

# Recipes

## Mango Bread

Ghana

- 2 cups all-purpose flour
- 2 teaspoons ground cinnamon
- ½ cup vegetable oil
- 3 eggs
- 3 cups peeled, seeded, and chopped mango
- ½ cup raisins
- ½ cup shredded coconut
- 2 teaspoons baking soda
- ½ cup butter, softened
- 1½ cups white sugar
- 1 teaspoon vanilla extract
- ½ cup chopped walnuts

Preheat oven to 350°. Lightly grease two 9x5 inch loaf pans. In a large bowl, sift together flour, baking soda, salt and cinnamon. In a large bowl, beat together the butter, oil and sugar until light and fluffy. Stir in the eggs one at a time, beating well with each addition, then stir in the vanilla. Blend this mixture into the flour mixture; just to combine. Fold in the mango, raisins, walnuts and coconut; mixing just enough to evenly combine. Let stand for 20 minutes, then bake in preheated oven for 50 to 60 minutes or until a toothpick inserted into center of the loaf comes out clean.

## Arroz Guatemalteco

Guatemala

- 2 cups rice
- 2 tablespoons peanut oil
- 1 cup mixed vegetables (carrots, celery, red peppers, peas)
- 4 cups chicken or beef stock

Sauté rice in oil, until rice has absorbed the oil but has not changed color. Add vegetables, salt and pepper, and 4 cups of stock. Bring to a boil, cover, reduce heat and simmer until liquid has been absorbed, about twenty minutes.

## Mealie Soup Superb

South Africa

- 1 cup yellow onion, finely chopped
- 2 oz. butter
- 1 cup fresh tomatoes, cubed
- 2 cups canned kernel corn
- 2 cups cream-style canned corn
- 1 tablespoon salt
- 1 teaspoon pepper
- 1 can evaporated milk
- 3 cups chicken stock

Sauté onions in butter until soft but not brown. Add tomatoes, simmer for about 3 minutes. Add remaining ingredients. Simmer gently, covered, for about 15 minutes. Serve piping hot with crackers.

One of the secrets in making this soup is using evaporated milk instead of regular milk.

## Baked Sweet Potato

Papua New Guinea

- 3 cups mashed sweet potato
- 3 eggs
- 3 tablespoons butter
- ½ teaspoon cinnamon
- 3 tablespoons finely sliced onions
- 1 tablespoon milk
- salt and pepper to taste

After mashing the cooked sweet potato, mix in the butter, onion, milk, cinnamon, salt and pepper. Separate the egg whites from the yolks. Beat them separately. Fold the egg yolks into the mashed potato followed by the egg whites.

Place mixture in a greased baking dish. Brush the top with butter and bake in the oven with the dish placed in a pan of water for 35 to 40 minutes at 325 degrees.

