



"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!



**WORLD
REFUGEE DAY**

RECIPES

JUNE 17 WORLD REFUGEE SABBATH ADRA.org/WorldRefugeeSabbath

Cholar Dal

ORIGIN: **BANGLADESH**

A traditional dish that does well with roti, paratha or any other kind of flat bread.



INGREDIENTS

- ▶ 2 cups spilt chickpeas
- ▶ 1 bay leaf
- ▶ 2 Dried Red chillies
- ▶ 2 cardamom pods
- ▶ 1" cinnamon stick
- ▶ 2-3 cloves
- ▶ 1 tbsp fresh coconut finely chopped
- ▶ 4-5 slit Green chillies
- ▶ 1 tablespoon Ginger paste
- ▶ 1 tsp turmeric powder
- ▶ ½ tsp whole Cumin seeds
- ▶ 1 tsp Ghee
- ▶ 2 tbsp oil
- ▶ 2 tsp sugar or to taste
- ▶ Salt to taste

COOKING INSTRUCTIONS

1. Soak Spilt chickpeas for 4-5 hours or overnight.
2. Wash and boil split chickpeas with ½ tsp salt. After boiling don't drain away the water.
3. Heat oil and then temper with cardamom, cinnamon, cloves, bay leaf, dried red chillies and whole cumin seeds. Stir it and then add the chopped coconut.
4. Fry the coconut until it is light brown. Add the ginger paste and stir it.
5. After 1-2 minutes add boiled spilt chickpeas and then add slit green chillies, turmeric powder and salt. Cook it for about 6-8 mins on medium heat.
6. Add ghee and sugar; cover the lid and remove from heat.



Recipe Source: *Banglarecipes*

Chichinga Bhaji

Fried Zucchini

ORIGIN: **BANGLADESH**

A simple recipe that can be used with other similar vegetables like gourds or eggplants.

INGREDIENTS

- ▶ 1 tablespoon oil
- ▶ ½ tsp kalojira (nigella)
- ▶ 1 tsp cumin seeds
- ▶ 1 or 2 dried red chillies
- ▶ 1 large onion, chopped
- ▶ 1 or 2 cloves of garlic, chopped

COOKING INSTRUCTIONS

1. Heat the oil in a pan over medium high heat.
2. Add the nigella and cumin seeds and fry for 1 minute.
3. Add the onion and garlic and fry until translucent.
4. Increase heat to high and add in the Zucchini and the remaining ingredients except for the yogurt.
5. Stir fry for 5 minutes and then reduce heat to medium.

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Chichinga Bhaji, continued

Chichinga Bhaji

Fried Zucchini

ORIGIN: **BANGLADESH**

A simple recipe that can be used with other similar vegetables like gourds or eggplants.



INGREDIENTS

- ▶ 3 medium Zucchini, peeled and cubed
- ▶ 1 tsp coriander powder
- ▶ 1 tsp cumin powder
- ▶ ¼ tsp red chili powder
- ▶ 1 medium bay leaf
- ▶ ¼ cup yogurt

COOKING INSTRUCTIONS

6. Cover and cook, stirring occasionally until Zucchini is cooked (15–20 minutes).
7. Add in the yogurt and stir fry for 5 minutes.

Recipe Source: *The Bangladeshi Kitchen*



Bae Ou Chin Hin

Golden Egg Curry

ORIGIN: **MYANMAR**

A beautiful curry that's mildly chilli hot.



INGREDIENTS

- ▶ 4 large eggs
- ▶ 80 ml (⅓ cup) peanut oil or unroasted sesame oil
- ▶ ½ tsp turmeric
- ▶ 2 small shallots, minced
- ▶ 2 tsp minced garlic
- ▶ ¼ tsp red chilli powder or cayenne, or to taste
- ▶ 2 medium tomatoes (about ½ lb), finely chopped
- ▶ 2 tsp fish sauce
- ▶ ½ tsp salt, or to taste
- ▶ 2 or 3 green cayenne chillies, seeded and sliced lengthwise into 3 or 4 strips each

COOKING INSTRUCTIONS

1. Place the eggs in a saucepan, add cold water to cover, bring to a boil, and cook at a medium boil for 8 minutes. Drain the eggs and cool in cold water. When the eggs are cool enough to handle peel them.
2. Heat the oil in a wide heavy frying pan (skillet) over medium-high heat. Add the turmeric and stir to dissolve it. When the oil is hot enough to sizzle when a drop of water is dropped into it, add the peeled eggs and fry until golden and a little blistered all over: cook on each side in turn, then try to balance the eggs on their ends to cook the tips. With a slotted spoon, lift the eggs out of the hot oil and onto a plate. Cut them lengthwise in half and set aside.
3. Pour off all but 2 to 3 tbsp of the oil (the oil can be used again for stir-frying). Heat the oil remaining in the pan over medium heat, add the shallots and garlic, and fry briefly, until translucent. Add the chilli powder and tomatoes and, stirring frequently to prevent sticking, cook at a strong simmer until the tomatoes have broken down into a softened mass, about 10 minutes.
4. Stir in the fish sauce and salt, then taste and adjust the seasoning if you wish. Raise the heat to medium-high, add the chilli strips, and stir. Place the eggs cut side down in the sauce and cook until the oil sizzles, about 3 minutes. Serve hot or at room temperature.

Recipe Source: *Burma: Rivers of Flavor*

Khauk Swe Thoke

ORIGIN: **MYANMAR**

Noodle Salad

This is a hearty salad full of refreshing flavours and textures, and a favourite dish in Myanmar cuisine.

INGREDIENTS

SALAD

- ▶ 2 Asian red eschalots, thinly sliced, soaked in water for 10 minutes
- ▶ 500g flat thin egg noodles, blanched, refreshed
- ▶ 1 tbsp Chickpea flour
- ▶ 2 tbsp finely crushed peanuts
- ▶ 2 cups cabbage, thinly shredded
- ▶ Fish sauce to taste

GARLIC OIL

- ▶ 150ml (1 cup) peanut oil
- ▶ 10 garlic cloves, thinly sliced
- ▶ Pinch of ground turmeric

TAMARIND SAUCE

- ▶ 2 tbsp chilli sauce
- ▶ 2 tsp caster sugar
- ▶ 100g (1/3 cup) tamarind pulp concentrate

GARNISH

- ▶ Chopped roast peanuts, chilli oil and lime wedges

COOKING INSTRUCTIONS

1. To make garlic oil, heat oil over medium heat until hot and stir in turmeric. Add garlic and cook, stirring, for 2 minutes or until golden. Remove garlic with a slotted spoon and reserve. Remove oil from heat and set aside to cool. Place garlic in a sterilised jar (see Cooking Notes) and pour over oil. Leftover oil will keep for 1 month.
2. To make tamarind sauce, stir all ingredients in a small jug with 80 ml warm water to form a runny sauce. Set aside.
3. To assemble salad, drain eschalots and place in a large bowl with noodles, chickpea flour, crushed peanuts, 80 ml garlic oil, tamarind sauce and cabbage. Using hands, mix to combine. Season with fish sauce, to taste. Scatter with peanuts and drizzle with chilli oil. Serve with lime.



Recipe Source: SBS Food

Bien Me Sabe

Coconut Cream Cake

INGREDIENTS

- ▶ (1 cup) flaked coconut, toasted, to decorate
- ▶ ¼ tsp ground cinnamon, to sprinkle

COCONUT CREAM FILLING

- ▶ 250 ml (1 cup) coconut cream
- ▶ 250 ml (1 cup) milk
- ▶ 6 egg yolks
- ▶ 2 tbsp caster sugar
- ▶ 2 tbsp cornflour
- ▶ 125 ml (½ cup) thickened cream

BUTTERCAKE

- ▶ 200 g (1½ cups) self-raising flour
- ▶ 115 g (¾ cup) plain flour
- ▶ 295 g (1½ cup) caster sugar
- ▶ 185 g butter, softened
- ▶ 125 ml (½ cup) milk
- ▶ 3 eggs, at room temperature
- ▶ 1½ tsp natural vanilla extract or essence

SYRUP

- ▶ 60 ml (¼ cup) water
- ▶ 55 g (¼ cup) caster sugar

MERINGUE TOPPING

- ▶ 3 egg whites
- ▶ 165 g (¾ cup) caster sugar
- ▶ 1 tsp vanilla essence

ORIGIN: **VENEZUELA**

The Spanish name of this Venezuelan cake, bien me sabe, simply translates to 'tastes good to me'!

COOKING INSTRUCTIONS

- To make the coconut cream filling**, heat the coconut cream and milk in a medium saucepan, over low heat, stirring occasionally, until almost simmering. Remove from heat. Use a balloon whisk to whisk the egg yolks, sugar and cornflour together in a heatproof bowl until well combined. Gradually whisk in the coconut cream mixture until smooth and well combined. Return the mixture to the saucepan over low heat and stir constantly with the whisk until the mixture thickens and comes to a simmer. Transfer to a heatproof bowl, cover the surface of the custard with plastic wrap and refrigerate for at least 2 hours or until chilled.
- To make the buttercake**, preheat the oven to 180°C (160°C fan-forced). Grease 3 x 20 cm (base measurement) square cake tins and line the base and two sides of each with one piece of baking paper. Place both the flours, sugar, butter, milk, eggs and vanilla in a large mixing bowl. Use an electric mixer to beat on low speed until combined. Increase the speed to medium and beat for 3 minutes or until the mixture is well combined and very pale in colour. Divide the mixture evenly among the lined tins and use the back of a spoon to smooth the surfaces. Bake for 20 minutes or until cooked when tested with a skewer. Cool for 5 minutes in the tins, then turn onto a wire rack to cool (this will take about 30 minutes).
- When the custard mixture is well chilled, use an electric mixer with a whisk attachment or a balloon whisk to whisk the cream until soft peaks form. Fold into the custard. Cover and return to the fridge until ready to assemble the cake.
- To make the syrup**, combine the water and sugar in a small saucepan and stir over low heat until the sugar dissolves. Bring to a simmer, remove from heat. Set aside.
- To assemble the cake**, line a deep 20 cm (base measurement) cake tin with two strips of baking paper. Place the first buttercake inside the tin and brush one third of the syrup over the cake, then spread half the coconut cream filling evenly over the top. Top with another cake layer, brush with half the remaining syrup and spread with the remaining custard. Top with the remaining cake and brush with the remaining syrup. Cover the tin with plastic wrap and refrigerate overnight.
- When ready to serve, make the meringue topping by combining the egg whites and sugar in a medium heatproof bowl and place over a saucepan of simmering water (make sure the bowl doesn't touch the water). Stir with a spatula until the sugar is dissolved and the mixture is heated through.



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Bien Me Sabe

Coconut Cream Cake

ORIGIN: **VENEZUELA**

The Spanish name of this Venezuelan cake, bien me sabe, simply translates to 'tastes good to me'!



INGREDIENTS

COOKING INSTRUCTIONS

Transfer the egg white mixture to the bowl of an electric mixer and whisk with an electric mixer with a whisk attachment on medium-high speed until very thick and glossy and the mixture has cooled to room temperature. Whisk in the vanilla.

7. Spread the meringue topping over the top and sides of the cake. Sprinkle with the coconut and cinnamon. Use a blow torch to toast the meringue lightly on the sides, if desired. Cut into portions to serve.

Recipe Source: SBS Food



Arepa de frijoles Venezolana

Black Bean Arepas

ORIGIN: **VENEZUELA**

A traditional Venezuelan snack!



INGREDIENTS

COOKING INSTRUCTIONS

- ▶ ¼ cup plus 2 teaspoons vegetable oil
- ▶ 2 cloves garlic, chopped
- ▶ One 15-ounce can black beans, rinsed and drained
- ▶ 1 chipotle chilli in adobo sauce
- ▶ Kosher salt
- ▶ 1 small red onion, halved and thinly sliced

1. Heat 2 teaspoons of the oil in a small saucepan over medium heat until shimmering. Add the garlic and cook, stirring until lightly golden, about 1 minute. Add the beans, chipotle in adobo sauce, ½ cup water and ½ teaspoon salt. Bring to a boil then remove from the heat and set aside. Combine the onion, lime juice and a pinch of salt in a small bowl and set aside.
2. Position a rack in the centre of the oven and preheat to 350 degrees F.
3. Stir together 2½ cups lukewarm water and 1½ teaspoons salt in a large bowl. Gradually add the corn meal into the water, using your fingers to stir and combine, until a soft and moist dough forms.

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Arepa de frijoles Venezolana

ORIGIN: **VENEZUELA**

Black Bean Arepas

A traditional Venezuelan snack!

INGREDIENTS

- ▶ Juice of 2 limes (about ¼ cup)
- ▶ 2 cups pre-cooked white corn meal, such as P.A.N.
- ▶ ½ cup fresh cilantro leaves
- ▶ ¼ crumbled Cotija cheese
- ▶ 1 small mango, thinly sliced
- ▶ 1 avocado, halved and thinly sliced

COOKING INSTRUCTIONS

4. Divide the dough into 8 golf ball-size balls. Press each ball flat into an even ½-inch-thick patty.
5. Heat the remaining ¼ cup oil in a large skillet over medium-low heat until shimmering. Working in batches, cook the corn patties until golden brown, about 7 minutes per side (making sure the oil is hot for each batch). Transfer to a cooling rack set on a rimmed baking sheet and bake until the edges are crisp and golden, about 10 minutes.
6. Add the cilantro and Cotija cheese to the onions and toss to combine.
7. When the arepas are cool enough to handle, use a thin serrated knife to slice a third of the way through each arepa. Then use the knife tip to cut open the center of each to form a pocket, taking care to keep the sides intact. Wipe down the knife between cuts to remove any sticky cornmeal. Stuff the arepas generously with slices of mango, avocado, the onion mixture and beans.



Recipe Source: Food Network