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## A Taste for Giving: Recipes From Our Global Village

Since 1938, when ChildFund was founded to help children in China displaced by war, we have often reflected on the critical importance of food. Delicious, nutritious meals do more than just help kids' bodies and minds grow strong. They can often lead to a powerful connection that brings children, families and entire communities together. We now work in 24 different countries, reaching more than 13 million children and family members each year, but our mission remains the same: to connect kids everywhere to the basic things they need to thrive and to give them a seat at the table of opportunity, no matter their circumstances.

The recipes you'll find in this booklet are treasured dishes from ChildFund staff and families all over the world. Don't be afraid of ingredients you've never heard of or cooking styles you've never tried. International cooking is all about learning and experimenting. As you embark on your culinary adventure, be sure to befriend the staff at your local international foods store, and invite your friends and family to cook (and eat!) with you. You might be surprised at the memories you make, the connections you create and the healthy helping of perspective you get into life in other parts of the world.

Visit [ChildFund.org](http://ChildFund.org) to learn more about how we help children beat hunger, malnutrition and other challenges globally — and how you can join us.

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## African Chaps (Uganda)

Stop by any roadside food stall in Uganda, and you will likely find these delicious, deep-fried chaps for sale. Also known as flat kebabs, they're made with beef and veggies and make for a filling, savory appetizer or after-school snack.

### INGREDIENTS:

- 2 lbs. ground beef
- Salt (to taste)
- 1 onion, minced
- 3 cloves garlic, minced
- ½ cup green onion, chopped
- ½ cup green bell pepper, chopped
- 1 tsp. curry powder
- 1 tsp. cinnamon
- 1 tsp. black pepper
- 1 tsp. turmeric
- 3 eggs
- 2 cups all-purpose flour
- Vegetable oil, for frying

### INSTRUCTIONS:

1. Heat a large pan on medium heat and cook ground beef until brown, adding salt to taste. Drain liquid and set aside to cool. Once cool, chop the ground beef into very fine pieces and place in a large bowl.
2. Add all the chopped vegetables and spices to the bowl and mix well.
3. In a separate bowl, whisk the eggs with a fork, then add to the ground beef mixture.
4. Bit by bit, add in the flour, stirring well.
5. Form the "dough" into small balls, then press into flat discs and fry in a few inches of vegetable oil. Serve immediately.

## Mexican Christmas Punch (Mexico)

*The ultimate holiday party punch, this unique beverage can be traced back to the East Indies, then to British sailors, who eventually spread it around the world — including to Mexico, where it has become ingrained in local traditions. The drink is served hot, and it's full of surprising flavors. To make it an adult beverage, just add rum or tequila!*

### INGREDIENTS:

- ½ cup hibiscus flowers
- 10 tejocotes (Mexican hawthorns)
- 5 guavas
- 1 cup prunes, chopped
- 1 cup dried tamarinds, chopped
- 3 large or 6 small sugar canes
- 2–3 apples, chopped
- 2–3 cinnamon sticks
- Piloncillo or brown sugar to taste
- Water

### INSTRUCTIONS:

1. Cook the water, hibiscus flower, cinnamon sticks and piloncillo on high until it begins to boil. Then remove the hibiscus flower and continue to boil for 15 minutes.
2. Add the tamarind, prunes, sugar cane and tejocotes and boil for another 20 minutes.
3. Add the apples last, and leave the mixture on low heat for 15 more minutes.
4. Remove from heat and serve the punch in clay jars. Enjoy!



## Puto Bumbóng (Philippines)

*This festive steamed purple rice cake is traditionally eaten at Christmastime in the Philippines. Don't skimp on the butter — it is the holidays, after all!*

### INGREDIENTS:

- 1 cup glutinous rice flour
- ½ cup coconut milk
- 1 tbsp. ube purple yam flavoring extract
- Banana leaves, bamboo tubes or aluminum foil
- ¼ cup muscovado sugar
- ½ cup freshly grated coconut
- Butter, softened

### INSTRUCTIONS:

1. In a saucepan, heat the coconut milk on low heat until warm. Remove from heat, add the purple flavoring and stir.
2. Gradually mix in the glutinous rice flour until a dough forms. Set the dough aside in the refrigerator.
3. Brush banana leaves, bamboo tubes or pieces of aluminum foil with butter.
4. Remove the dough and grate it into small, grain-like pieces, then gently add the grains to the butter-brushed leaf/foil.
5. Wrap and steam the leaves/foil for 12–15 minutes on medium heat.
6. Remove from steamer and take out the leaves/foil. Unwrap and top with butter.
7. For guaranteed happiness, add heaps of coconut flakes and muscovado sugar.



## Brongkos (Indonesia)

*Brongkos is a spicy, traditional Javanese stew made with beef, Tunggak beans (also known as black-eyed peas) and tofu. To adjust the spice level, go easy on the red chiles and cayenne pepper.*

### INGREDIENTS:

- 7 cloves garlic, minced
- 10 shallots, diced
- 4 fresh red chiles
- 2 tsp. turmeric
- 5 Kluwak nuts
- 1 tbsp. coconut oil
- 2 stalks lemongrass, peeled & chopped
- 5 Kaffir lime leaves
- 2 bay leaves
- 1-inch piece of ginger, peeled & grated
- Small piece of sand (aromatic) ginger, peeled & grated
- 1 lb. beef flanks, sliced
- 1 cup beef broth
- 1 ½ cup coconut milk
- Salt (to taste)
- Brown sugar (to taste)
- Cayenne pepper (to taste)
- Black pepper (to taste)
- 1 lb. Tunggak beans (black-eyed peas), cooked
- 2 boiled eggs, chopped
- 2 packages tofu, diced, pressed & fried

### INSTRUCTIONS:

1. Crack the kluwak nuts and leave them in warm water overnight to soften them. When ready to cook, grind the garlic, shallots, red chiles and turmeric together in a food processor and set aside. Grind the kluwak nuts separately and set aside.
2. In a large pot, heat coconut oil over medium-high heat and add the ground spices, ground kluwak nuts, lemongrass, lime leaves, bay leaves, ginger and sand ginger until fragrant.
3. Add beef and stir well. Pour in the beef broth and coconut milk and cook until boiling, stirring constantly. Season with salt, brown sugar and black pepper to taste. Reduce heat to medium-low and cover.
4. Simmer for 2 hours or until beef is tender, then add the cooked beans, boiled eggs, fried tofu and cayenne pepper. Cook 5 more minutes and serve.

## Coconut Fish Curry (India)

*This delicious curry brings out the best and fullest flavors from the southern Indian state of Kerala, where seafood is a staple of traditional cuisine. Serve with rice, chapati (Indian flatbread) or both.*

### INGREDIENTS:

- 1 cup grated coconut
- 3 tsp. coconut oil
- 10–15 curry leaves
- ½ tsp. mustard seeds
- ½ tsp. fenugreek
- 1-inch piece of ginger, crushed
- 5 cloves of garlic, crushed
- 1 tomato, diced
- 1 onion, diced
- 3–5 fresh green chiles, chopped
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. turmeric powder
- 3 tsp. coriander powder
- ½ tsp. chili powder
- 4 pieces malabar tamarind (Kudampuli)
- 1 lb. fish of choice, chopped into bite-sized pieces



*Sandeep, 3, shows off the fresh veggies growing in his mother's garden. ChildFund provided the family with seeds and supplemental food to help Sandeep overcome severe malnutrition, and today, he is thriving.*

### INSTRUCTIONS:

1. Fry the grated coconut in a pan until golden brown. Cool, grind to a paste with a food processor, and set aside.
2. In a large pan (preferably an earthen pot) over medium heat, heat the coconut oil. Add in the mustard seeds, curry leaves and fenugreek seeds. Sauté until the mustard seeds begin to crackle.
3. After crushing the ginger and garlic with a mortar and pestle, add them to the pan along with the chopped onion, tomato and green chiles. Add in the salt and pepper. Sauté until onions are soft and starting to brown.
4. In the meantime, in a small bowl, make a paste with the turmeric powder, coriander powder, chili powder and a few tablespoons of water. Mix until you get a thick paste, then add it to the curry and sauté well for 3–4 minutes.
5. Once the paste is well cooked, add in half a cup of water.
6. Soak the Kudampuli/tamarind in a cup of water for 5 minutes, then add it in to the curry along with the water used. Close the pan with a lid and let it simmer for 5 minutes, then add in the coconut paste made earlier, as well as the fish. Stir.
7. Close the pan with a lid and let the curry simmer for 6 minutes.
8. Remove curry from the heat and set aside for a few hours so the flavors can marinate. (It tastes even better the next day!)

## Moringa Porridge (Zambia)

We often think of porridge as a breakfast food, but in Zambia and throughout Africa, it is eaten more often as a meal. This porridge calls for the use of moringa, a superfood often referred to as the “miracle tree” because of its many health benefits.

### INGREDIENTS:

- 1 cup fine cornmeal
- 1 cup milk of choice
- 2 cups water
- ½ tsp. salt
- 3 tbsp. sugar or sweetener of choice
- 2 tsp. moringa powder
- ½ tsp. vanilla extract
- Chopped nuts of choice (optional)
- Fresh fruit of choice (optional)

### INSTRUCTIONS:

1. In a medium-sized saucepan, bring water, cornmeal and salt to a boil. Once it boils, lower heat and begin stirring constantly.
2. The porridge will begin to thicken. Remove from heat when it's no longer runny, but not too thick. The texture should be similar to a custard.
3. Add sugar, moringa powder and vanilla extract. Top with your favorite nuts and fresh fruit.

*Rahsan, 2, drinks a cup of cornmeal porridge at her home in Siaya County, Kenya. Rahsan's mom participates in a ChildFund responsive parenting program where she learns about child nutrition, positive discipline and more.*



## Pepián de Pollo (Guatemala)

A fusion of Spanish and Mayan cultures and flavors, pepián is one of Guatemala's oldest recipes and often considered its national dish. This version, made with chicken, yields a velvety, fragrant stew that's perfect for chilly winter nights.



*All smiles at dinnertime in Guatemala! ChildFund has supported Yasmin, 4, and Frank, 7, with nutritious food throughout the COVID-19 pandemic.*

### INGREDIENTS:

- 5 cups chicken broth
- 2 boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 cup fresh cilantro, chopped
- 2 dried chipotle peppers
- 2 dried pasilla peppers
- 3 oz. sesame seeds
- 3 oz. raw pumpkin seeds
- 4 Roma tomatoes
- 4 fresh tomatillos
- 2 onions, chopped
- 3 cloves garlic, minced
- 3 peeled potatoes, cut into chunks
- 1 chayote (summer squash), cut into four long pieces
- ½ lb. fresh green beans, halved
- 8 whole peppercorns
- 6 whole cloves
- Salt (to taste)
- Fresh cilantro, sesame seeds and sliced avocado, for garnish
- Cooked white rice or quinoa, for serving

### INSTRUCTIONS:

1. Place chicken in a pot, cover with broth and add the cup of fresh cilantro. Cover and simmer at medium-low heat for 45 minutes.
2. While the chicken cooks, sauté the dried peppers on medium heat in a large, dry frying pan until fragrant. Let cool, then crumble into a large bowl.
3. Next, sauté one at a time: the sesame seeds until golden, the raw pumpkin seeds, the tomatoes until their skin is black and can be peeled off, the tomatillos, the onions, and the garlic, adding each to the mixing bowl as they are finished.
4. Place all the ingredients in the mixing bowl into a food processor with a little chicken broth. Blend well. Add the blended mixture into the cooking pot together with the potatoes, chayote and green beans. Add the peppercorns, cloves and salt. Continue to simmer until the vegetables are tender and the chicken has an internal temperature of 165°.
5. Serve the pepián hot over a bed of white rice or quinoa, with sesame seeds, chopped fresh cilantro and avocado on top.

## Veggie Seafood Soup (South Texas)

*This old family recipe makes a fresh, savory, healthy “soup with a kick” that warms the soul, especially around the holidays.*

### INGREDIENTS:

- 3 carrots
- 1 zucchini
- ½ onion
- ¼ whole celery
- 3 ears fresh corn
- 2 potatoes
- 1 head cabbage
- 3 cloves garlic
- 5 tomatoes
- 2 jalapeño peppers
- 1 serrano pepper
- 1 bunch cilantro
- Salt & pepper, to taste
- 1 gallon water
- 1 cube shrimp bouillon
- 2 lbs. shrimp (fresh or frozen)
- 3 lbs. fish (fresh or frozen), chopped into bite-sized pieces
- Sliced avocado (optional)
- Shredded cheese (optional)
- Chopped fresh limes (optional)



### INSTRUCTIONS:

1. Chop veggies and place in an extra-large pot or slow cooker, along with the cilantro, salt and pepper.
2. Pour in water and slow cook, covered, for 2 hours.
3. Stir in the shrimp bouillon.
4. Add shrimp and fish into boiling soup and cook for 5 minutes, uncovered.
5. Cover and remove from heat, then leave for 10 minutes to finish cooking. Serve topped with avocado, shredded cheese or fresh limes, as desired.

## Atte ka Halwa (India)

*A traditional north Indian confection made with atta (whole-wheat flour), this simple dessert is sure to be a crowd-pleaser — especially when served with a cup of hot chai.*

### INGREDIENTS:

- 1 cup ghee
- 1 cup whole-wheat flour
- 2 cups water
- 1 cup sugar (or organic jaggery powder, for a healthier alternative)
- Cashews, cherries and raisins (for garnish)



### INSTRUCTIONS:

1. Melt ghee in a pan (preferably one with a thick bottom) on medium heat, then add the whole-wheat flour.
2. Reduce the heat to medium-low and cook the flour, stirring often, until it turns brown and emits a nutty aroma, around 6–7 minutes. (Be careful not to burn it!) In the meantime, boil 2 cups of water in a separate pot.
3. Carefully add the boiling water to the pan with the flour and stir constantly for 1–2 minutes so that lumps do not form. Be careful, as the mixture will bubble.
4. Add the sugar or jaggery powder. Continue to cook for 3 more minutes until thickened.
5. Remove the halwa from the heat and allow to cool for a few minutes. Then cut into shapes, top with cashews, cherries and raisins, and serve warm!

## Maracuyá Cheesecake (Bolivia)

*A cheerful cheesecake made with gelatin and the sweet, slightly tart juice of the maracuyá, or passionfruit — and you don't even need an oven!*

### INGREDIENTS:

- 2 cups vanilla cookies, crushed
- 2 tbsp. buttermilk
- ½ cup milk
- 2 tbsp. unflavored gelatin powder
- 2 cups heavy whipping cream
- 1 tsp. vanilla extract
- 2 tbsp. sweetened condensed milk
- 2 tbsp. cream cheese, softened
- ¼ cup water
- 2 tbsp. cornstarch
- 4 tbsp. granulated sugar
- 4 tbsp. of yellow jelly (such as pineapple or yellow plum)
- ¼ cup of maracuyá (passionfruit) juice with seeds



### INSTRUCTIONS:

1. In a large bowl, mix the buttermilk, milk and crushed vanilla cookies. Set aside.
2. Follow gelatin package instructions to heat, dissolve and cool the gelatin. Set aside.
3. In a separate bowl, beat the heavy whipping cream until firm, then add the vanilla extract, condensed milk and cream cheese until combined.
4. Add the cooled gelatin to the bowl, then mix in the milk/cookie mixture.
5. Pour mixture into a cake pan or mold. Refrigerate for at least three hours.
6. In a saucepan over medium heat, cook water, cornstarch and sugar until dissolved, then add the yellow jelly and maracuyá juice. Cook for 5 minutes or until thickened. Remove from heat, cover and let cool about 30 minutes.
7. Once the cheesecake is cold, top it with the fruit juice mixture and leave in the refrigerator about another 30 minutes or until firm.
8. Slice and enjoy!

### RECIPE:

The recipe section features a decorative background with stylized orange and yellow leaves and patterns. The recipe text is written on a series of horizontal lines. The background includes a large, stylized leaf on the right side, a cluster of smaller leaves at the top right, and a pattern of small dots at the bottom right. The overall design is vibrant and tropical.