



“Which of these three do you think was a neighbour to the man who fell into the hands of robbers?” The expert in the law replied, **“THE ONE WHO HAD MERCY ON HIM.”** Jesus told him, **“GO AND DO LIKEWISE.”**

—LUKE 10:36, 37

To celebrate the culture and cuisine of some of the countries most significantly impacted by the refugee crises, we have created a collection of recipes that you can use to inspire your cooking endeavours!



## RECIPES

JUNE 18 WORLD REFUGEE SABBATH [ADRA.org/WorldRefugeeSabbath](https://ADRA.org/WorldRefugeeSabbath)

# Falafel

## INGREDIENTS

- ▶ 200g dried chickpeas
- ▶ 3 cloves garlic
- ▶ ½ onion, roughly chopped
- ▶ 1 tsp ground cumin
- ▶ 2 tsp ground coriander
- ▶ ¼ tsp bicarbonate of soda
- ▶ 4 tbsp sesame seeds
- ▶ For deep-frying vegetable oil
- ▶ A sprinkle sumac, to serve (optional)

ORIGIN: **SYRIA**

A popular vegetarian dish that is commonly enjoyed as street food in Syria.

## COOKING INSTRUCTIONS

1. Put the chickpeas in a bowl and cover with water. Leave to soak overnight, changing the water at least twice, if possible.
2. Blitz the garlic and onion in a food processor, then add the drained chickpeas and whizz to a fairly smooth paste. Add the spices and mix well, then stir through the bicarbonate of soda and sesame seeds. Season well.
3. Fill a pan no more than a third full of vegetable oil and heat to 180C or until a cube of bread browns in 30 seconds.
4. Shape a little of the falafel mixture into an oval shape with a tablespoon, then gently push into the oil using another spoon. Do this with a few more spoonfuls of the mixture. Cook, in batches, for 4 minutes or until deep golden and crisp. Repeat with the remaining mixture. Serve sprinkled with sumac, if you like.

Recipe Source: Olive Magazine



# Namoura

Semolina Cake

## INGREDIENTS

### FOR THE SYRUP

- ▶ 2 cups/400 grams granulated sugar
- ▶ 1 tablespoon freshly squeezed lemon juice
- ▶ 1 ¼ teaspoons lavender extract, vanilla extract or rose water

### FOR THE CAKE:

- ▶ ¾ cup/170 grams unsalted butter (1 1/2 sticks), melted, plus more for coating the pan
- ▶ 3 cups/490 grams semolina flour
- ▶ ¾ cup/150 grams granulated sugar
- ▶ 1 cup/227 grams plain whole-milk yogurt
- ▶ 2 ½ teaspoons baking soda
- ▶ ¼ cup/29 grams slivered almonds

ORIGIN: **SYRIA**

A popular classic Middle Eastern dessert.

## COOKING INSTRUCTIONS

1. In a small saucepan over high heat, boil sugar and 1 cup/240 milliliters of water, stirring until the sugar is dissolved. Reduce the heat to a simmer, add lemon juice and extract, and stir to combine. Simmer until thickened into a syrup, about 2 minutes. Remove from the heat and set aside to cool.
2. Heat oven to 400 degrees. Coat a 9-by-13-inch baking dish with butter. Place the semolina, melted butter and sugar in a large bowl and stir until well combined; set aside.
3. Place the yogurt and baking soda in a medium bowl and stir to combine. Set aside until the mixture has nearly doubled in size, about 10 minutes.
4. Pour the yogurt mixture over the semolina mixture and mix well to combine. Transfer to the buttered baking dish and press into an even layer. Using a knife, score the surface of the Namoura on the diagonal into 2-inch diamond-shaped pieces. Top each diamond in the center with an almond. Bake until golden brown, 25 to 30 minutes.
5. Place baking dish on a wire rack and drizzle the cooled syrup over the top of the hot Namoura. Let cool to room temperature before recutting along the scored lines and serving.

Recipe Source: New York Times



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# Deruny

Potato Pancakes

## INGREDIENTS

- ▶ 5 medium size potatoes (about 1.5 lb)
- ▶ 1 onion
- ▶ 1 egg
- ▶ 3 Tbsp of all-purpose flour
- ▶ 1 Tbsp of sour cream
- ▶ 1 tsp of salt and pepper to taste
- ▶ Oil (for frying)

ORIGIN: **UKRAINE**

This classic Ukrainian dish can be served for breakfast as an appetizer or side dish.

## COOKING INSTRUCTIONS

1. Prep all the ingredients. Peel potatoes and onion. Take a big bowl, grate potatoes and onion (on the star shaped grater), taking turns and mixing grated mixture. Onion juice will keep potatoes from browning.
2. Add flour, egg, sour cream and mix it well, then add 1 tsp of salt and some black pepper, batter should be still liquid enough so you can easily ladle it.
3. Warm up a skillet with 2-3 Tbsp of oil over medium/high heat. Add 1 heaping Tbsp of mixture at a time to the skillet, fry on one side until golden brown in color, then flip to other side and fry for the same amount of time. Repeat the same procedure for the rest of the batter:
4. Serve Deruny warm, they are best with sour cream, enjoy.

Recipe Source: *Natasha's Kitchen*



# Varenyky

Pierogie

## INGREDIENTS

### FOR THE DOUGH

- ▶ 1 egg
- ▶ 2/3 cup water
- ▶ 1/2 teaspoon fine sea salt
- ▶ About 2 1/2 cups all-purpose flour, plus more for dusting

### FOR THE FILLING

- ▶ 2 pounds russet potatoes (4 medium or 6 small), peeled and cut into 1/2-inch chunks
- ▶ Fine sea salt
- ▶ 2 tablespoons extra virgin olive oil
- ▶ 2 medium yellow onions, diced
- ▶ Freshly ground black pepper, to taste
- ▶ Unsalted butter, for serving
- ▶ Sour cream, for serving

ORIGIN: **UKRAINE**

These Ukrainian halfmoon-shaped stuffed dumplings vary regionally and based on individual family traditions.

## COOKING INSTRUCTIONS

1. Start the dough. Combine 1 egg, 2/3 cup water, and 1/2 teaspoon salt in a large bowl, and whisk to incorporate the egg into the water. Add 1 cup flour, mix lightly to incorporate, then add 1 1/4 cups more flour. Combine into a shaggy dough.
2. Knead the dough. Turn the dough out onto a floured surface. Knead with the heels of your palms – giving the dough a quarter turn every now and then – for about 5 minutes, incorporating the remaining 1/4 cup flour as needed. The dough is done when it's smooth, elastic, and no longer sticks to your hands. Place the dough back in the bowl, cover loosely with a kitchen towel, and rest for 30 to 60 minutes at room temp.
3. Meanwhile, start the filling. Place the potatoes in a pot with 1 teaspoon salt and enough water to cover by about 2 inches. Cover, bring to a boil, reduce the heat to low, and simmer with the lid ajar until the potatoes can be pierced easily with a fork, 12 to 15 minutes.
4. Meanwhile, heat 2 tablespoons oil in a large skillet over medium heat. Add the onions and cook, stirring frequently, until they're dark brown and a bit crispy, about 15 minutes. Set the skillet aside.
5. Finish the filling. Drain the potatoes and return to the pot. Mash until smooth. Stir in about a third of the fried onions with their oil. Season to taste with salt and pepper. Cool the mixture to room temp.



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Varenyky, continued

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## ORIGIN: UKRAINE

These Ukrainian halfmoon-shaped stuffed dumplings vary regionally and based on individual family traditions.

## COOKING INSTRUCTIONS

6. Roll out the dough. Divide the dough into 4 pieces. Working with 1 piece at a time (keeping the remaining dough covered with the towel), roll the dough between your palms into a 1-inch-thick log. On a floured surface, cut the log into 8 to 10 1-inch pieces. Using a rolling pin dusted with flour, roll out each piece into an approximately 3-inch circle; if the dough is sticking to the surface or rolling pin, dust it with more flour.
7. Form the varenyky. Working with 1 circle of dough at a time, place a heaping teaspoon of the filling into the center. Gather the dough into a half-moon shape around the filling and pinch the top closed, then pinch both edges closed. Place the shaped Varenik on a well-floured baking sheet or cutting board and continue filling the rest. Make sure the varenyky are not touching – otherwise, they'll stick together.
8. Boil the varenyky. Bring a large pot of water to a boil and salt it generously. Boil the varenyky in batches – 6 to 10 at a time, depending on the size of your pot. Cook them for 2 to 3 minutes – they are done when they've floated to the surface, the water has returned to a simmer, and they've simmered for about 1 minute. Do not overcook, as the filling may escape the dough.
9. Using a small mesh strainer or slotted spoon, fish the varenyky out and place in a large bowl. Immediately add a small pat of butter (or drizzle of oil) and gently toss to prevent the varenyky from sticking together. Continue cooking the remaining varenyky. At the end, add all the remaining fried onions to the bowl and toss to coat.
10. Serve immediately, alongside sour cream.

*Recipe Source: The New Baguette*



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# Borani Banjan

Eggplant  
With Yoghurt Sauce

ORIGIN: **AFGHANISTAN**

A popular Afghan side dish.



## INGREDIENTS

- ▶ 6 small eggplants
- ▶ 2 large garlic cloves finely chopped
- ▶ 3 medium tomatoes chopped
- ▶ ¼ teaspoon turmeric powder
- ▶ ¼ teaspoon cayenne pepper (optional)
- ▶ ¼ cup water
- ▶ Oil to fry the eggplants
- ▶ Salt to taste

## YOGURT SAUCE

- ▶ 1 cup yogurt Greek or plain
- ▶ 1 teaspoon grated garlic
- ▶ Dried mint to sprinkle

## COOKING INSTRUCTIONS

### BORANI BANJAN

1. Cut the eggplants into thin slices. You can remove the outer covering of the eggplant if you want.
2. Heat oil in a pan on medium flame. Once hot, add the eggplants slices and fry till they are golden brown in color. Do not over-fry it else the slices will become very soggy; you still want it a little firm in the center.
3. Place the eggplants slices on a kitchen towel to drain excess oil. Set aside.
4. In another pan, heat 2-3 teaspoon of oil and add chopped garlic to it. Sauté till it become light golden brown in color.
5. In another pan, heat 2-3 teaspoon of oil and add chopped garlic to it. Sauté till it become light golden brown in color.
6. Add the tomatoes, turmeric powder, cayenne pepper, salt and cook till tomatoes become soft and mushy. This will take 6-7 minutes.
7. Next add the fried eggplants, around 1/4 cup of water and cover and cook at low heat for around 10 minutes. Switch off the flame.
8. To serve, take a plate and put half of the yogurt sauce. Then place the tomato sauce and eggplants over it and finally pour the remaining yogurt sauce on top of the eggplants and sprinkle lots of dried mint.
9. Serve with kabuli pulao, pita bread, or naan.

### YOGURT SAUCE

1. Take yogurt in a bowl and whisk it. Add grated garlic to it and mix. Keep it in the fridge while you cook the eggplants.

Recipe Source: Cook with Manali



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# Bolani

Stuffed Flat Bread

## INGREDIENTS

### FOR THE DOUGH

- ▶ 3 1/2 cups all-purpose flour (580g)
- ▶ 1 teaspoon salt
- ▶ 2 tablespoons oil (I use Canola)
- ▶ 1 1/4 cups water (300g)

### FOR THE FILLING

- ▶ 1 1/2 pounds potatoes (680g)
- ▶ 2 cups, packed sliced green onion (140g)
- ▶ 2 cups, packed cilantro (60g)
- ▶ 1/2 cup chopped green pepper (60g) or to taste
- ▶ 1 teaspoon black pepper
- ▶ 1 teaspoon salt or to taste
- ▶ 2 tablespoons olive oil
- ▶ Additional oil for shallow frying (I use Canola)

## ORIGIN: AFGHANISTAN

Bolani is made for special occasions like birthday parties, engagement parties or holidays. It is widely sold on the streets in Afghanistan and enjoyed with tea.

## COOKING INSTRUCTIONS

### FOR THE DOUGH

1. Combine flour, salt, and oil in the bowl of a food processor. With the motor running, add water until the dough comes together in a ball. It should not be too sticky or too dry. You may use a little more or less water than 300g.
2. Remove the dough from the processor and give it a couple of kneads on the counter. Wrap in plastic and let rest about 20 minutes.

### FOR THE FILLING

1. Wash potatoes, prick with a fork, and microwave until soft, approximately 10 minutes depending on the size of your potatoes. Potatoes are done when you can easily pierce them with a knife, and they feel soft.
2. When the potatoes are finished and cool enough to handle, remove the skins and coarsely mash with a fork.
3. Roughly chop the cilantro.
4. In a skillet, heat olive oil.
5. Sauté green pepper for 1 minute.
6. Add green onion and sauté for 2 minutes.
7. Turn off the heat and stir in chopped cilantro, salt, and pepper.
8. Gently stir in the potatoes.

### TO FORM THE BOLANI

1. Divide the dough into 8 equal pieces and roll into balls. Keep them covered on the counter while you roll them out.
2. Divide the filling into 8 equal portions.
3. Roll out a ball of dough on a lightly floured surface to an 8-9 inch circle.
4. Put a portion of filling on the top half of the circle, leaving a half inch border around the edges.
5. Fold the bottom half up over the top half and seal the edges, pressing firmly all around the edge to seal it shut.
6. Repeat with the remaining balls of dough.

### TO SHALLOW FRY:

1. Heat 2 tablespoons oil in a large skillet on medium high.
2. One by one, shallow fry the bolani on one side until golden brown. Flip and fry on the other side till golden brown. Press down gently on the edges of the bolani while cooking to ensure that they brown evenly.
3. Place cooked bolani on a metal cooling rack while the others finish to stay crispy.



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Recipe Source: Foodtasia

# Addas

Red Lentil Soup

## INGREDIENTS

- ▶ 1 cup red lentils
- ▶ 1 tablespoon extra-virgin olive oil
- ▶ 1 small onion, diced
- ▶ 2 cloves garlic, minced
- ▶ 1 large tomato, peeled, seeded, and diced
- ▶ 2 tablespoons tomato paste
- ▶ ½ teaspoon coriander
- ▶ ¼ teaspoon cumin
- ▶ 3 cups vegetable broth
- ▶ Salt & pepper to taste

ORIGIN: **SOUTH SUDAN**

Addas means 'soup' in Arabic. This Soup is a favorite in South Sudan for breakfast or lunch.

## COOKING INSTRUCTIONS

1. Rinse the lentils and soak them in water for 30 minutes.
2. Heat the olive oil in a medium sized pot over medium heat. Add the onions and lightly fry. Stir in the tomatoes and garlic and cook for another minute or two.
3. Stir in the tomato paste, coriander, cumin, salt, and pepper. Cook for another 2 minutes.
4. Stir in the chicken broth and lentils. Cook for 15-20 minutes or until the lentils are very soft.
5. Toward the end of cooking, stir the soup, lightly mashing the lentils against the side of the pan.



Recipe Source: Taste of South Sudan

# Kuindiong

Sweetened Semolina

## INGREDIENTS

- ▶ 1 litre water
- ▶ 560g natural yogurt
- ▶ 250ml milk
- ▶ 360g semolina
- ▶ 220g sugar

## MIOK

- ▶ 500g butter
- ▶ 560g natural yogurt

ORIGIN: **SOUTH SUDAN**

Kuindiong is a traditional dessert typically prepared by the Dinka people in Southern Sudan.

## COOKING INSTRUCTIONS

1. Bring the water to the boil in a saucepan and stir in the natural yogurt. Reduce heat to low, then add the milk, semolina and sugar. Stir until mixture thickens.
2. To make miok, melt the butter in a small saucepan over medium heat, then stir in the yogurt. Bring to the boil, stirring constantly, and continue to cook for 20 minutes or until butter and yogurt separate.
3. Immediately remove from heat once yogurt granules turn a pale, nutty color. Serve kuindiong topped with miok.

Recipe Source: SBS

