

PRAY for the NATIONS



PRAY for the NATIONS



Saudi Arabia

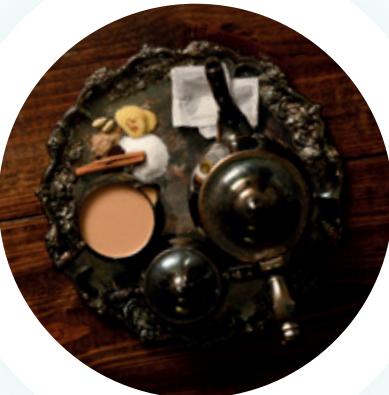
ARABIAN PENINSULA



Karak Tea

INSTRUCTIONS

- ① Place all ingredients into a pot.
 - ② Let come to a boil on medium heat for a few minutes.
 - ③ Strain into tea pot/carafe/dallah.
 - ④ Pour into small cups to serve.



INGREDIENTS

- Boiling water → 1 L (4.25 cups)
 - Loose leaf black tea (*Alwazah Tea-Swan brand*)
→ 4 grams (2 tablespoons)
 - Sugar → 38 grams (3 tablespoons)
 - 1 can of evaporated milk → 160 ml
 - Clove → 1 piece
 - Black peppercorns → 2 pieces
 - Black pepper → a pinch
 - Cardamom → 2 pods
 - Cardamom powder → 2 grams (1 teaspoon)
 - Nutmeg → a pinch
 - Saffron → a pinch
 - Cinnamon → a pinch
 - Cinnamon stick → 1 small stick
 - Ginger → 1 slice

PRAY for the NATIONS



→ **Niger**

SAHEL



Tuwon Laushi + Okra Sauce

INSTRUCTIONS

- ① Fill a pot with water and bring to a boil.
- ② In a separate bowl, create a paste by mixing $\frac{1}{2}$ cup of corn flour and a small amount of cold water.
- ③ Add paste to the boiling water and stir with a wooden spoon or paddle, slowly adding more corn flour in order to achieve the desired porridge texture. Keep stirring to avoid clumps.
- ④ Once the porridge is cooked according to the cook's taste, in fist-sized portions, scoop and place it into plastic wrap to form a ball while it cools and hardens. Once hardened, remove from plastic wrap and transfer to a serving dish.
- ⑤ Serve Tuwon Laushi with sauce of your choice.

INGREDIENTS

- Corn flour → 225-300 grams (1½ -2 cups)



Tuwon Laushi (in Hausa, also known as maize paste or white paste) is the most widely consumed dish in Niger, especially in rural areas. Its name differs from place to place, but the basic substance remains the same: corn flour. To obtain this flour, which is used to prepare Tuwon Laushi, the dry maize kernels must be ground to a whitish powder.

Tuwon Laushi + Okra Sauce

INSTRUCTIONS

- ① Wash the okra. Remove the head and cut it into very small, thin slices.
- ② Mix together garlic, onions and ginger.
- ③ Bring a glass of water to a boil in a large pot with a small piece of lemon grass (or a pinch of baking soda). Add the okra and turn with a spatula.
- ④ Add desired spices, boil for 5 minutes, then add sumbala.
- ⑤ Let mixture boil for another 5 minutes, then add the oil.
- ⑥ Add the whole chili pepper without opening it and the beef bouillon cube.
- ⑦ Let mixture simmer for 10 minutes.
- ⑧ Chop the meat and add it to the boiling mixture to cook.
- ⑨ Once meat is cooked, add salt to taste and let cool while the meat absorbs the flavour of the okra sauce.
- ⑩ Serve okra sauce with Tuwon Laushi.

INGREDIENTS

- Okra → 0.5 kg (1 lb)
- Ginger → 2-3 slices
- Garlic → 6 cloves
- Beef or smoked fish → 0.5 kg (1 lb)
- Onion → 1
- Spices → to taste
- Salt → to taste
- Sumbala (traditional condiment used in West Africa) → a pinch
- Palm oil → 60 ml (¼ cup)
- Beef bouillon cube → 1
- Green chili pepper → 1
- Small piece of lemon grass or pinch of baking soda

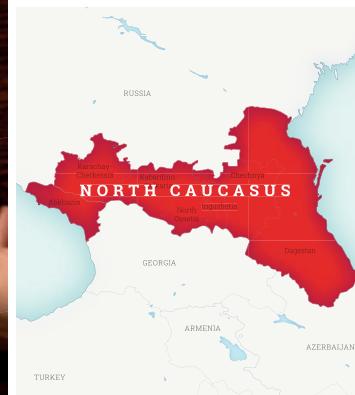
Tuwon Laushi is always eaten with a sauce. Most of the time, in Niger, the dough is accompanied by okra sauce, foccou sauce or baobab leaves.



PRAY for the NATIONS



→ North
Caucasus



Zhizhig Galnash

INSTRUCTIONS

- ① Fill a pot with water and bring to a boil.
- ② Rinse the meat in cold water and put it into the boiling water. Add salt to taste.
- ③ Boil until meat is cooked through, then remove from water and set aside. Reserve water(broth).
- ④ Pour flour into a deep bowl. Make a well in the flour and add water, egg and salt.
- ⑤ Stir the mixture until it forms a tight and elastic dough. Divide the dough into two even parts. Roll out one part of the dough into a 1cm thick circle.
- ⑥ Slice the flattened dough circle into a few slices approximately 2-3 cm wide. Then cut each slice into 1 cm-wide pieces.
- ⑦ Put the pieces onto a cutting board. Press each piece with your fingers and stretch it towards yourself. Release it to form a sea shell shape (*galushki*).
- ⑧ Repeat the process of making *galushki* with the second portion of dough.
- ⑨ Bring the pot of water(broth) back to a boil.
- ⑩ Place the prepared *galushki* into the boiling water. Boil for 10-15 minutes, stirring occasionally to prevent sticking. Remove cooked *galushki* and set aside.
- ⑪ Add crushed garlic and salt (to taste) to the remaining water(broth) to finish making the sauce.
- ⑫ Place the *galushki* on a plate with the cooked meat on top. Put sauce in a separate serving bowl.

INGREDIENTS (4 SERVINGS)

- Lamb, beef or chicken meat → 0.5-1 kg (1-2 lbs)
- Flour → 500-700 grams (3-4.25 cups)
- Egg → 1
- Salt → 6 grams (1 teaspoon)
- Water → 250 ml (1 cup)
- Garlic → 6-7 cloves



PRAY for the NATIONS



→ **Laos**

MEKONG



Chicken or Pork Salad

INSTRUCTIONS

- ① Fry the ground meat over medium heat. Add salt and pepper to taste. Remove from heat and let cool.
- ② Add all the spices to the meat and mix well.
- ③ Garnish with mint leaves.
- ④ Serve with salad, cucumber and sticky rice.

Laotian chicken or pork salad is usually served with salad, cucumber and sticky rice. Plan to prepare these dishes as part of a full meal.



INGREDIENTS

- Ground chicken or pork → 1 kg (2 lbs)
- Salt and pepper → to taste
- Chicken stock powder → 3 bouillon cubes (1 tablespoon bouillon granules)
- Fish sauce → 15 ml (1 tablespoon)
- Sugar → 18.75 grams (1½ tablespoons)
- Lemon juice → 1 regular-sized lemon, about 30 ml (about 2 tablespoons)
- Chili powder → 16.25 grams (2 tablespoons)
- Garlic → 3-4 cloves, minced
- Spring onion → 5 pieces, chopped
- Mint leaves → 20 leaves, chopped, plus extra leaves for garnish

PRAY for the NATIONS



Bangladesh

SOUTH ASIA



Chicken Curry + Polao Rice + Mixed Vegetables

INSTRUCTIONS

- ① Heat a frying pan and add vegetable oil. Let warm.
- ② Add chopped onion to the pan and fry until golden brown. Add the rest of the spices along with 125 ml ($\frac{1}{2}$ cup) water to avoid burning. Stir to combine.
- ③ Add the chicken to the pan and mix with the spices. Reduce heat to medium low.
- ④ Brown the chicken on both sides until juices run clear.
- ⑤ Add 500-750 ml (2-3 cups) boiling water and cover.
- ⑥ Cook 15-20 minutes on low heat until chicken is well cooked.

INGREDIENTS

- Chicken → 1 kg (2 lbs)
- Vegetable oil (mustard/soybean/olive) → 44.5 ml (3 tablespoons)
- Garlic paste → 18 grams (1 tablespoon)
- Ginger paste → 15 grams (1 tablespoon)
- Cumin paste → 15 grams (1 tablespoon)
- Mustard paste → 15 grams (1 tablespoon)
- Turmeric powder → 9.5 grams (1 tablespoon)
- Chili powder (optional) → to taste
- Salt → to taste
- Chopped onions → 2 small onions
- Water → 125 ml ($\frac{1}{2}$ cup) + 500-750 ml (2-3 cups)
- Mixed spices/garam masala → 2 small pieces of cinnamon; 2-3 pieces of bay leaves; 3-4 pieces of cardamom; 10 seeds of black pepper

Note: If powdered spices are used instead of pastes, reduce amount by half.



Chicken Curry + Polao Rice + Mixed Vegetables

INSTRUCTIONS

- ① Heat a pot over medium heat and melt butter/heat oil.
- ② Add chopped onion and fry until golden brown.
Remove onions and set aside.
- ③ Add the other spices and rice.
- ④ Mix all ingredients and fry for 3-5 minutes.
- ⑤ Pour boiling water over the rice and add salt to taste.
- ⑥ When the water boils again, cover the pot.
- ⑦ Turn heat to low and let cook for 15 minutes.
- ⑧ When the rice is finished cooking, remove from heat
and serve with fried onions.

INGREDIENTS

- Basmati rice, rinsed → 1 kg (1 lb)
- Oil/butter → 60 ml/ 57 grams (4 tablespoons)
- Chopped onions → 2 small onions
- Cinnamon stick → 2 pieces
- Bay leaf → 4 pieces
- Cardamom → 5 pieces
- Cumin seeds → 1 gram ($\frac{1}{2}$ teaspoon)
- Salt → as needed to taste
- Water → 750 ml (3 cups)



Chicken Curry + Polao Rice + Mixed Vegetables

INSTRUCTIONS

- ① Heat a pan and add oil to warm.
- ② Put chopped onion and garlic in the pan and fry until golden brown.
- ③ Add cumin seeds and all the vegetables.
- ④ Mix everything well, then add turmeric powder and salt.
- ⑤ Cook over low heat until vegetables reach desired texture.

INGREDIENTS

- Vegetables → 3-4 types of vegetables, chef's choice
- Oil → 30 ml (2 tablespoons)
- Chopped onions → 2 small onions
- Chopped Garlic → 1 clove
- Turmeric powder → 1.6 grams ($\frac{1}{2}$ teaspoon)
- Salt → to taste
- Cumin seeds → 1 gram ($\frac{1}{2}$ teaspoon)

