compassion, enjoy!

Recipes From
**SOUTH
AMERICA**



Prayer Points for South America:

- Pray for the families, local churches and Compassion centers affected by floods and other natural disasters.
- Pray for energy and perseverance for Compassion staff and volunteers.
- Pray for peace amid consistent and often violent political unrest.

Prayer To Share Before Your Meal

Lord Jesus, the Bible tells us that you are the Prince of Peace. Yet we live in a world filled with conflict and unrest. We know this is not as the world should be. We also know that your kingdom is coming. And with that kingdom comes peace. We pray kingdom peace over South America. Encourage the workers in your harvest fields, and make the harvest ripe. Amen.

Learn how Compassion is empowering youth and families through the Youth Development Fund.

SCAN OR TAP HERE



Cultivating a Better Future

Juna's dad was blessed. He had a steady job as a motorcycle taxi driver. It didn't pay a lot, but it was better than nothing ... until it was nothing. As COVID-19 swept across the globe, the Colombian government introduced travel restrictions. No travel meant no need for taxis, which meant no income. And this meant that Juna, her parents and her two sisters would sink deeper into the darkness of poverty.

That's how the story would have gone without Compassion's local church partners. New hope came in the form of 30 chickens and packets of vegetable seeds. Together with her family, Juna used the resources Compassion had given them to start a farm.

Now, years later, Juna's family farm cares for over 200 chickens and a variety of vegetables. And the dream keeps growing. Juna and her family hope the farm will one day be big enough to employ people from the community. It's their way of sharing the hope and opportunity they've been given.

Colombia

Ajiaco

Colombian Chicken and Vegetable Stew

Entree | Gluten Free | Major Allergens: None

Yield:
5 servings

Prep time:
30 min.

Total time:
1 hr. 15 min.



Ajiaco is one of the dishes Colombia is best known for. It also makes use of one of Colombia's most accessible ingredients: potatoes! While there are conflicting stories about where the potato first came from, there's no doubt that ajiaco originated in the cold mountains of Colombia. The warm, nutritious soup became a national staple. Nowadays in Colombia, you'll often find this delicious and savory soup served alongside rice and corn. Insider tip: For added freshness, locals add fresh herbs and avocado.

Did you know?

Potatoes,
pineapple
and peanuts
originated in
South America.

INGREDIENTS

- 2 large bone-in, skin-on chicken breasts.
- 1 large yellow onion, chopped.
- 5 cloves garlic, chopped.
- 1 **tbsp.** kosher salt.
- 1 **tbsp.** freshly ground black pepper.
- 2 **tbsp.** olive oil.
- 4 **c.** chicken stock.
- 1½ **lb.** potatoes, peeled and cut into bite-size chunks.
- 2 medium ears corn, quartered, or 1½ **c.** frozen corn kernels.
- 1 **can** fava beans or 1 **c.** frozen lima beans.
- 1 **c.** frozen peas.
- 1 **bunch** fresh cilantro, tied with kitchen twine.

TOPPINGS (Optional)

- 2 large avocados, thinly sliced.
- ½ **c.** Mexican crema, sour cream or creme fraiche.
- ½ **c.** coarsely chopped cilantro leaves.
- 2 **tbsp.** capers, drained and chopped.

INSTRUCTIONS

The Night Before:

1. Place the chicken in a glass or ceramic dish. Top with the onion, garlic, salt and pepper. Place in the refrigerator for 8 to 24 hours.

The Day Of:

1. Heat the olive oil in a heavy 4-quart lidded pot over medium-high heat. Add the chicken and brown each side, about 6 minutes. Pour in the chicken stock and raise the heat to high.
2. When the mixture boils, lower the heat to medium-low. Cover and let the chicken simmer until tender, about 30 minutes.
3. Carefully transfer the chicken to a platter, reserving the cooking liquid in the pot. When it's cool enough to handle, remove the skin from the chicken and discard. Cut or tear the chicken breasts into bite-size strips and discard the bones.
4. Place the potatoes in the pot with the cooking

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AJIACO INSTRUCTIONS (cont.)

liquid and turn the heat to medium. Cover and cook for about 5 minutes.

5. Add the corn, beans, peas, cilantro and green onions. Simmer, covered, for 20 minutes or until the potatoes are tender.
6. Remove the cilantro and green onions and re-turn the chicken to the pot. Simmer a few minutes more until the chicken is warmed through.
7. Ladle the soup into bowls and place the toppings on the table to be passed around.

Did you know?

Brazil is the
world's largest
coffee producer.

Bolivia

Quinoa and Black Bean Salad

Entree, Side | Vegan, Gluten Free | Major Allergens: None

Yield:
4 servings

Prep time:
15 min.

Total time:
50 min.



Most people have heard of quinoa (KEEN-wah). It's popular all over the world and has even been hailed as a superfood. We have South America to thank! The quinoa plant grows in the Andean highlands and can be used in many ways. Its leaves are delicious greens, and it has beautiful flowers. But the best part is the seeds. Edible, tasty and high in protein, they are a versatile grain — and gluten free! Paired with black beans, corn and spices, quinoa makes a delicious and healthy salad that can be served any time of year.

Did you know?

Bolivia doesn't have any McDonald's restaurants.

INGREDIENTS

- 1 **tsp.** vegetable oil.
- 1 onion, chopped.
- 3 cloves garlic, chopped.
- 1 **c.** dry quinoa.
- 2 **c.** chicken broth or vegetable broth.
- 1 **tsp.** ground cumin.
- ¼ **tsp.** cayenne pepper, optional for a spicier dish.
- Salt and pepper to taste.
- 1 **c.** frozen corn kernels.
- 2 (15-oz.) **cans** black beans, rinsed and drained.
- ½ **c.** fresh cilantro, chopped.

INSTRUCTIONS

1. Heat the oil in a large saucepan over medium heat. Add the onion and garlic, cooking until they're light brown, about 10 minutes.
2. Thoroughly rinse the quinoa. Add it to the pan and pour the broth over it. Season with the cumin, cayenne, salt and pepper.
3. Bring the mixture to a boil. Cover the pan, reduce the heat and simmer until the quinoa has absorbed all the broth, about 20 minutes.
4. Stir in the frozen corn and simmer about 5 minutes. Stir in the black beans and cilantro and remove from heat. Let sit for a few minutes before fluffing with a fork. Serve hot or cold.

Ecuador

Maduros

Dessert | Vegan, Gluten Free | Major Allergens: None

Yield:
3 servings

Prep time:
8 min.

Total time:
20 min.



If you've been anywhere in Latin America, chances are you've eaten some form of plantains. Similar to tougher, less-sweet bananas, plantains are a staple food throughout South American countries including Ecuador. They're delicious whether you prepare them in a savory or sweet recipe and can be boiled, mashed, fried, baked or eaten raw. *Maduros* are fried plantains that are sweet. They're really easy to prepare, and the whole family will love them for a nutritious dessert. Although plantains aren't as popular in the United States as in other countries across the Americas, they're still available in the produce section of many U.S. grocery stores.

INGREDIENTS

2 ripe, blackened plantains.
1 c. vegetable or canola oil, for frying.
Salt to taste (optional).

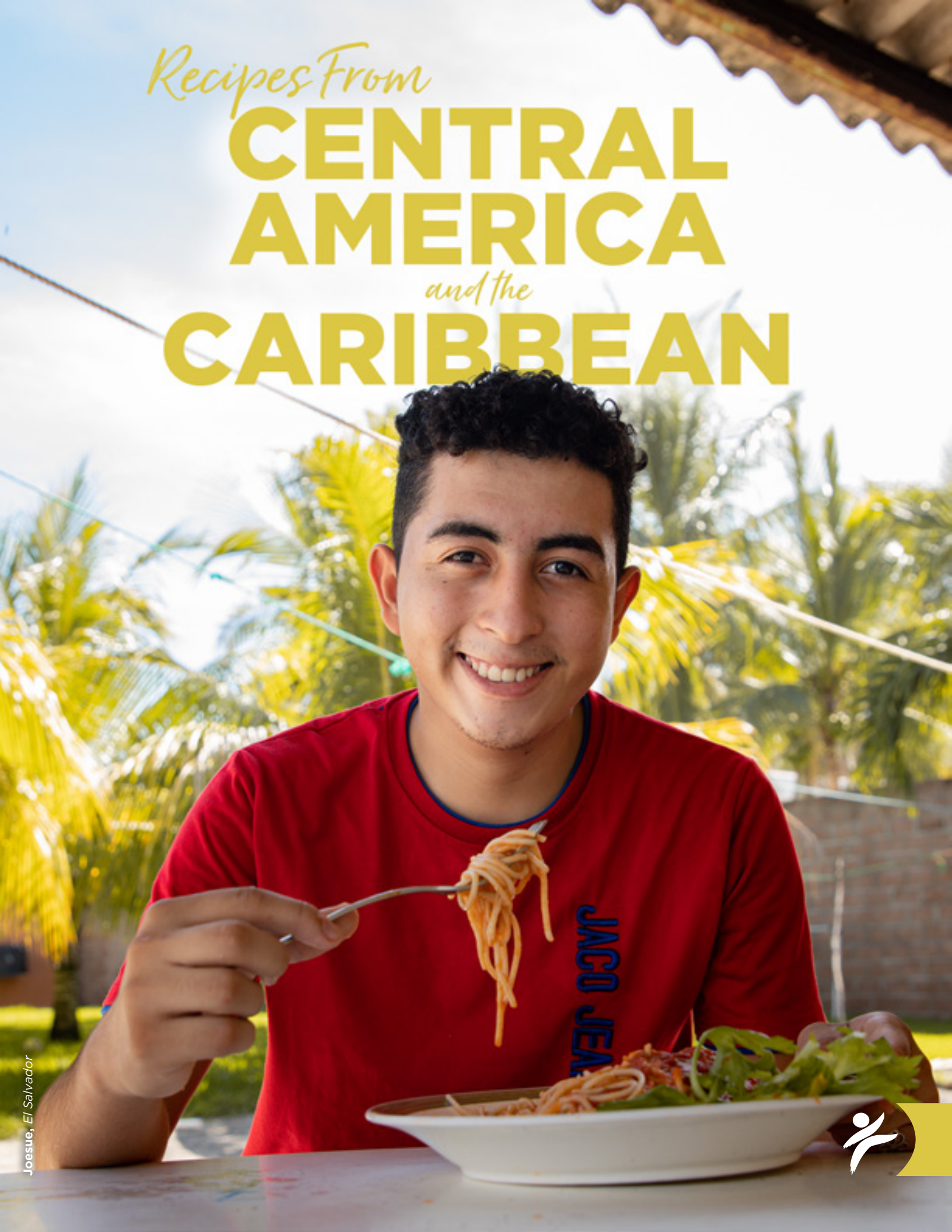
INSTRUCTIONS

1. Peel the plantains.
2. Slice the plantains diagonally. You should get about 12 slices per plantain.
3. In a large skillet, heat oil over medium heat. Once the oil is hot, add half the plantains and fry until golden brown. Cook for 2-3 minutes on each side.
4. Once the plantains look golden and caramelized, take them out and put them on a plate lined with a paper towel. Then, repeat the process with the second half of the plantains. Sprinkle them with salt, if desired.
5. Once the maduros have cooled off a little bit, enjoy the sweet goodness!

Did you know?

The meat of guinea pigs, called *cuy*, appears on many menus and plates in Ecuador.

Recipes From
**CENTRAL
AMERICA**
and the
CARIBBEAN



Prayer Points for Central America and the Caribbean:

- Pray for relief from natural disasters that often damage islands, coasts and communities.
- Pray for energy, courage and determination for the Compassion workers and volunteers.
- Pray against drug and human trafficking rings and for justice to reign.

Prayer To Share Before Your Meal

Lord, thank you for the beauty of your creation. Thank you for the diversity of cultures, each of which reflect you. Please uplift and encourage the people of Central America and the Caribbean. Protect them from natural disasters, and bring stability and hope to their lives. May you be glorified and praised here and there as you are in heaven. Amen.



Breaking Barriers

Creativity. It's one of God's greatest gifts. It's the ability to imagine, dream and wonder. And it's exactly what poverty steals from children. Poverty says, "You can't," "You won't" and "Why try?" But at a center in Honduras, Compassion is telling a different story, brick by brick.

Would you have guessed that Lego bricks would help release children from poverty? That's exactly what's happening in Honduras. Just ask best friends Zoe, Daniela, Fatima, Tairy and Johanna. These girls just won the Creativity Award in the first Honduras National Lego League. What did they make? A working model windmill.

That's impressive. Especially considering that before the competition, none of them had ever owned a Lego. But at their Compassion center, they received training and instruction. And instead of just learning to build, they built skills. They learned creativity, teamwork and harmony.

And this experience is helping them learn how to be skillful professionals — professionals equipped with dreams and creativity to break free from the cycle of poverty. And it all starts one brick at a time.

God has a special heart for children, and so do we. That's why it breaks our heart that children go unsponsored. If you'd like to learn more about how Compassion is caring for these children before they find sponsors, scan this QR code.



SCAN OR TAP HERE



El Salvador Pupusas

Entree, Snack | Vegetarian | Major Allergens: Milk, Wheat

Yield:
12 servings

Prep time:
40 min.

Total time:
55 min.



Pupusas are the national dish of El Salvador, and their name comes from the Indigenous Salvadoran word *pupusawa*, which means “to inflate.” There are many kinds of pupusas, so feel free to get creative with this fillable bread!

INGREDIENTS

3 c. masa flour (such as Maseca instant corn flour).

2½ c. warm water.

3 tsp. salt.

¼ c. cooking oil, plus more for frying.

½ small onion, chopped.

1 (15-oz.) can refried beans.

2 c. mozzarella cheese.

½ green bell pepper, diced.

Did you know?

This region is home to the scorpion pepper, which is 240 times hotter than a jalapeño!

INSTRUCTIONS

Make the Dough

1. Place the masa flour in a mixing bowl. Add warm water and salt.
2. Mix for about 1 minute to form a thick, sticky dough.

Pro tip: Use a stand mixer. Then cover the bowl of dough with a damp towel and set it aside.

Make the Filling

3. Heat $\frac{1}{4}$ c. oil in a large soup pan over medium heat.
4. Add the onion and fry until golden brown. Mix in the beans and turn heat to low.
5. Place the cheese and bell pepper in a food processor or blender. Blend until everything is finely chopped.
6. Add the cheese mixture to the beans. Stir until smooth, adding a little water if it gets too thick.
7. Remove from heat and set aside.

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PUPUSAS INSTRUCTIONS (cont.)

Making the Masa Tortillas

8. Form the dough into egg-sized balls. Press your thumb into the center of each dough ball to make a pocket for your fillings.

Pro tip: Put a little oil on your hands!

Filling the Pupusas

9. Place about 2 tbsp. of the bean-and-cheese filling in each dough pocket. Pull the dough around the filling and pinch the edges closed.
10. Flatten the pupusa into a disk shape by gently flipping it back and forth between your hands.

Cooking the Pupusas

11. Using either a griddle or a skillet coated with oil, cook the pupusas over medium-high heat until they're puffy with golden brown spots.
12. Time to enjoy — yum!

Did you know?

People greet each other in Costa Rica with the words *pura vida*, which mean “pure life.”



The Dominican Republic

The Dominican Flag

Entree | Gluten Free | Major Allergens: None

Yield:
4 servings

Prep time:
45 min.

Total time:
1 hr. 45 min.



OK, OK. So it's not the real flag. But it sure does taste better! This dish is an extremely traditional and culturally significant dish in the Dominican Republic. In fact, it has ties back to the 1840s. That's when the Dominican Republic declared its independence from Haiti and, importantly, when the flag of the Dominican Republic was created. While the Dominican Republic is known for its beaches, it also has a rich culture of cuisine. And this dish is at the heart of it.

INGREDIENTS

- 1 c. white rice.
- 2 lb. chicken.
- 2 (6-oz.) cans tomato paste.
- 2 pinches oregano.
- 1 bell pepper, chopped.
- 1 large red onion, diced.
- 4 cloves garlic, crushed.
- 1 tsp. fresh cilantro.
- Salt and pepper to taste.
- 2 (16-oz.) cans pinto beans.
- 1 or 2 sprigs of cilantro for garnish.

Did you know?

The Caribbean doesn't have summer, fall, winter and spring. It only has two seasons: rainy and dry!

INSTRUCTIONS

1. Cook the rice according to package directions.
2. Cut the chicken into small pieces. Mix it in a bowl with 1 can of tomato paste and half each of the oregano, bell pepper, onion, garlic and cilantro. Let marinate for at least 30 minutes.
3. Heat 2 tbsp. oil in a pot over medium heat. Remove the chicken from the bowl but keep the marinade. Add the chicken to the pot and saute until light brown, about 10 minutes.
4. Add the marinade to the pot and simmer, covered, about 5 minutes. Remove from heat.
5. Heat 1 tbsp. oil in a large pot over medium heat. Then add the other can of tomato paste and the remaining spices. Cook for about 1 minute, stirring. Add the pinto beans to the pot and cook until the beans are warm, about 5 minutes.
6. Arrange the rice on a large plate in the shape of a cross. Arrange the chicken-and-bean mixture in the four corners of the "flag" (refer to photograph), and add cilantro garnish in center, as shown, and serve.



Haiti

Pain de Mais

Side, Dessert | Vegetarian

Major Allergens: Milk, Wheat, Nuts

Yield:
16 servings

Prep time:
30 min.

Total time:
1 hr. 30 min.



Haiti has been deeply influenced by French culture. For evidence, look no further than the name of this dish. Hint: It's the French name for an American classic, cornbread. But this isn't just any cornbread. It's dessert cornbread with a Caribbean flair. This dish uses some of Haiti's most common fruits, including bananas and lemons. Add a little coconut, and you'll be transported to an island known for its warm breezes and tropical culture.

Did you know?

Chocolate used to be used as money in Central America.

INGREDIENTS

- 1 c. granulated sugar.
- 1 c. brown sugar.
- 1 c. flour.
- 2 c. cornmeal.
- 1 tsp. baking powder.
- 1 tbsp. ground cinnamon.
- 1 tbsp. ground ginger.
- 1 tsp. nutmeg.
- 1 c. shredded coconut, optional.
- zest of 1 lemon.
- 1 c. (2 sticks) butter, melted.
- 2 large eggs.
- 2 ripe bananas, mashed.
- 1 (12-oz.) can evaporated milk.
- 1 (13.5-oz.) can coconut milk.
- 2 tbsp. vanilla extract.
- 1 tsp. almond extract.

INSTRUCTIONS

1. Preheat oven to 350 F. Grease a 13-by-9-inch pan.
2. In a large mixing bowl, mix together all the dry ingredients (the first 9).
3. In a separate bowl, stir together the lemon zest, melted butter, eggs, banana, evaporated milk, coconut milk, vanilla and almond extract.
4. Pour the wet mixture into the dry and stir well.
5. Pour the mixture into your greased pan. Bake 1 hour.
6. Remove from the oven and let it cool. Slice and serve!

Recipes From
AFRICA



Prayer Points for Africa:

- Pray for families who are affected by HIV/AIDS.
- Pray that child marriage would stop so that girls can pursue their educations and futures free from poverty.
- Pray that students would learn new skills to equip themselves for better futures.

Prayer To Share Before Your Meal

Lord, we thank you for the gift of different cultures and how we were all created to bear your image. We thank you that we are able to enjoy this meal from our brothers and sisters in Africa. We pray that you would bless their communities and the churches that call this continent home. Amen.



Full Bellies

Being a mom isn't easy. But it's especially challenging for moms like Denke who are living in poverty.

Denke lives in Ethiopia with her baby daughter, Koket. When Koket transitioned to solid food, Denke worried about how she would provide enough for her to eat. With no income and difficulty finding work because of the pandemic, this young mother was starting to lose hope.

But when Denke told the staff at her local Compassion center about the problems she was facing, her fears quieted, and she began to feel more hopeful. The center's Survival initiative, which supports mothers and babies, started to provide the food supplies that Koket would need.

Now, Denke has hope for the future, and her baby is healthy. Denke says, "I am thankful for people around me, especially the Survival staff, who never get tired of supporting me. My baby girl just turned 1, and if you look at her, she looks like she is raised by a wealthy mother."

You can help moms and babies in need just like Denke and Koket. Compassion's Survival initiative helps provide moms and babies with the food, medical care and love they need to thrive.

SCAN OR TAP HERE



Tanzania

Tanzanian Coconut Rice

Entree, Side | Vegan, Gluten Free
Major Allergens: Tree Nuts

Yield: 6-8 servings	Prep time: 10 min.	Total time: 45 min.
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Did you know that Tanzania is home to the tallest mountain in Africa? Mount Kilimanjaro is beautiful and stands at 19,421 feet. Tanzania also has great food. In Tanzania, coconut milk is a common ingredient. It makes this rice thick and adds delicious flavor! You can serve this coconut rice with grilled meat or stir-fried vegetables for a filling meal.

Did you know?

Africa is home to 1.2 billion people and over 3,000 ethnic groups.

INGREDIENTS

2 c. basmati rice.
1½ c. water.
1 c. canned, unsweetened coconut milk.
½ c. peas.
½ c. carrots, diced.
1 tsp. turmeric powder.
Salt to taste.

INSTRUCTIONS

1. Rinse the rice in cold water and drain it.
2. Add the rice and all of the other ingredients to a medium saucepan.
3. Cook on high heat and boil the mixture.
4. Reduce the heat to low. Cover the pan with a lid. Cook for about 15 more minutes or until the rice has absorbed all of the liquid.
5. Remove the pan from the heat and let it stand for about 5 more minutes.
6. Serve and enjoy!

Togo

Togolese Grilled Chicken

Entree | Gluten Free, Dairy Free | Major Allergens: None

Yield: 8-10 servings	Prep time: 25 min.	Total time: 1 hr. to overnight
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Togo is a nation with beautiful beaches and lush, forested hills. In Togo and much of West Africa, cooks love to season meat with the flavors of onions, garlic and ginger. This recipe is packed with these authentic flavors. You can use your preferred cooking oil, but red palm oil is most authentic.

INGREDIENTS

- 2 tbsp.** red palm oil.*
- 1 tsp.** lemon juice.
- 2 tbsp.** fresh ginger, grated.
- 8 cloves** garlic, peeled and diced.
- ½ tsp.** salt.
- Ground black pepper (and/or cayenne, for heat).
- 8-10 pieces** of chicken thighs and drumsticks, bone in and skins on.
- 1** large white onion, sliced in thick rings.
- 2** tomatoes, sliced, for serving.

**available at natural food stores and online*

Did you know?

There are over 2,000 languages spoken in Africa.

INSTRUCTIONS

1. Red palm oil is typically semisolid at room temperature, so you'll need to soften it. Place the red palm oil in a glass dish and microwave it for 20-30 seconds until it is liquid. Mix in lemon juice followed by ginger, garlic, salt and pepper(s) to make a marinade.
2. Roll each piece of chicken in the bowl of marinade. Place it in a brining bag or large zip-lock bag. Once all the pieces are in the bag, add onions, then seal. Through sealed bag, use your hands to work the marinade into the chicken. Let marinate at least 1 hour; overnight is best.
3. Preheat grill to 400 F. Remove the chicken pieces from the bag and grill until cooked through, about 15-17 minutes per side. When done, the skins will be almost blackened and the juices will run clear. When the meat is nearly done, add the marinated onion rings to the grill to soften them, but don't let them burn.
4. Serve the chicken with grilled onion rings and sliced fresh tomatoes.

Uganda

Kashata Coconut Candy

Dessert | Vegetarian, Gluten Free
Major Allergens: Milk, Tree Nuts

Yield:
16 servings

Prep time:
5 min.

Total time:
30 min.



Kashata is a traditional sweet treat in Uganda. It's usually made by street vendors, but you can enjoy the same delicious flavors right in your own kitchen! This recipe uses cinnamon, but you can mix in other spices like nutmeg or cardamom. You can even add extra fun ingredients, such as chocolate chips or roasted peanuts.

INGREDIENTS

2 c. unsweetened shredded coconut.

1/3 c. milk.

2 c. granulated sugar.

1/2 c. water.

1/2 tsp. ground cinnamon.

1/4 tsp. kosher salt.

1 tsp. vanilla.

All-natural food coloring (optional).

Did you know?

In Uganda, bark cloth is a traditional textile made by pounding the bark of a fig tree. It is used to make hats, bags, decorations and more.

INSTRUCTIONS

1. Butter the sides and bottom of a 9-by-9-inch baking dish. Then, set it aside.
2. Combine the coconut and milk in a medium bowl. Stir until the milk has been absorbed. Then, set it aside.
3. Combine sugar and water in a medium saucepan. Place over medium heat and stir until all sugar has dissolved. Continue cooking without stirring for about 6 to 8 more minutes (if you have a candy thermometer, the syrup should be 230 F).
4. Add the coconut mixture, cinnamon and salt to the syrup in the saucepan. Stir well. Continue cooking and stirring for about 8 to 10 minutes or until any puddles of liquid disappear. Reduce heat if the mixture begins to brown. Stir in the vanilla extract and then the food coloring (if using).
5. Transfer to the prepared dish and spread evenly using a buttered spatula or butter knife. Let it rest for 5 to 8 minutes, then cut into 1½-inch squares. Cool completely before serving. Then, enjoy!

Recipes From

ASIA



Prayer Points for Asia:

- Pray for families living in rural areas that lack access to many resources.
- Pray that God would provide wisdom to the Compassion staff who protect children.
- Pray that students would stay in school and break free from poverty.

Prayer To Share Before Your Meal

Lord, we thank you for the beautiful cultures in Asia and that we get to have a taste of their delicious foods. We pray that you would bless our brothers and sisters who live in this region and are facing hardship. Help them to experience your love in action through the local church. Amen.



Desiree and Akeisha, Philippines

The Joy of Baking

Baking and cooking are fun ways to get creative and connect with others. Did you know they can also be great ways to empower children in poverty? Many Compassion centers offer baking and cooking classes so that students can have a creative outlet while learning skills that will help them earn an income.

Desiree and Akeisha are two teenage students enrolled in a bakery and pastry-making program organized by Compassion's church partner in their community. They say, "It will cost less during celebrations if we already know how to bake and make pastries that will be served during the occasion. **Plus, it can be a way to help sustain the daily needs of our family.**"

You can share the joy of baking and help empower kids in need! When you give the gift of baking classes, students just like Desiree and Akeisha will be able to break free from poverty.

SCAN OR TAP HERE



The Philippines

Rose's Pancit Noodles

Entree | Gluten Free | Major Allergens: Soy

Yield:
5 servings

Prep time:
30 min.

Total time:
1 hr. 15 min.



Rose grew up in a mountainous area of the Philippines. She lived with 14 relatives in a tiny one-room wooden house. They couldn't afford the school fees required to let Rose get an education, and they didn't have enough to eat. But Rose was sponsored through Compassion when she was 7 years old, and her life changed for the better.

She was able to go to school, get health checkups and eat nutritious meals at the local Compassion center. Today, Rose has a master's degree in education and can support her family in the Philippines.

When she was a sponsored child, one of Rose's favorite meals was *pancit bihon*, or Filipino noodles. This was a luxury dish, especially in her village, and it brings back happy memories of her time in the Compassion program.

Fun fact: In the Philippines, pancit noodles are thought to bring long life!

INGREDIENTS

- 2 lb. dry vermicelli noodles.
- 1 tbsp. olive or vegetable oil.
- 1 onion, finely sliced.
- 5 cloves garlic, minced.
- 1 lb. chicken breasts, sliced
- 1/4 c. soy sauce.
- 2 c. water.
- 1 cube chicken or vegetable bouillon.
- 1 cabbage, chopped.
- 3 carrots, julienned.
- 1 1/2 c. green beans, julienned.

INSTRUCTIONS

1. Submerge the noodles in boiling water. Then, remove from heat and set aside while you prepare everything else.
2. Heat oil in a large skillet or wok on the stove over medium heat. Add the onion and garlic and saute until the onion slices are soft.
3. Add the chicken to the onion and garlic. Cook for 5 minutes and then add the soy sauce, 2 c. water and bouillon cube.
4. Add the cabbage, carrots and green beans. Simmer until the cabbage is soft.
5. Drain the noodles. Then, add them to the pan with the rest of the ingredients and toss over a medium heat until well mixed.
6. If you prefer a moist pancit, add a little bit more water (you may want to try it first though).
7. Serve and enjoy!



Sri Lanka Mango Lassi

Dessert, Snack | Vegetarian, Gluten Free
Major Allergens: Nuts

Yield:
2 servings

Prep time:
5 min.

Total time:
10 min.



Imagine that it's a hot summer day in Sri Lanka, a beautiful island country with a humid climate. What better way to cool off than with this delicious mango *lassi*? This South Asian beverage is like a milkshake or smoothie. It's often enjoyed on a hot day or with a spicy meal because it's cold and refreshing. Lassi comes in lots of different flavors, but mango lassi is a classic. Let's try it!

Did you know?

Sri Lanka is known for its tea and is one of the world's top tea-producing countries.

INGREDIENTS

- 1 c. plain yogurt.
- 1 mango, peeled, seeded and chopped or 1 c. frozen mango pieces.
- 1 **tbsp.** sugar.
- 1 c. cold water.
- Pinch** of cardamom powder (optional).
- 1 **tbsp.** chopped mango for garnish (optional).
- 1 **tsp.** chopped pistachio nuts (optional).

INSTRUCTIONS

1. Place yogurt, mango, sugar, water and cardamom powder (if using) in a blender. Blend until smooth.
2. Pour into 2 tall glasses. If desired, top with extra chopped mango pieces or chopped pistachio nuts. Enjoy!

Bangladesh

Payesh

Dessert | Gluten Free, vegetarian
Major Allergens: Milk, Nuts

Yield:
6 servings

Prep time:
40 min.

Total time:
2 hr. 20 min.



Payesh is a popular dish in Bangladesh, where it is usually served at ceremonies, feasts and celebrations, including baby showers, birthdays, weddings and anniversaries. This celebratory dish is packed with delicious flavors, like cardamom and saffron. We hope you enjoy it!

INGREDIENTS

¼ c. long-grain rice (basmati is recommended).

¼ c. warm full-fat milk.

Pinch of saffron threads.

4 c. full-fat milk.

½ c. sugar.

2 bay leaves.

¼ **tsp.** cardamom powder.

¼ c. chopped mixed nuts (unsalted cashews, almonds and pistachios).

Did you know?

Bangladesh is home to interesting cats like leopards, fishing cats and the Royal Bengal tiger.

INSTRUCTIONS

1. Rinse, then soak rice in water for 30 minutes. Drain and set aside. Combine ¼ c. warm milk and saffron threads in a bowl and set aside.
2. Simmer 4 c. milk in a deep, nonstick pan for 8 minutes. Stir in rice and cook on medium heat, stirring occasionally, for 20 minutes.
3. Add sugar, bay leaves, cardamom and saffron-milk mixture. Mix well and cook on medium heat for 4 minutes, stirring continuously. Turn off heat, discard bay leaves, add nuts and mix well.
4. Refrigerate for at least 1 hour. Then, serve chilled and enjoy!



CONCLUSION

Congratulations! You've made it around the world in just 12 recipes, and now we've landed back home. What a journey! We hope you've truly enjoyed it and that you'll continue to use and share these recipes. You can even share the whole cookbook!

Our hope is that you've found the stories, country facts and prayer points meaningful too. We pray this journey has opened your eyes to the beauty, colorful cultures and also the struggles that children in our programs experience around the world. If this has been a meaningful experience for you, please share it with your friends!

If this cookbook has sparked some interest in learning more about Compassion, we'd love to share more about the work God is doing through our ministry.

Releasing children from poverty in Jesus' name has always been our mission. It's what we exist to do. This statement also directly informs Compassion's threefold approach to ministry:

Christ-centered means that Christ is at the center of everything we do. We want to love and serve others in the way that Christ did.

Church-driven is our commitment to always work in partnership with the local church. Local churches are uniquely positioned to impact their communities, and that's why we partner with and equip local churches to care for children in the communities they serve.

Child-focused is the way we operate. Children are the most vulnerable and are the ones poverty affects most dramatically. We look in the Bible and see that God has a special care for children. So we do too.

We can't share the love of Christ and break the chains of poverty without the support of people like you. A great way to continue your support is to sponsor a child! Sponsorship is an amazing way to partner with Compassion and local churches around the world as we seek to release children from poverty **in Jesus' name**.

Sponsor a child today!

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