

Ethnic Meal

Description:

ethnic foods eaten according to different cultural rules

Aim: awareness of and appreciation for different cultures

Audience: teenagers through adults, minimum 8

Time: 1 hour

Equipment: ingredients listed, cooking and serving utensils, jug, bowl, sheets, no silverware

Scripture to Study:
1 Timothy 4:4

Leader's Instructions:

Pre-class Preparations: Delegate food preparation. Give the recipes to cooks and arrange for the meal to be ready to serve at your meeting place just before you want to eat. Set up the room for the meal by laying two rows of clean sheets on the floor. Around the outer edge of each sheet, lay out a small plate for each participant. Women will end up sitting around one table and men around the other.

Class Time:

1. Turn on ethnic background music.
2. Read aloud the Audience's Instructions:
The meal you are about to share will probably be unlike others you have had before. You are going to eat as if you are living overseas in an unfamiliar culture. In order not to offend the local people, you need to keep as closely as possible to the local mealtime customs. Here are the cultural rules you need to follow:
 - ◆ Everyone removes their shoes before coming to the *table* (sheet).
 - ◆ Everyone washes their hands before eating. This is to demonstrate ritual cleanliness rather than good hygiene.
 - ◆ Everyone sits on the floor to eat.
 - ◆ Men are served by the women. Women eat after men are served.
 - ◆ Men and women sit around different *tables* (sheets).
 - ◆ There is no silverware except for serving spoons. Everyone eats with their right hands only. The left is reserved for all other unmentionable activities!
3. Ask the participants to take off their shoes.
4. Use a jug of water over a bowl to *clean* the participants' hands. Large groups use more than one bowl and jug. Pour the water over their hands. No towels are provided.
5. Have men sit around one sheet while women come get the serving bowls and spoons.
6. Hand out serving bowls to women and have them serve the men before taking the bowls to their own table and sharing what is left.
7. Lead the group in the grace that follows. The leader says a phrase and the participants repeat it in unison.

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Grace:

Here is a grace that is used by the Kouya people of Cote d'Ivoire. The words have been translated back into English, keeping the flavor of Kouya speech.

Let's pray.

Lord God, owner of earth and sky, we thank You.

You put your good hand upon us, and You added this day to our years, and for this reason we give You thanks.

You have given us faith, and You have given us this food. For this we thank You.

Father God, put your good hand on this food and bless it. Take out anything bad which may be in it, and when we've eaten, may we have peace.

In your name and in your Son, Jesus' name.

So be it.

Menu:

Select some of the following recipes to serve at the ethnic meal. Quantities given serve approximately twelve people. Choose a selection of dishes for variety. All recipes, except the Chicken Tandoori, are suitable for vegetarians. Pliable, tortilla-like flat breads make eating by hand a lot easier. Just tear off a two- or three-inch square and use it with your thumb and first two fingers to pinch up a bite of food. Then, quickly get it to your mouth!

Main Dishes:

African Groundnut Stew
Chicken Tandoori
Indian Dahl

Side Dishes & Relishes:

Tzaiziki
Tomato Chutney
Yellow Rice
Pliable flat breads like tortillas, gorditas, popadoms, nan bread
Pineapple, banana, tomato slices
Peanuts

Drinks:

Water dipped from a clean bucket. In advance, you may add a few drops of food coloring and dried herbs for additional realism.

Notes:

Recipes:

African Groundnut Stew

Ingredients:

3 lbs. of pork or chicken	4 Tablespoons tomato puree
3 medium onions	6 cups chicken stock
1 red pepper	salt to taste
2 Tablespoons oil	
1 16 oz. jar peanut butter, preferably no oil or sugar added	

Method:

1. Cut meat into bite-sized chunks, stir fry and set aside. (Leave out meat for vegetarian version over rice.) Meat is an expensive treat.
2. Chop and fry onions in oil.
3. Stir in peanut butter and fry for two more minutes.
4. Add stock gradually to form a smooth sauce.
5. Mix tomato puree with a little water and add to the pan.
6. Add chopped red pepper and salt.
7. Add meat and serve.

Chicken Tandoori

Ingredients:

One 4 lb. chicken (whole, portions, or drumsticks)	
2 medium onions	1 teaspoon chili powder
1/2 cup plain yogurt	1 Tablespoon vinegar
4 cloves garlic	1 Tablespoon Worcestershire sauce
2 Tablespoons ginger root	1 teaspoon garam masala*
1 teaspoon ground coriander	2 Tablespoons butter
1 teaspoon ground cumin	4 Tablespoons lemon juice
salt to taste	(*a spice from Asian or Indian

Method:

1. Wash the chicken. Then make 3 or 4 cuts on each side of the bird or on each portion so seasonings can seep into meat.
2. Grind onion, garlic and ginger to a paste and then add the cumin, coriander, chili, garam masala and salt.
3. Beat the yogurt in a bowl. Add the paste (#2), vinegar, Worcestershire sauce and half the lemon juice. Mix thoroughly.
4. Rub the mixture on the chicken and allow to marinate for 5 hrs.
5. Preheat the oven to 375 degrees F. Roast chicken in pan for 1^{1/2} hours or until thoroughly cooked. Baste with remaining lemon juice and butter every 30 minutes. Cut into portions and serve.

Indian Dahl

Ingredients:

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| 1 1/2 lbs. red lentils | 2 Tablespoons butter or oil |
| 2 medium onions finely sliced | 3 cloves garlic |
| 1 Tablespoon ginger root | 1 teaspoon ground turmeric |
| 1 teaspoon ground cumin | 1 1/2 cup hot water |
| 1 teaspoon salt | 1 teaspoon garam masala* |
- (*a spice from Asian or Indian grocery/specialty stores)

Method:

1. Wash lentils thoroughly and remove those that float to surface.
2. Finely chop onion, garlic and ginger.
3. Heat oil and fry onion, garlic and ginger until onion is golden.
4. Add turmeric and cumin. Stir well.
5. Add drained lentils and stir for 2 minutes on medium high heat.
6. Add hot water, bring to boil and simmer on low heat, covered for about 15 minutes until lentils are about half cooked.
7. Add salt and garam masala. Mix well and continue to cook until lentils are soft and of the consistency of porridge or thick oatmeal.
8. If there's too much liquid, leave lid off pan and simmer longer.

Tomato Chutney

Ingredients:

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| 1 lb. of tomatoes | 2 cloves garlic |
| 1/2 cup sugar | 1/4 cup raisins |
| 1/2 cup malt vinegar | 1 teaspoon chili powder |
| 1 teaspoon ginger powder | salt to taste |

Method:

1. Peel tomatoes and cut into quarters.
2. Finely chop garlic.
3. Simmer tomatoes, ginger, garlic, chili and salt until the tomatoes are pulpy.
4. Add sugar, vinegar, raisins and cook until the mixture thickens.
5. Allow to cool. Serve, or refrigerate and use at later date.

Notes:

Notes:

Tzaiziki

Ingredients:

- 1/2 cup plain yogurt
- 1 cucumber
- 1/2 teaspoon salt
- 2 teaspoons cumin powder
- 1 teaspoon coriander

Method:

1. Finely chop onion and coriander.
2. Peel cucumber, cut into half lengthways and scoop out seeds. Cut into cubes.
3. Mix together cucumber, onion and salt and allow to stand for 5 minutes.
4. Squeeze the cucumber gently to remove excess liquid.
5. Mix together cucumber, onion and yogurt. Sprinkle in the cumin and fold over gently.
6. Sprinkle with coriander and chill for one hour before serving.

Yellow Rice

Ingredients:

- 3 cups white rice
- 6 cups water
- 2 teaspoons ground turmeric
- 2 teaspoons salt, or salt to taste

Method:

1. Whisk the turmeric and water together.
2. Bring water to a boil and add the salt. Pour in rice and stir until the water returns to a boil. (With instant rice, simply follow package directions, but add the turmeric and salt to water first.)
3. Cover with lid and simmer for twenty minutes or until the rice is tender and water is absorbed. With other types of rice, simply cook according to package directions. Brown rice takes longer and requires more water, for instance.
4. Serve piping hot.