

# PSC Women's Ministry

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## International Recipe Book





# PARK STREET CHURCH

*Evangelical. Congregational. International.*

## **Welcome**

Welcome to the Park Street Church "At Home Around the World" Recipe Book, created for the 2020 Global Missions Conference. PSC missionaries serving across the globe have submitted their favorite local recipes for all of us to try and enjoy.

So be adventurous and start cooking!

## **Dedication**

*This Recipe Book is dedicated to the missions program at Park Street Church for its foresight, longevity, and impact across the globe.*



# AFRICA

## Curry Roasted Vegetables



### TIME TO PREPARE

10 minutes



### COOK TIME

45 minutes



### SERVING

6 People



### SHARED BY

Anne M. – South Africa

### Ingredients

2 lbs of vegetables, chopped.  
At minimum 1 starchy and 2 non-starchy.  
Curry powder (mild or yellow)  
Smoked paprika  
3 Tbsp Olive or coconut oil  
Salt

#### Suggested vegetables:

Starchy: butternut squash, sweet potatoes, baby carrots, red potatoes  
Non-starchy: broccoli, cauliflower, Brussel sprouts, zucchini, summer squash, green beans, mushrooms, bell peppers, red onion, eggplant

### Steps to Cook

1. Preheat oven to 375 F
2. Arrange chopped vegetables in roasting pans in a single layer
3. Sprinkle generously with curry powder and smoked paprika. Salt to taste (or wait and salt after cooking).
4. Pour over 2-3 tablespoons of olive or coconut oil
5. Roast for about 45 minutes, stirring every 10-15 minutes, until the vegetables are cooked through and slightly crisped around the edges.

Leftovers go great in a sandwich, salad or omelette!

**Notes:** Cooking in South Africa is all about improvising, feeding a crowd on short notice, and keeping things simple enough that you can chat with your guests while it's cooking! 90% of the time, that means a braai – grilling meat over a wood fire. These vegetables and quick rolls (page 9) are my go-to side dishes to complete the plate. The curry on the vegetables is typical of the cuisine in the Cape Town area.

# Malva Pudding

**TIME TO PREPARE**

20 minutes

**COOK TIME**

45 minutes

**SERVING**

6 People

**SHARED BY**

Joanna P. – South Africa

## Ingredients

1 cup sugar  
2 eggs (room temp)  
1 tablespoon smooth apricot jam  
1 ¼ cups cake flour  
1 teaspoon baking soda (5ml)  
pinch salt  
2 tablespoons butter (30ml)  
1 tablespoon vinegar (15ml)  
½ cup milk (125ml)

### The Sauce

1 cup heavy cream (250ml)  
½ cup butter (125ml)  
½ cup sugar (125ml)  
½ cup water (or orange juice, or  
Sherry or Brandy (125ml)

## Steps to Cook

1. Set oven to 375° F (190°C)
2. Beat sugar and eggs until fluffy then beat in the jam until a creamy consistency
3. Sift dry ingredients into separate bowl.
4. Melt butter in a small pot on a medium heat and add the vinegar and milk.
5. Now add the egg mixture and the butter mixture to the sifted ingredients and mix until well combined.
6. Pour into an ovenproof casserole dish that takes about 2 liters (~8 cups).
7. Bake at 375° F (190°C) for 45 mins until the top is nicely browned.
8. Melt all the sauce ingredients together in a small pot over a medium heat and pour over the pudding before serving, preferably while it is still hot.
9. Serve it with ice-cream or custard or both.

**Notes:** A sweet pudding of Dutch origin, Malva Pudding is usually served hot with custard or ice-cream. Made with apricot jam, this typical South African dessert has a spongy, caramelized texture.

# Shima – Corn Meal Mush



## TIME TO PREPARE

2 minutes



## COOK TIME

20 minutes



## SERVING

8 People



## SHARED BY

Sindia F. - Mozambique

## Ingredients

3 cups of hot water  
1 cup of cold water  
2 ½ cups of white corn meal  
(or use a mixture, with up to half of sorghum or cassava flour)

## Steps to Cook

1. Boil 3 cups of water.
2. In a medium pot, make a paste using some of the meal with a cup of cold water. Add the hot water. Do it slowly, while stirring, to avoid lumps.
3. Place on medium high heat and stir with a wooden spoon until the mixture thickens. Watch carefully to avoid burning it, which can happen even when simmering.
4. Cover the pot and let it simmer for about 15 minutes.
5. Lower the heat a little to prevent burning the bottom. It should not boil, just simmer.
6. Remove the lid and gradually add the remaining corn meal (or other grain), mixing in any lumps that may form. All the meal should add into the mixture and it will thicken as you add more meal.
7. Continue to add and stir until the mush thickens to required consistency. When you do not know the peoples' taste, leave it a medium thickness. At this point, the mush requires strong stirring, especially if making large quantities.
8. Reduce the heat to very low/ Cover and leave for a few minutes to allow further cooking.
9. Stir the shima once again before serving, with a wet curved wooden spoon so it shapes into patties or “balls.” Ideally, there is a salty sauce to accompany it. Most often this would be beans or greens, but it could be chicken or pork.

# Sukuma Wiki



## TIME TO PREPARE

10 minutes



## COOK TIME

25 minutes



## SERVING

4 People



## SHARED BY

Carolyn C. - Kenya

## Ingredients

1 lb kale or spinach  
3 chopped tomatoes  
2 chopped onions  
3 tablespoons canola oil  
salt & pepper

## Steps to Cook

1. Fry onions in oil in large pan
2. Add tomatoes
3. Cook together until tomatoes are soft
4. Cook chopped kale or spinach
5. Add kale or spinach to onion mixture and cook over low heat 20 minutes
6. Season to taste

# Turmeric Chicken



## TIME TO PREPARE

10 minutes



## COOK TIME

30 minutes



## SERVING

4 People



## SHARED BY

Carolyn C. - Kenya

## Ingredients

1 whole chicken, cut up into pieces  
1 14-ounce can tomatoes  
1 chopped onion  
1 tablespoon turmeric  
1 tablespoon garlic powder  
½ teaspoon chili powder  
½ teaspoon curry powder  
Tomato paste (optional)  
Sugar (optional)  
salt & pepper

## Steps to Cook

1. Place chicken in a pot. Cover with water and bring to boil over med-high heat. Once boiling, turn down to simmer and cook for 20 minutes, keeping meat on bones. Remove chicken from broth and set aside. (You can save the broth for future use)
2. Mix together all remaining ingredients. (You may want to use a little less of the garlic powder, chili powder and curry powder depending on personal taste preference.)
3. Combine chicken and remaining ingredients in a pot and simmer together for 10 minutes
4. You can also add a bit of tomato paste and sugar
5. Season with salt and pepper to taste
6. Serve on rice

# Quick Rolls



## TIME TO PREPARE

5 minutes



## COOK TIME

20 minutes



## SERVING

12-14 rolls



## SHARED BY

Anne M. – South Africa

## Ingredients

3 ¼ cups of self-rising flour  
2 cups buttermilk  
1 ½ cup grated cheese

### Optional:

Finely chopped or grated  
vegetables  
Bits of bacon or sausage  
Chives or fresh herbs

## Steps to Cook

1. Preheat oven to 400 F
2. Mix ingredients until just combined.
3. Bake in greased/lined/silicone muffin tins for 20 minutes, until golden brown

**Notes:** These are more like savory muffins, but quick and delicious! Feel free to get creative with the mix-ins – finely chopped or grated vegetables, bits of bacon or sausage, chives or fresh herbs etc.

# ASIA

## Beef Noodle Soup



### TIME TO PREPARE

20 minutes



### COOK TIME

3 hours



### SERVING

6 People



### SHARED BY

G. Lee - Asia

### Ingredients

2 pounds beef chuck  
Salt  
2 tablespoons neutral oil  
2 large garlic cloves, smashed  
2 one-inch pieces of fresh ginger, peeled  
2 tablespoons chili bean sauce  
1/4 cup Chinese rice wine or dry sherry  
Enough water to cover the beef  
1/2 cup soy sauce  
2 tablespoons light brown sugar  
2 whole star anise  
1/4 teaspoon crushed red pepper

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### Steps to Cook

1. Slice the beef into 2 inch cubes. Sprinkle it with salt.
2. Heat a 6 to 8 quart Dutch oven over medium heat and add the oil. Add the beef and cook to sear on one side for about 3 minutes.
3. Add the garlic, ginger, and chili bean sauce and cook, stirring, for about 30 seconds.
4. Add the rice wine and stir to scrape up the bits from the bottom of the pan.
5. Add enough water to just cover the beef by one inch.
6. Add the soy sauce, brown sugar, star anise, and crushed red pepper flakes.
7. Bring the mixture to a boil, then reduce the heat to a simmer and skim off any foam.
8. Cover the pot and simmer for 2 hours.
9. Transfer the beef to a cutting board and cut the beef into bite-sized pieces

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## Beef Noodle Soup continued...

### Ingredients

1 lb baby bok choy, stem end cut off  
and leaves separated  
1 pound dried Chinese egg noodles,  
wheat noodles, or spaghetti

### Steps to Cook

10. Strain the beef broth into another large pot through a strainer.
11. Bring the broth to a boil. Add the bok choy and cook for 3 minutes.
12. In another pot, cook the noodles according to package directions. Drain.
13. Divide the noodles among 6 bowls. Add the beef and bok choy to the bowls. Ladle the broth into each bowl.
14. Combine any leftover noodles, beef, broth, and bok choy and refrigerate. You can reheat in the microwave.

# Beshbarmak "5 Fingers"



## TIME TO PREPARE

20 minutes



## COOK TIME

5 hours



## SERVING

6 People



## SHARED BY

Michelle B. – Central Asia

## Ingredients

2 lbs of meat on bone (beef, lamb or horse)

4 onions, chopped into rings

1 box spaghetti

## Steps to Cook

1. Begin boiling your meat on the bone. Boil for 3-5 hours at low heat so it becomes very tender and easily falls off the bone.
2. You can make your own noodles in a similar shape to lasagna noodles. The noodles are made from flour, water, eggs and salt. You can also buy spaghetti noodles and use them. Cook your noodles in the meat broth for 3-5 minutes. (Cook 1 package of spaghetti)
3. The boiled noodles are chopped and mixed with a sauce of 4 onions chopped/black pepper to taste and the hot meat broth from the boiled meat. A large serving platter is used to present this dish. The noodles are first then the onions and broth and finally the meat that has been cut up to nice sizes for serving. It is not a spicy dish - similar to "meat and potatoes"

# Chicken & Root Vegetable Miso Soup

鶏肉のみそ汁



## TIME TO PREPARE

15-25 minutes



## COOK TIME

30 minutes



## SERVING

3-4 People



## SHARED BY

Rebecca T. - Japan

## Ingredients

450 grams (14 oz) chicken thighs (boneless) 鶏もも肉

80 grams (3 oz) , or 1/2 daikon radish 大根

1 carrot にんじん

50 grams (3/4 cup) tofu\* (preferably fried, deep fried or baked), dried and cut into thin 1" long strips. 油あげ

600 ml (2.5 cups) dashi soup stock だし汁\*

3 tablespoons sake, or Asian cooking wine (酒 or 料理酒)

2.5 tablespoons, white/light miso paste (白みそ)

1 tablespoon light soy sauce 薄口しょうゆ

1 scallion 長葱

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## Steps to Cook

1. Cut chicken thighs into 1cm or bite-sized pieces. Chop daikon, carrot, and fried tofu into bite-sized thin slices.
2. Place cut chicken, daikon, carrot, and tofu into cooking pot with dashi (or other) broth and wine. Stir to combine.
3. Slice green onion thinly and add at the end, right before serving, or now, before cooking, if preferred for softer texture and sweet flavor.
4. Cook ingredients in pressure cooker (20 minutes cooking time at low constant pressure) or covered on stovetop or slow cooker at medium heat, until vegetables are soft and chicken is cooked.
5. Once cooking is complete, turn off heat, uncover, and stir ingredients.
6. Add miso and soy sauce and stir. Then, warm or reheat for 5 additional minutes before serving.
7. Sprinkle with sliced scallions (if not added earlier) and any pepper (cayenne or black), before serving if desired.

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## Chicken & Root Vegetable Miso Soup continued

### Ingredients

\*If unable to find fried tofu strips or pieces, you can substitute a firm tofu (drain, slice into thin strips, and fry in hot oil and drain on paper towel before using). Also, you may substitute any other preferred broth for dashi broth, though flavor will be quite different!

### Steps to Cook

**Notes:** This soup feeds 3-4 when served with hearty portions of rice and a side of green vegetables for dinner. The original recipe calls for even less meat as a side dish, but I usually incorporate the amount of chicken below to make it a main lunch or dinner soup dish, especially in fall and winter months!

I make this in an automatic pressure cooker, but you could cook it in another pressure cooker or on the stove-top or slow-cooker, using cooking times estimated from soup or stew recipes that use boneless chicken meat.

# Oyakodon - Chicken & Egg Bowl



## TIME TO PREPARE

15 minutes



## COOK TIME

15 minutes



## SERVING

2 People



## SHARED BY

Elisse K. - Japan

## Ingredients

2 boneless skinless chicken thighs  
½ onion, thinly sliced  
2 large eggs  
½ cup dashi (Japanese soup stock)  
1 ½ Tbsp mirin  
1 ½ Tbsp sake  
1 ½ Tbsp soy sauce  
1 ½ tsp sugar  
1 scallion, chopped

To serve:

3 cups cooked Japanese short-grain rice

## Steps to Cook

1. Combine dashi, mirin, sake, soy sauce in a bowl. Add sugar and mix until sugar is dissolved
2. Beat eggs in separate bowl
3. Slice chicken thighs diagonally and cut into 1.5 inch pieces
4. In a medium frying pan, add the onion in a single layer. Pour ½ of the seasoning mixture. Pour just enough sauce to cover the onion and chicken.
5. Add the chicken on top of onions. Evenly distribute, turn heat to medium and bring to boil.
6. Once boiling, lower the heat to medium-low. Skim off any foam. Cover and cook for about 5 mins or until chicken is no longer pink and the onion is tender.
7. Taste the broth and see if you need to adjust. Slowly and evenly drizzle the beaten egg over the chicken and onion. Cook covered on medium-low heat until the egg is done to your liking. Usually, Oyakodon is served with an almost set but runny egg.
8. Add scallions right before removing from heat. Pour the chicken and egg on top of steamed rice and drizzle the desired amount of remaining sauce. Serve immediately.

# Pad Krapow Gai

*(Spicy Thai Basil Chicken)*



## TIME TO PREPARE

15 minutes



## COOK TIME

10 minutes



## SERVING

2 People



## SHARED BY

Sophia S. – Asia

## Ingredients

1/3 cup chicken broth  
1 Tbsp oyster sauce  
1 Tbsp soy sauce, or as needed  
2 tsp fish sauce  
1 tsp white sugar  
1 tsp brown sugar  
2 Tbsp vegetable oil  
1 lb skinless, boneless chicken thighs, coarsely chopped  
¼ cup sliced shallots  
4 cloves garlic, minced  
2 Tbsp minced Thai chilies, Serrano, or other hot pepper  
1 cup very thinly sliced fresh basil leaves  
2 cups hot cooked rice

## Steps to Cook

1. Whisk chicken broth, oyster sauce, soy sauce, fish sauce, white sugar, and brown sugar together in a bowl until well blended.
2. Heat large skillet over high heat. Drizzle in oil. Add chicken and stir fry until it loses its raw color, 2 to 3 minutes. Stir in shallots, garlic, and sliced chilies. Continue cooking on high heat until some of the juices start to caramelize in the bottom of the pan, about 2 or 3 more minutes. Add about a tablespoon of the sauce mixture to the skillet; cook and stir until sauce begins to caramelize, about 1 minute.
3. Pour in the rest of the sauce. Cook and stir until sauce has deglazed the bottom of the pan. Continue to cook until sauce glazes onto the meat, 1 or 2 more minutes. Remove from heat.
4. Stir in basil. Cook and stir until basil is wilted, about 20 seconds. Serve with rice.

# Plov



## TIME TO PREPARE

15 minutes



## COOK TIME

2 hours



## SERVING

2 People



## SHARED BY

Grace L. – Central Asia

## Ingredients

350-400 grams (14 oz) of lamb,  
cut into pieces

1 onion, sliced

3-4 carrots, cut into sticks

1 cup of rice

1 ½ cups of water

1 tsp salt

Pepper

Vegetable oil

## Steps to Cook

1. Fry the onions with a little oil until brown on high heat in a dutch oven. Then lift them into a plate
2. Using the same pan, fry the meat on high heat to brown and until its juice has evaporated.
3. Add carrots and fry together for 10 minutes
4. Add salt and pepper. Mix it a bit.
5. Bring onions back into the pan.
6. Slowly add your water and bring to boil. Turn the heat down and simmer for 20 minutes.
7. Meanwhile wash rice thoroughly
8. Now try the stock. It has to be salted as your rice will absorb it.
9. Add rice and do not mix it. Just let the rice sink into the juice by spreading it carefully. Rice should be covered with water about 2 cm above it. Cook it gently with the pan covered until the rice has absorbed the stock. It should take about 15 minutes.

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## Plov continued

### Ingredients

### Steps to Cook

10. At this point, the top layer of rice is not cooked yet, so you need to flip the top layer and bring the sides to the center by covering the top layer at the same time. Make a few holes all the way through to the bottom, so that the steam can come through from the bottom of the pan to get all the rice properly cooked. Leave it to gently cook for another 8-10 minutes.
11. Now try your rice. If you feel the rice is ready, you can now mix the meat and carrots by bringing them from underneath the rice to the top. Gently mix all together. Try to keep more meat and carrots on top for a better presentation.

# Thai Chicken Curry



## TIME TO PREPARE

30 minutes



## COOK TIME

30 minutes



## SERVING

4 People



## SHARED BY

Paula H. - Thailand

## Ingredients

3 Tbsp oil  
1 can coconut milk  
3 cloves of garlic  
3 Tbsp fish sauce  
2 Tbsp curry powder  
1 onion, chopped  
1 stick of lemongrass, chopped into 4-inch pieces  
1 pound of chicken, chopped into 1-inch pieces  
3 medium potatoes, diced

## Steps to Cook

1. Heat the oil and coconut milk in a frying pan
2. Add the garlic, fish sauce, curry powder, onion, and lemongrass
3. Add the chicken and simmer until it is cooked
4. Add the potatoes and simmer until they are cooked
5. Add additional seasoning to your taste
6. Remove the lemongrass before eating (lemongrass adds flavor but it is tough to chew)
7. Serve with rice and pickled vegetables

# MIDDLE EAST

## Koshari



### TIME TO PREPARE

15 minutes



### COOK TIME

1 hour 10 minutes



### SERVING

4-6 People



### SHARED BY

Global worker in the Middle East

## Ingredients

### **Crispy Onion Topping** (or a can of French's Fried Onions)

1 large onion, sliced into thin rings  
Salt

1/3 cup all-purpose flour  
Cooking oil

### **Tomato Sauce**

Cooking oil  
1 small onion, grated  
4 garlic cloves, minced  
1 tsp ground coriander  
½ - 1 tsp crushed red pepper flakes (optional)  
1 can tomato sauce (28-oz)  
Salt and pepper

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## Steps to Cook

**Topping:** Sprinkle the onion rings with salt, then toss them in the flour to coat. Shake off excess flour. In a large skillet, heat cooking oil over medium-high heat, fry the onion rings, stirring often, until they turn caramelized brown. Onions must be crispy, but not burned (15-20 minutes).

**Tomato Sauce:** In a saucepan, heat 1 tbsp cooking oil. Add the grated onion, cook on medium-high until the onion turns a translucent gold (do not brown). Now add the garlic, coriander, and red pepper flakes, if using, and sauté briefly until fragrant (30-45 seconds more). Stir in tomato sauce and pinch of salt. Bring to a simmer and cook until the sauce thickens (15 minutes or so). Stir in the distilled white vinegar and turn the heat to low. Cover and keep warm until ready to serve.

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## Koshari continued

### Ingredients

1–2 tbsp distilled white vinegar

#### **Koshari**

1 ½ cup brown lentils, picked over and well rinsed

1 ½ cup medium-grain rice, rinsed, soaked in

water for 15 minutes, drained

½ tsp each salt and pepper

½ tsp coriander

2 cups elbow pasta

Cooking oil

Water

1 can chickpeas (15-oz)

### Steps to Cook

**Koshari:** Cook the lentils. Bring lentils and 4 cups of water to a boil in a medium pot or saucepan over high heat. Reduce the heat to low and cook until lentils are just tender (15–17 minutes).

Drain from water and season with a little salt. (Note: when the lentils are ready, they should not be fully cooked. They should be only par-cooked and still have a bite to them as they need to finish cooking with the rice).

Drain the rice from its soaking water. Combine the par-cooked lentils and the rice in the saucepan over medium-high heat with 1 tbsp cooking oil, salt, pepper, and coriander. Cook for 3 minutes, stirring regularly. Add warm water to cover the rice and lentil mixture by about 1.5 inches (you'll probably use about 3 cups of water here).

Bring to a boil; the water should reduce a bit. Now cover and cook until all the liquid has been absorbed and both the rice and lentils are well cooked through (about 20 minutes).

Keep covered and undisturbed for 5 minutes or so. While the rice and lentils are cooking, make the pasta according to package instructions by adding the elbow pasta to boiling water with a dash of salt and a little oil. Cook until the pasta is al dente. Drain. Cover the chickpeas and warm in the microwave briefly before serving.

**To serve,** fluff the rice and lentils with a fork and transfer to a serving platter. Top with the elbow pasta and 1/2 of the tomato sauce, then the chickpeas, and finally 1/2 of the crispy onions for garnish. Serve, passing the remaining sauce and crispy onions separately.

**Notes:** Koshari is a traditional staple, mixing chick peas, pasta, fried onions, and zesty tomato sauce, served on top a bed of rice and brown lentils! Flavor packed and not to mention healthy! Koshari is a popular street food.

# SOUTH AMERICA

## Ajiaco Colombiano

*(Colombian Chicken and Potato Soup)*



### TIME TO PREPARE

20 minutes



### COOK TIME

2 hours



### SERVING

6-8 People



### SHARED BY

Rochelle K. – Columbia

## Ingredients

3 Chicken breasts, skin removed  
12 cups water  
3 ears fresh corn, cut into 2 pieces  
¼ teaspoon salt  
Pepper to taste  
2 chicken bouillon cubes  
3 scallions  
2 garlic cloves, minced  
3 tablespoon chopped cilantro  
2 cups [papa criolla \(Andean Potato\)](#)

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## Steps to Cook

1. In a large pot, place the chicken, corn, chicken bouillon, cilantro, scallions, garlic, salt and pepper. Add the water and bring to a boil, then reduce heat to medium and cook for about 35 to 40 minutes, until chicken is cooked and tender. Remove the chicken and set aside.
2. Continue cooking the corn for 30 more minutes. Discard scallions and add red potatoes, white potatoes, and the guacas. Cook for 30 more minutes.
3. Uncover and add the frozen papa criolla and simmer for 15 to 20 minutes, season with salt and pepper.
4. Cut the chicken meat into small pieces and return to the pot. Serve the Ajiaco hot with capers and heavy cream on the side.

## Ajiaco Colombiano continued

*(Colombian Chicken and Potato Soup)*

### Ingredients

3 medium white potatoes, peeled  
and sliced  
3 medium red potatoes, peeled  
and sliced  
1/3 cup [guascas](#)  
1 cup heavy cream for serving  
1 cup capers for serving

### Steps to Cook