MENNONITE CHURCH CANADA

GIVING

COOKBOOK

recipes from around the world

WELCOME TO THE BANQUET TABLE: SHARING IN GOD'S GLOBAL FEAST

Mennonite Church Canada

WELCOME TO GOD'S BANQUET TABLE, A GLOBAL FEAST WHERE ALL IS PREPARED, AND GOD IS THERE TO WIPE AWAY TEARS AND TAKE AWAY THE DEATH AND DISGRACE OF THE NATIONS.
AS WE FOLLOW JESUS TO THIS BANQUET, WE ARE GIVEN TASTES OF THE BANQUET THAT IS NOW AND IS YET TO COME. THROUGH MENNONITE CHURCH CANADA INTERNATIONAL WITNESS, YOU CAN EXPERIENCE THE WAYS THAT GOD IS PREPARING GOD'S PEOPLE AROUND THE WORLD TO PARTICIPATE IN THIS BANQUET.
WE HOPE THAT YOU WILL LITERALLY ENJOY THESE TASTES AS YOU SAMPLE THE RECIPES IN THIS BOOKLET. YOU CAN ALSO GET A TASTE OF WHAT GOD IS DOING THROUGH THE WORK OF THE GLOBAL COMPANIONS OF MENNONITE CHURCH CANADA.

CELEBRATE INTERNATIONAL WITNESS SUNDAY ON OCTOBER 27TH (OR ANOTHER DAY THAT WORKS FOR YOUR CONGREGATION!)

-USE THE RESOURCES POSTED ONLINE: HTTPS://WWW.MENNONITECHURCH.CA/IW-SUNDAY
-INVITE SPEAKERS, EITHER IN-PERSON OR ONLINE
-JOIN WITH OTHER CONGREGATIONS TO WORSHIP AND CELEBRATE TOGETHER
-USE THIS GIVING RESOURCE TO ENABLE CONTINUING MINISTRY AROUND THE WORLD
-JOIN A WITNESS SUPPORT NETWORK TO STRENGTHEN YOUR RELATIONSHIP WITH GLOBAL COMPANIONS HTTPS://WWW.MENNONITECHURCH.CA/WITNESS-SUPPORT-NETWORKS

ENJOY GOD'S GLOBAL BANQUET!

JEANETTE HANSON
DIRECTOR, INTERNATIONAL WITNESS
MENNONITE CHURCH CANADA

On this mountain the Lord of hosts will make for all peoples
a feast of rich food, a feast of well-matured wines,
of rich food filled with marrow, of well-matured wines
strained clear.
And he will destroy on this mountain
the shroud that is cast over all peoples,
the sheet that is spread over all nations; he will swallow
up death for ever.
Then the Lord God will wipe away the tears from all faces,
and the disgrace of his people he will take away from all
the earth,
for the Lord has spoken.
It will be said on that day,
Lo, this is our God; we have waited for him, so that he
might save us.
This is the Lord for whom we have waited;
let us be glad and rejoice in his salvation.

Isaiah 25:6-9

BURKINA FASO & D.R. CONGO

$650 will provide a loan to a pastor to start a small agricultural business to supplement their family income. Pastor salaries in Burkina Faso can be low and sometimes fluctuating, especially in church plants and rural areas.

$850 will provide a "literacy centre start-up kit" to a newly trained literacy teacher in the DR Congo. This kit includes a blackboard, chalk, a teacher's manual and student booklets, and a megaphone so large groups can hear the teacher. This teacher will invite women and those who haven't been able to attend school, to come to the literacy classes to learn to read and write and find Christian community support. ($15 Buys either the teacher's manual or one student booklet!)

$500 will help train a literacy teacher in the DR Congo. Once a teacher is trained, they work as volunteers to invite women and those who haven't been able to attend school, to come to the literacy classes to learn to read and write and find Christian community support.

ALOCO
(FRIED PLANTAIN BANANAS)

Aloco can be eaten on its own as a snack, as a side to a meal, or with a sauce (ie. The Okra sauce from DR Congo on the following page)

- Small fry pan with 2.5 cm (1 inch) of cooking oil
- 2 ripe plantain bananas. Plantain bananas are larger than regular bananas. They are ripe when most of their peel is black, and they are slightly soft to the touch. Too soft means that they are past ripe. You can use firm plantain bananas as well, but they won't have the sweetness of ripe ones.
- Salt to taste

1) Heat oil. You will know it is hot enough by dropping a small piece of plantain banana in the oil – when it sizzles and rises to the top, browning within one minute, you know the oil is ready.
2) Slice bananas 1.5 cm thick and place in oil, enough to fry a single layer. Be careful not to splash oil on yourself.
3) When the bottom of the bananas are a deep brown, flip to brown the other side as well. Remove them from oil with a slotted spoon and place on paper towel to remove excess oil, salting them lightly. The deep brown gives a crispy texture on the outside, which tastes great with the hint of sweetness inside.
4) Serve immediately.

OKRA SAUCE

This is a sauce which can be served with rice, couscous, fried plantain bananas or boiled potatoes. In the DR Congo, it is served with fufu or chikwanga (staple foods make from cassava flour).

- 4 Tbsp oil
- 2 cups beef or chicken, cut into small cubes (can also replace with 3 fish fillets, fried and then added to the okra sauce at the very end so the fish doesn't break apart)
- 3 large tomatoes, diced
- 1 onion, diced
- 3 cloves garlic, crushed
- 3 cups okra, rinsed and cut into 1 cm (½ inch) slices (if you don't find fresh okra, some grocery stores have frozen okra in the frozen vegetable section)
- 1 Tbsp tomato paste
- 3 Tbsp peanut butter
- 1 cube beef bouillon

1) In a medium pot, heat oil and fry beef or chicken on high heat. Sprinkle meat with salt and pepper and fry until browned.
2) Add tomatoes, onion and garlic, stirring regularly. Fry until the sauce is thick, with all moisture cooked out. If the sauce sticks, add a bit more oil.
3) Add okra, tomato paste and peanut butter and fry for 5 more minutes, stirring constantly.
4) Add 2 cups of hot water and 1 bay leaf. Cover pot and turn heat down to simmer gently for30 minutes, stirring occasionally.
5) Add beef bouillon and salt to taste (about ½ tsp). Serve with rice, couscous, boiled potatoes or fried plantain bananas.

ETHIOPIA

$20 allows Werner and Joanne De Jong to share lunch with pastors that they mentor at the Meserete Kristos seminary

$2.50 shares coffee with students for after class discussions

$75 pays for transportation to a church for a weekend of teaching and sharing

$150 allows Werner and Joanne to purchase gifts for the many weddings and baby dedications that they attend to celebrate with their students.

DORO WAT
(ETHIOPIAN STEWED CHICKEN)

Ingredients:
12 large onions, finely chopped
2.5 lb chicken cut into 8 serving pieces
Fresh lemon juice
½ cup niter kibbeh (spicy butter)
3 cloves garlic, minced
1 teaspoon finely chopped gingerroot
2 tablespoons salt
1 tablespoon curry powder
1 tablespoon ground cardamom
1 teaspoon ground cloves
1 teaspoon oregano
1 teaspoon sweet basil
1 teaspoon ground cinnamon
2 cups of cooking oil
1/8 teaspoon ground nutmeg
¼ cup berbere (Ethiopian spice mixture)
¾ cup water
12 oz tomato paste
10 hard-boiled eggs

Chop 1 onions and the cloves of one head of garlic (optional). Put them into a heavy, 12” covered casserole, without oil or water. At high heat, stir constantly until the onions appear translucent. Add two cups of cooking oil. Lower heat to medium, and simmer uncovered about 10 minutes. Add ¼ cup of berbere, and stir until completely blended.
Stirring all the while, add: ¼ cup niter kibbeh (spicy butter), 3 cloves garlic minced, ginger root, salt, curry powder, cardamom, cloves, oregano, basil, cinnamon. Reduce heat to low and simmer 10 minutes. Add tomato paste and stir until completely blended. Simmer 10 minutes. By now your “wat” has a rich red colour and a flavour to match!
Cut up chicken into 8-10 pieces and discard all skin and fat. Make a few lengthwise slits into each piece and marinate about 6 hours in fresh lemon juice.
Add the pieces one by one to the basic “wat” at very low heat, turning often to coat each piece thoroughly. Slow cooking will help give rich flavour to the meat. Hard boil eggs, shell and make 4-5 lengthwise slits around each egg being careful not to cut into the yolk. Add the eggs to the “wat,” turning them gently in among the chicken pieces. Cook about 1 hour, add ¼ cup of niter kibbeh (spicy butter), stirring from time to time, until the chicken is cooked through.

SOUTH KOREA

$50 Sends a Witness worker or liaison worker to a Mennonite church in South Korea to connect on behalf of Mennonite Church Canada.

$570/month pays for rent for Bock Ki Kim and Sook Kyoung Park. Their home in Chuncheon provides peace education for children as Sook Kyoung opens her home to children for after school classes.

$400 provides a month of travel expenses for Bock Ki to schools, communities and churches to provide training for mediation in conflict situations.

$20/month pays for electricity to light the home of Bock Ki and Sook Kyoung.

JAPCHAE (STIR-FRIED SWEET POTATO NOODLES)

- 8 ounces beef, pork or mushrooms (portobello or shiitake)
- 1/4 cup soy sauce
- 5 tsp sugar
- 5 garlic cloves, crushed
- 4 tsp sesame oil
- 2 eggs
- salt
- 5 tsp vegetable oil
- 6 ounces Korean sweet potato noodles (dangmyeon)
- 1 medium onion, sliced thinly
- 1 large carrot, sliced thinly
- 1 sweet pepper, sliced thinly
- 5 ounces bunch spinach, chopped
- 2 Tbsp toasted sesame seeds

1. Slice your choice of meat/mushrooms into thin strips. In a bowl, combine with 2 tsp soy sauce, 2 tsp sugar, and 1 tsp sesame oil. Stir until the sugar is dissolved. Cover and let sit for 5 minutes.
2. Whisk eggs with salt until smooth. Heat 1 tsp of vegetable oil in a skillet. Pour egg mixture to thinly coat the bottom of the pan. Cook for one minute until lightly cooked then flip and heat through. Remove from heat and let cool, then slice into thin strips.
3. Stir-fry the marinated meat/mushrooms, stirring for 4 to 5 minutes until cooked thoroughly. Remove from heat and set aside.
4. Mix sauce in a separate bowl by combining remaining soy sauce, sugar and garlic and mix until sugar is dissolved. Cover and set aside.
5. Cook noodles according to package instructions. Drain and set aside.
6. In a large pot, heat the remaining vegetable oil. Stir-fry onion, carrot, sweet pepper and spinach.
7. Add noodles and sauce to the pot and stir gently. Add the cooked meat/mushrooms, eggs, remaining sesame oil, and 1 Tbsp sesame seeds. Gently toss to heat all ingredients.
8. Transfer to a serving dish and sprinkle remaining sesame seeds on top. Serve warm.

JAPAN

$6000 provides TAFMC (Tokyo Area Fellowship of Mennonite Churches) with an annual budget for outreach and support of the ministry of the Tokyo Anabaptist Centre and Gerald and Rie Neufeld.

$175 provides travel and time for a weekly visit to a TAFMC congregation by Gerald or Rie.

$250 supports the development of a peace theology lecture at Tokyo's International Christian University

$30 is the suggested donation for a night at the Tokyo Anabaptist Centre hosted by Gerald and Rie Neufeld.

ONIGIRI
(RICE BALLS)

Ingredients:

- Cooked sticky rice (short-grain Japanese or Korean rice has a nice flavour)
- Any fillings you want (grilled salmon, tuna flakes with mayonnaise, or a pickled plum)
- Nori (dried seaweed sheets, often seasoned with salt or sesame oil)

1) Wet your hand and sprinkle salt over the hand.
   This helps to keep the rice from sticking to your hand and also adds flavour to the rice.
2) Put a handful of warm, cooked rice in one hand
3) Put the fillings at the center and gently push them into the rice
4) Use both hands to press and squeeze lightly to make a triangle shape
5) Wrap the onigiri with a slice of nori

THAILAND

$35 Buys a meal with lay leaders (about 10 people)

$80 Pays for a visa to visit church leaders in Laos

$700 Puts new tires on the van that Tom and Christine drive to visit house churches in northeast Thailand

$395 Pays the monthly rent for the Poovong house that also serves as a house church.

RED CURRY

Ingredients:
1. 1 TBSP Vegetable oil or butter
2. 1 Onion cut into small pieces.
3. 1 TBSP Red Curry (If you want spicier add 1 or more TBSP)
4. 500 ml. coconut milk chicken
5. 1 litre of chicken broth
6. 4 pieces of chicken breasts (If you prefer dark meat use 4 drumsticks and 4 thighs
7. 2 TBSP fish sauce (If you don’t like fish sauce you can use 1 tsp. of salt)
8. 2 potatoes cut into small pieces
9. 1 Red bell pepper cut into small pieces

Direction:
Step 1. Heat 1 Tbsp oil or butter in a large saucepan over medium heat and fry the onion until it brown.
Step 2. Add 1 Tbsp red curry paste, sizzle for a few seconds than pour in 500 ml of coconut milk. Taste, if you like more you can add another tablespoon of red curry paste.
Step 3. Add your chicken meat to the saucepan.
Step 4. Transfer everything to the cooking pot, add 1 litre of chicken broth, add potatoes and cook for 20 minutes.
Step 5. Put in red bell pepper and let it cook for another 10 minutes.
Can be eaten with rice, baguette or rice noodle.

THANK YOU FOR YOUR GENEROSITY IN BUILDING UP THE GLOBAL CHURCH AND STRENGTHENING RELATIONSHIPS SO THAT WE CAN SHARE IN GOD'S GLOBAL BANQUET.

YOU ARE INVITED!

Donations can be mailed by cheque to:
Mennonite Church Canada
600 Shaftesbury Blvd.
Winnipeg, MB
R3P 0M4

Donations can be made by credit card on the Mennonite Church Canada giving page
https://www.mennonitechurch.ca/giving
Or by e-transfer to: finance@mennonitechurch.ca
Please indicate your address and designation in memo line.

You can also give through your local Mennonite church or Regional Church office.