

Phad Pauk Ruam

Full of gorgeous color and flavor, stir-fried vegetables are a staple throughout Thailand and much of Asia.

10 fresh button mushrooms

10 fresh straw mushrooms

2 medium tomatoes, chopped

1 head broccoli, chopped

1 carrot, chopped

1/2 cup baby corn, chopped

1/2 cup fresh asparagus, chopped

8 garlic cloves, finely chopped

3 tbsp vegetable oil

2 tbsp oyster sauce

1 tsp soy sauce

½ tbsp sugar

Boil baby corn, broccoli, carrot, asparagus, mushrooms, and tomatoes (or any of your favorite veggies) for 5 minutes, then immerse in cold water briefly.

Pour oil into a large pan and heat. Add garlic, oyster sauce, sugar, soy sauce, and vegetables. Stir fry and serve.



Coconut Mahamri

Due to its exotic flavor, this traditional Swahili sweet snack is considered a Kenyan delicacy.

2 cups all-purpose flour

½ cup sugar

1 tsp cardamom powder

1/2 tsp ghee (or unsalted butter)

1 cup heavy coconut milk from can (approximately)

1 ½ tbsp instant yeast

Add cardamom to the flour, followed by sugar and yeast. Rub in the ghee (or butter). Add the coconut milk gradually as you start kneading the dough until it all comes together. Turn over onto your work surface and knead for a minimum of 5 minutes.

Roll into a log-like shape and divide into 5 equal balls. Dust these balls with some flour and cover with a plastic bag for about 45 minutes or until risen to almost twice their size. Roll the balls into 6-inch circles (½-inch thickness) and cut them into 4 pieces.

Preheat cooking oil in a pan on medium heat and then cook your mahamri for about a minute on each side.



Aguachile

Try this fresh, spicy appetizer, which reminds Mexicans of summer, the beach, friends, and family.

1 lb fresh medium shrimp

Juice of 5-10 limes

1/2 medium red onion, chopped

1 large cucumber, sliced

1 avocado, sliced

Salt and pepper, to taste

SALSA:

2 garlic cloves

1-3 serrano chilies

Juice of 1 lime

Cilantro, to taste

Place unshelled, deveined shrimp in bowl with enough lime juice to cover the shrimp. Put in refrigerator. Leave while preparing dish or overnight. The lime juice will "cook" the shrimp, but you can sauté shrimp if desired.

Rough-chop chilies, crush garlic, and place in blender. Add lime juice and cilantro. Blend to a thick salsa consistency. Salt and pepper to taste. Thinly slice onion. Peel, deseed and dice cucumber and avocado. Remove shrimp from refrigerator. It should be opaque and white.

Add salsa to shrimp and mix. Add onion, cucumber and avocado. Serve with tostadas or tortilla chips.

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