

FEED MY STARVING CHILDREN®

MannaPack™

COOKBOOK





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Thank you to the St. Andrew Lutheran Church of Eden Prairie,
Minnesota's Benevolence Committee for their generous
support towards the printing of this cookbook.



FORWARD FROM NUTRITIONIST



• **Cade Fields-Gardner** •
MS, RDN, LDN, CD

MannaPack™ products can provide a solid base for a well-rounded and nutritious diet for beneficiaries both young and old. The products were designed for nutritional value and acceptability. The products contain a specifically-designed balance of calories with high-quality protein and important vitamins and minerals. Each ingredient is important to the balance and nutritional value of the meal. All of the ingredients in the packages should be used to provide balanced and nutritious meals.

This cookbook provides some examples of how the MannaPack™ products can be used as a part of a balanced diet prepared in a variety of ways. Each product is vegan and halal certified, which allows cooks the opportunity to be creative to match nearly any cultural or food preferences.

The **MannaPack™ Rice** product can be enhanced for both variety and nutritional value through its use in recipes that are tailored to the cultural preferences and regional resources.

Adding vegetables and protein foods gives these meals and the children or adults who consume them an even bigger nutritional boost.

MannaPack™ Potato-W was built to be a solid weaning and complementary food to fill the gap beyond exclusive breastfeeding and a baby's consumption of family foods. While it contains the nutrients in the balance and amounts recommended by the World Health Organization for children 7-12 months old, it can be used as a base for recipes that include other sources of calories, such as vegetables, fruits, protein foods and fats.

MANNAPACK™ RICE RECIPES

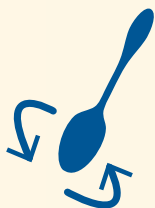


MANNAPACK™ RICE

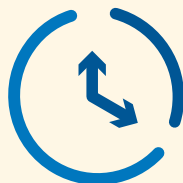
INSTRUCTIONS



Add contents of package
to 1.5L of boiling water.



Stir.



Cover and cook over low
heat for 20 minutes.
Makes six 240 ml servings.



PORRIDGE

MANNAPACK™ RICE



INGREDIENTS

- 2 MannaPack Rice
- ¼ cabbage, sliced
- 2 carrots, diced
- 2 onions, chopped
- 4 cloves garlic, sliced thin
- ½ handful sugar
- 24 g chicken powder
- Fish sauce to taste
- Salt to taste
- 2 L water
- 30 g bean sprouts
- 30 g peppers
- 10 g leeks

INSTRUCTIONS

Boil water and cook cabbage, carrots, onion and garlic until tender. When tender, add MannaPack Rice, fish sauce, chicken powder, sugar and salt. Cook until rice is tender. Serve with fresh bean sprouts, peppers and leeks. Additional fish sauce may be added to taste.

Submitted by Caring for Cambodia

បឋម

២ MannaPack អង្ករ
 ឆ្នាំស្តែក្តោបហាន់ជាចំនិត ¼
 ការ៉ុតហាន់ជាជុំៗ ២ផ្លែ
 ខ្លឹមបារាំងចិញ្ច្រាំ ២មើម
 ខ្លឹមសហាន់ជាចំនិត ៤កំពិស
 ស្ករសកន្លះទឹកដៃ
 ម្សៅមាន់ ២៤ក្រាម
 ទឹកត្រីដាក់តាមចិត្ត
 អំបិលដាក់តាមចិត្ត
 ទឹក ២លីត្រ
 សណ្តែកបណ្តុះ ៣០ក្រាម
 ម្រេច ៣០ក្រាម
 គល់សឹង ១០ក្រាម

ដាំទឹកឲ្យពុះរួចស្រុះ ឆ្នាំស្តែក្តោប ការ៉ុត ខ្លឹមបារាំង និង ខ្លឹមស
 រហូតដល់វាទន់។ ពេលដែលបន្លែទន់ហើយ ដាក់ MannaPack
 អង្ករ ទឹកត្រី ម្សៅមាន់ ស្ករស និង អំបិល លាយចូលគ្នា។
 ចំអិនរហូតដល់អង្ករទន់។ ទទួលទានជាមួយសណ្តែកបណ្តុះ
 ម្រេច និង គល់សឹង។ អាចបន្ថែមទឹកត្រីទៅតាមចំនូលចិត្ត។

SWEET BREAKFAST PORRIDGE

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 4 cups milk
- 4 cups water
- 2 bananas
- ½ cups sugar
- ½ cup dried fruit

INSTRUCTIONS

Bring water, milk, sugar and dried fruit to a boil. Add MannaPack Rice and simmer for 30 minutes until rice is cooked. Consistency should be thick but still liquid. Mash bananas and add to porridge. Additional milk or water may be added to thin out.

បបរផ្អែមអាហារពេលព្រឹក

១ MannaPack អង្ករ

ទឹកដោះគោ ៤កែវ

ទឹក ៤កែវ

ចេក ២ផ្លែ

ស្ករស កន្លះកែវ

ផ្លែឈើគ្រាម កន្លះកែវ

ដាក់ទឹក ទឹកដោះគោ ស្ករស និង ផ្លែឈើគ្រាមចំអិនឲ្យពុះ។ ដាក់ MannaPack អង្ករចូលហើយទុករយៈពេល៣០នាទីរហូតដល់អង្ករ ឆ្អិន។ បបរគួរតែខាប់បន្តិច។ បំបែកចេកឲ្យមត់រួចដាក់ចូលក្នុង បបរ។ យើងអាចបន្ថែមទឹកដោះគោ ឬ ទឹកដើម្បីឲ្យវាវាបន្តិច។

TAMALES

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 1.5 cups water
- 2 caps full cooking oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- ¼ kg chicken, chopped
- 1 handful spinach
- 3 hard boiled eggs
- 12 banana leaves

INSTRUCTIONS

Bring a small pot of water to a boil. Add eggs and reduce to a simmer. Cook eggs for 16 minutes, remove from heat, peel and set aside. Sauté onion, garlic, spinach and chicken together using water to deglaze. Stew until chicken is cooked and tender. Allow mixture to cool slightly and using a fork, break down chicken into small strands. Chop hard boiled eggs, incorporate into mixture and set aside. Add MannaPack Rice and blend into a fine powder. In a bowl, mix powder, 1.5 cups of water, oil and a pinch of salt. MannaPack Rice mixture should come together and be slightly moist but not dry. To make tamales, place a small handful of MannaPack Rice mixture on a banana leaf and flatten with the palm of your hand. Add a spoonful of chicken mixture to the center, cover completely with MannaPack Rice mixture and enclose in banana leaf. Repeat with remaining mixture. Steam for 20 minutes, allow to cool and serve.

Tamale

១ MannaPack អង្ករ

ទឹកមួយកែវកន្លះ

ប្រេងឆា ២គម្រប

ខ្លឹមបារាំងចំប្រាំ ១មើម

សាច់មាន់ចំប្រាំ ២៥០ក្រាម

ស្ពៃSpinach ១ក្តាប់ដៃ

ស៊ីតស្វាវ ៣គ្រាប់

ស្លឹកចេក ១២សន្លឹក

យកទឹកមួយឆ្នាំងតូចមកដាំឲ្យពុះ។ ដាក់ស៊ីតចូល ទុកចោល១៦ នាទី រួចស្រង់ចេញ បកសំបកហើយទុកនៅម្ខាង។ ឆាខ្លឹមបារាំង ស្ពៃ និងសាច់មាន់ដោយលាយជាមួយទឹក។ ចំអិនរហូតដល់សាច់ មាន់ឆ្អិនហើយទន់។ ទុកឲ្យវាត្រជាក់បន្តិចរួចយកសមមកបំបែក សាច់ឲ្យទៅជាតូចៗ។ ចំប្រាំស៊ីតស្វាវ រួចយកវាទៅលាយជា មួយសាច់មាន់ឆាហើយទុកនៅម្ខាង។ កិន MannaPack អង្ករ ឲ្យទៅជាម្សៅ។ យកម្សៅនោះដាក់ចូលបានជំមួយហើយ លាយជាមួយ ទឹកមួយកែវកន្លះ ប្រេងឆា និង អំបិលមួយចុងកូន ស្លាបព្រា។ ម្សៅដែលលាយរួចត្រូវតែមានសំណើមបន្តិច មិនមែនស្ងួតទេ។ ដើម្បីវេច Tamale យើងត្រូវដាក់ម្សៅដែលលាយ រួចមួយកណ្តាប់ដៃទៅលើស្លឹកចេករួចយកដៃវែកវាឲ្យស្មើ។ យកសាច់មាន់ឆាមួយស្លាបព្រាដាក់នៅចំកណ្តាលម្សៅហើយយក ម្សៅរុំរួចវេចចងវាឲ្យជិតជាមួយស្លឹកចេក។ បន្តធ្វើដដែលៗ រហូតអស់ម្សៅ។ ចំហ៊ុយរយៈពេល ២០នាទីទុកឲ្យត្រជាក់ ល្មមទើបទទួលទានបាន។

MR. MUNG'S SWEET PORRIDGE

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 2.5 L broth or water
- Cane sugar to taste

INSTRUCTIONS

Combine broth or water and MannaPack Rice over heat, stirring continually. When MannaPack Rice is tender, remove from heat and let sit to thicken. Stir in sugar to taste. Note: Sugar should be used in lowest volume possible, as it will begin to minimize nutritional benefits in higher volumes.

မစ္စတာမောင်၏ ဆန်ပြုတ်အချို့

MannaPack ဆန်တစ်ထုပ်

ဟင်းရည် သို့မဟုတ် ရေ 2.5 လီတာ

အရသာအတွက် ကြံသကြား

အပူပေးထားသော အိုးထဲတွင် ဟင်းရည် (သို့) ရေ နှင့် MannaPack ဆန်တို့ကို ဆက်တိုက် မွှေပေးပါ။ MannaPack ဆန် နူးလာသောအခါ အပူထုတ်လိုက်ပြီး ပြစ်သွားအောင် အနည်ထိုင်လိုက်ပါ။ အရသာအတွက် သကြားထည့်ပေးပါ။ မှတ်ချက်- အဟာရဓာတ်များကို နည်းသွားစေတတ်သောကြောင့် သကြားကို တတ်နိုင်သမျှ အနည်းဆုံး သုံးပါ။

MUNG & SQUASH STEW

MANNAPACK™ RICE



INGREDIENTS

- 1 cup mung beans
- 1 MannaPack Rice
- 11 cups water
- 2 handfuls spinach
- 1 knorr chicken cube
- 2 cups squash, cubed
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 thumb length ginger, chopped

INSTRUCTIONS

Cook mung beans in four cups of water for 45 minutes and set aside. Sautee onions and ginger in oil until tender. Add seven cups of water and bring to a boil, then add squash and MannaPack Rice. Reduce to simmer and cook for 30 minutes or until squash is tender and MannaPack Rice is fully cooked. Add cooked mung beans and season to taste.

Mung & Squash Stew

ပဲတီစိမ်း ပဲနှင့် စကွက်ရှို ဟင်းနှစ်

ပဲတီစိမ်း ပဲ 1 ခွက်

ရေ 11 ခွက်

MannaPack ဆန် 1 ထုပ်

ဟင်းနုနွယ်ရွက် လက်နှစ်ဆုပ်စာ

ခနော ကြက်သားမှုန့် 1 ခဲ

စကွက်ရှို 2ခွက်၊ အခဲ

နပ်နပ်စင်းထားသော ကြက်သွန်နီ 1 လုံး

နပ်နပ်စင်းထားသော ကြက်သွန်ဖြူ 2 ဖွာ

နပ်နပ်စင်းထားသော လက်မအရွယ် ဂျင်း

ပဲတီစိမ်း ပဲများကို ရေလေးခွက် ထည့်ပြီး 45 မိနစ်ခန့် ပြုတ်ပါ။ ထို့နောက် ရေစစ်ပြီး ဘေးကို ခဏဖယ်ထားပါ။ ကြက်သွန်နီနှင့် ချင်းများကို ပျောသွားသည်အထိ ဆီထဲတွင် ထည့်ကြော်ပါ။ ရေခုနစ်ခွက် ထည့်ပြီး ဆူအောင်တည်ပါ။ ထို့နောက် စကွက်ရှိုနှင့် MannaPack ဆန်တို့ကို ထည့်ပါ။ အပူကို ရေဆူမှတ်အောက် လျော့လိုက်ပြီး မိနစ် 30 သို့မဟုတ် စကွက်ရှုပ် နူးလာပြီး MannaPack ဆန် ကောင်းစွာ ကျက်သည်အထိ ချက်ပါ။ ချက်ထားသော ပဲများ နှင့် အရသာ ထည့်ပါ။

“SCOTCH” EGG

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 1 cup mung beans
- 2 eggs
- Flour as needed
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 cassava, cubed
- 8 hard boiled eggs
- 6 cups water

INSTRUCTIONS

Cook mung beans in four cups of water for 45 minutes, drain and set aside. Bring a small pot of water to a boil. Add eggs and reduce to a simmer. Cook eggs for 16 minutes, then remove from heat, peel and set aside. Sauté onions and ginger in oil until tender. Add six cups of water, MannaPack Rice and cassava. Reduce to a simmer and cook for 30 minutes or until rice is cooked and cassava is tender. Allow to cool slightly, then add drained mung beans. Using the back of a spoon, lightly break up cassava and mung beans until they become paste-like. Beat eggs and add to mixture. Mixture should form together without flour, but flour may be used if mixture is too wet. Mixture should be easily workable and not stick to fingers. Take a handful of mixture and separate into two halves. Make indents and place hard boiled egg into half of mixture. Use other half to cover egg completely. Repeat with remaining eggs. Shallow fry or bake until warm.

ကြက်ဥ ဆန်လုံးကြော်

Mannapack ဆန် 1 ထုပ်

ပဲတီစိမ်း 1 ခွက်

ကြက်ဥ 2 လုံး

ဂျုံလိုအပ်သလောက်

နပ်နပ်စင်းထားသော ကြက်သွန်နီ 1 လုံး

နပ်နပ်စင်းထားသော ကြက်သွန်ဖြူ 2 မွှာ

ပီလောပီနံ 1 ခဲ

ကျက်အောင် ပြုတ်ထားသော ကြက်ဥ 8 လုံး

ရေ 6 ခွက်

ပဲတီစိမ်းများကို ရေလေးခွက် ထည့်ပြီး 45 မိနစ်ခန့် ပြုတ်ပါ။ ထို့နောက် ရေစစ်ပြီး ဘေးကို ခဏဖယ်ထားပါ။ ရေနည်းငယ်ထည့်ထားသော အိုးကို ဆူအောင် တည်ထားပါ။ ကြက်ဥများထည့်လိုက်ပြီး အပူလျော့တည်ပါ။ ကြက်ဥကို 16 မိနစ်ခန့်ပြုတ်ပြီးနောက် အပူကို ပိတ်လိုက်ပါ။ အခွံခွာပြီး ဘေးကို ခဏ ထားလိုက်ပါ။ ကြက်သွန်နီနှင့် ချင်းများကို ပျော့သွားသည်အထိ ဆီထဲတွင် ထည့်ကြော်ပါ။ ရေခြောက်ခွက်၊ MannaPack ဆန်နှင့် ပီလောပီနံတို့ကို ထည့်ပါ။ ရေဆူမှတ်အောက် အပူချိန်ကို လျော့ချလိုက်ပြီး မိနစ် 30 သို့မဟုတ် ဆန်နှင့် ပီလောပီနံတို့ နူးလာသည်အထိ ချက်ပါ။ အေးသွားစေရန် ဓမ္မတ္တထားပြီးနောက် ရေစစ်ထားသော ပဲများကို ထည့်ပါ။ ဇွန်း၏ နောက်ပိုင်းကို သုံးပြီး ပဲနှင့် ပီလောပီနံများ ကျော့သွားပြီး အနှစ်ပုံစံ ဖြစ်လာစေရန် အနည်းငယ် ဖိပေးပါ။ ကြက်ဥများကို ခွဲလိုက်ပြီး ထိုအိုးထဲသို့ ထည့်ပါ။ ဂျုံမပါဘဲ အနှစ်များသည်ပုံသွင်းပြုလုပ်နိုင်သည့် အခြေအနေကို ရသင့်သည်။ သို့သော် အနှစ်သည် အလွန်ကျနေပါက ဂျုံထည့်ပါ။ အနှစ်များသည် လုပ်ကိုင်ရန် လွယ်ကူပြီး လက်ချောင်းများတွင် ကပ်နေခြင်း မရှိရပါ။ အနှစ်ကို လက်တစ်ဆုပ်စာ ယူလိုက်ပြီး နှစ်ပိုင်းခွဲလိုက်ပါ။ အနှစ်ကို အနည်းငယ် ပြားလိုက်ပြီး ကျက်အောင်ပြုတ်ထားသော ကြက်ဥကို ထည့်လိုက်ပါ။ ကျန်သော အနှစ်ကို ကြက်ဥအား လုံးဝ ဖုံးအုပ်သွားစေရန် အသုံးပြုပါ။ ကျန်သော ကြက်ဥများကိုလည်း ထိုနည်းအတိုင်းပြုလုပ်ပါ။ ပူလာသည်အထိ ဆီနည်းနည်းဖြင့် ကြော်ခြင်း (သို့) ဖုတ်ခြင်း ပြုလုပ်ပါ။

BINIGNIT

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 6 pieces saging saba
- 1 gabi
- 1 cassava
- ½ camote
- ½ jackfruit
- 1 cup sago
- ½ cup brown sugar
- 1 cup sticky rice
- 1 cup coconut milk
- 3 L water

INSTRUCTIONS

Boil water and add sticky rice, MannaPack Rice and sago. Return to a boil and add gabi, cassava and camote, then add saging saba, coconut milk and brown sugar. Serve hot.

Submitted by International Care Ministries

BINIGNIT

- 1 MannaPack Rice
- 6 pirasong saging na saba
- 1 gabi
- 1 kamoteng kahoy
- 1 kamote
- ½ langka
- 1 tasa ng sago
- ½ tasa ng pulang asukal
- 1 tasa ng malagkit na bigas
- 1 tasa ng gata ng niyog
- 3 litro ng tubig

Pakuluin ang tubig at idagdag ang malagkit na bigas, MannaPack Rice at sago. Pakuluin ulit at idagdag ang gabi, kamoteng kahoy at kamote. Pagkatapos ng mga 3-5 minuto idagdag ang saging saba, gata at pulang asukal. Lutuin hanggang lumambot. Ihain habang mainit.

CHICKEN & RICE

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 250 g chicken, cut into pieces
- ½ knorr chicken cube
- 1 handful Malunggay leaves
- 2 cloves garlic
- ½ onion
- 6 cups water
- Salt to taste
- Cooking oil to coat pan

INSTRUCTIONS

Chop onion into thin strips and sauté with just enough oil to coat pan. Chop garlic, add chicken and cook until slightly browned. Add water and bring to a boil, then add knorr cube and MannaPack Rice. Reduce to a simmer and cook for 25-30 minutes or until rice is light and fluffy. Fold in Malunggay leaves. Season with salt and pepper to taste. Serve hot.

MANOK AT KANIN

- 1 MannaPack Rice
- 250 gramo ng manok, piniraso
- ½ Knorr chicken cube
- 1 dakot ng dahon ng malunggay
- 2 butil ng bawang
- ½ sibuyas
- 6 tasa ng tubig
- Asin ayon sa panlasa
- Mantika panggisa

Hiwaing maninipis ang sibuyas. Igisa sa konting mantika. Tadtarin ang bawang, idagdag sa sibuyas. Idagdag ang manok at iluto hanggang magkulay brown. Dagdagan ng tubig at hayaang kumulo. Idagdag ang knorr cube at MannaPack Rice. Hinaan ang apoy at iluto sa loob ng 25-30 minuto o hanggang maluto ang bigas. Ihalo ang dahon ng malunggay. Lagyan ng asin at paminta ayon sa panlasa. Ihain habang mainit.

EGG & RICE

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 12 hard boiled eggs
- ½ knorr beef or chicken cube
- 1 handful malunggay leaves
- 2 cloves garlic, chopped
- ½ onion, chopped
- 6 cups water

INSTRUCTIONS

Bring a small pot of water to a boil. Add eggs and reduce to a simmer. Cook eggs for 16 minutes, then remove from heat, peel and set aside. Sauté onions and garlic together until translucent. Add six cups of water and bring to a boil, then add knorr cube and MannaPack Rice and reduce to a simmer. Cook rice for 30 minutes or until is light and fluffy. Fold in Malunggay leaves. Slice hard boiled eggs in half and place on top of MannaPack Rice.

ITLOG AT KANIN

- 1 MannaPack Rice
- 12 nilagang itlog
- ½ Knorr beef o chicken cube
- 1 dakot ng dahon ng malunggay
- 2 butil ng bawang, tinadtad
- ½ sibuyas, tinadtad
- 6 tasa ng tubig

Magpakulo ng tubig sa isang kaldero. Idagdag ang mga itlog at hinaan ang apoy. Iluto ang itlog sa loob ng 16 na minuto. Hanguin ang itlog, balatan at itabi. Igisa ang sibuyas at bawang. Dagdagan ng 6 na tasa ng tubig at hayaang kumulo. Idagdag ang knorr cube, MannaPack Rice at hinaan ang apoy. Iluto ang bigas sa loob ng 30 minuto o hanggang lumambot. Ihalo ang malunggay. Hatiin ang mga nilagang itlog at ilagay sa ibabaw ng nilutong MannaPack Rice.

LUGAW

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 8 cups water
- 1 knorr beef cube
- ¼ cabbage, rough chopped
- ½ carrot, sliced
- ½ can peas
- 1 onion, chopped
- 1 thumb length ginger, chopped
- ½ kg ground pork (optional)

INSTRUCTIONS

Sautee onion, carrot, garlic and ginger until soft. Add ground pork and cook until browned, then add water and bring to a boil. Add knorr cube, cabbage and MannaPack Rice and reduce to a simmer for about 30 minutes. Add peas and season to taste. Dish should have a porridge-like texture. Serve warm.

LUGAW

- 1 MannaPack Rice
- 8 tasa ng tubig
- 1 Knorr beef cube
- ½ repolyo pinira-piraso
- ½ karot, hiniwa
- ½ lata ng peas
- 1 sibuyas, tinadtad
- 1 kasing laki ng daliri na luya, tinadtad
- 1 kg giniling na baboy (kung gusto)

Igisa ang sibuyas, bawang, karot, at luya hanggang lumambot. Ihalo ang giniling na baboy at lutuin hanggang magkulay brown. Idagdag ang tubig at pakuluin. Idagdag ang knorr cube, repolyo at MannaPack Rice at hinaan ang apoy. Iluto ang bigas sa loob ng 30 minuto. Dagdagan ng peas at asin ayon sa panlasa. Huwag pabayaang matuyo ang tubig. Ihain habang mainit.

RICE PATTY

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 1 cup mung beans
- 2 eggs
- Flour as needed
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 cassava, cubed
- 10 cups water

INSTRUCTIONS

Cook mung beans in four cups of water for 45 minutes, drain and set aside. Sautee onions and ginger in oil until tender. Add six cups of water, MannaPack Rice and cassava. Reduce to a simmer and cook for 30 minutes or until rice is cooked and cassava is tender. Allow to cool slightly and add drained mung beans. Using the back of a spoon, lightly break up cassava and mung beans until they become paste-like. Beat eggs and add to mixture. Mixture should form together without flour, but flour may be used if mixture is too wet. Mixture should be easily workable and not stick to fingers. Lightly pan fry patties until golden brown. Serve with greens or on bread to make a sandwich.

RICE PATTY

- 1 MannaPack Rice
- 1 tasa ng mongo
- 2 itlog
- Harina kung kinakailangan
- 1 sibuyas, tinadtad
- 2 butil ng bawang, tinadtad
- 1 kamoteng kahoy, hiniwang pakuwadrado
- 10 tasa ng tubig

Iluto ang munggo sa 4 na tasa ng tubig sa loob ng 45 minuto. Tanggalin sa tubig at itabi. Igisa ang sibuyas at bawang sa konting mantika hanggang lumambot. Idagdag ang 6 na tasa ng tubig, MannaPack Rice at kamoteng kahoy. Hinaan ang apoy at iluto sa loob ng 30 minuto o hanggang lumambot ang bigas at kamoteng kahoy. Palamigin nang konti at idagdag ang nilutong mongo. Gamitin ang likod ng kutsasa para ligisin ang bigas, kamoteng kahoy at mongo hanggang magmistulang masa. Batihin ang itlog at ihalo sa masa. Ang masa ay dapat mabuo nang walang harina pero pwedeng gumamit ng harina kung ang masa ay masyadong basa. Ang masa ay dapat madaling iporma at hindi dapat dumidikit sa daliri. Iprito sa konting mantika hanggang maging kulay golden brown. Ihain sa ibabaw ng salad na gulay o ipalaman sa tinapay.

SIO PAO

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 1 cup malunggay
- 1 cup water
- ½ kg flour
- ¼ cup cooking oil
- 1 g brown sugar
- 1 piece magic sarap
- 3 eggs
- 1 small pack yeast

INSTRUCTIONS

Dough:

Mix water, brown sugar, oil, yeast and flour.

Filling:

Soak MannaPack Rice in water for four hours. Sautee soaked MannaPack Rice in oil, then add eggs and malunggay leaves. Fill dough with two caps full of filling per serving. Bake for 8-12 minutes or until cooked through.

SIOPAO

- 1 MannaPack Rice
- 1 tasa ng malunggay
- 1 tasa ng tubig
- ½ kilo ng harina
- ¼ tasa ng mantika
- 1 gramo pulang asukal
- 1 piraso magic sarap
- 3 itlog
- 1 maliit na pakete ng lebadura

Masa:

Paghaluin ang tubig, pulang asukal, mantika at lebadura.

Palaman:

Ibadad ang MannaPack Rice sa tubig sa loob ng 4 na oras. Salain. Igisa ang binabad na bigas sa mantika, idagdag ang itlog, malunggay at magic sarap. Ibalot ang dalawang kutsara ng palaman sa masa. Ulitin hanggang mabalot lahat ang palaman. Iluto sa pugon sa loob ng 8 – 12 minuto o hanggang maluto nang husto.

SIZZLING RICE

MANNAPACK™ RICE



INGREDIENTS

- 2 MannaPack Rice
- 3 L water
- 3 mild chilies
- 500 g chicken liver
- 2 calamansi juice
- Salt to taste
- 300 g white onion

INSTRUCTIONS

Separate soy and rice while uncooked. Boil rice in water until cooked, then drain. Cook liver, onions, chilies and soy with oil until melted together and cooked well. Finish with calamansi juice and season with salt to taste. Serve hot.

SIZZLING RICE

- 2 MannaPack Rice
- 3 litro ng tubig
- 3 sili na hindi masyadong maanghang
- 500 gramo ng atay ng manok
- 2 katas ng kalamansi
- Asin ayon sa panlasa
- 300 gramo ng puting sibuyas

Paghiwalayin ang soy at bigas bago iluto. Pakuluan ang bigas sa tubig hanggang lumambot. Tanggalin ang tubig. Idagdag ang atay, sibuyas, sili, soy at mantika. Haluin at lutuing mabuti. Dagdagan ng katas ng kalamansi at asin ayon sa panlasa. Ihain habang mainit.

STEAK BURGERS

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 2 L water
- 1 onion, diced
- 1 egg
- Cooking oil to coat pan
- 2 cloves garlic, minced
- 1 knorr beef cube
- 1 cup flour
- 2 stems parsley, chopped
- Salt to taste

INSTRUCTIONS

Boil water and MannaPack Rice for 8-10 minutes, then drain. Sauté onion and garlic and add MannaPack Rice and knorr cube. Sauté until knorr cube has dissolved. Remove from heat and allow to cool. When cool, add egg, flour and parsley. Mix ingredients well and form patties about the size and thickness of your palm. Pan fry both sides of patties in oil over medium heat. Serve with desired sauce.

Submitted by Convoy of Hope

STEAK BURGERS

- 1 MannaPack Rice
- 2 litro ng tubig
- 1 sibuyas, tinadtad
- 1 itlog
- Mantika pampahid sa kawali
- 2 butil ng bawang, pinitpit
- 1 knorr beef cube
- 1 tasa ng harina
- 2 tangkay ng kintsay, tinadtad
- Asin, ayon sa panlasa

Pakuluan ang MannaPack Rice sa loob ng 8-10 minuto. Salain. Igisa ang sibuyas at bawang at idagdag ang MannaPack Rice at knorr beef cube. Iluto hanggang malusaw ang knorr cube. Tanggalin sa apoy at palamigin. Idagdag ang itlog, harina at kintsay. Haluin nang mabuti. Iporma na patties ang mixture kasinlaki ng palad. Pahiran ng konting mantika ang kawali. Prituhin sa katamtamang apoy ang magkabilang panig ng patties. Ihain at gamitan ng nais na sarsa.

STEAMED PUTO

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- ½ can coconut milk
- 1 L water
- 1 large pinch baking powder
- ½ cup sugar
- 4 caps full cooking oil

INSTRUCTIONS

Boil water and MannaPack Rice until soft. Using a wooden spoon, mash rice until smooth, then add sugar and mix until combined. Gradually add oil until mixture is smooth and free of any lumps. Pour mixture into greased puto pan or mold and steam for 25-30 minutes. Puto is done when shiny and bounces back when pressed. Brush with butter and serve warm.

PUTO

- 1 MannaPack Rice
- ½ lata ng gata ng niyog
- 1 litro ng tubig
- 2 kutsarita ng baking powder
- ½ tasa ng asukal
- 4 kutsarita ng mantika

Pakuluan sa tubig ang MannaPack Rice hanggang lumambot. Gumamit ng kutsarang yari sa kahoy para lamasin at maging pino ang bigas. Idagdag ang asukal at haluing mabuti. Ihalo nang pakonti-konti ang mantika at haluin hanggang maging pino at mawalang tuluyan ang mga buo-buo. Pahiran ang hulmahan ng puto ng konting mantika. Ibuhos ang mixture sa hulmahan. Pasingawan sa loob ng 25-30 minuto. Ang puto ay luto na kung maumbok at makintab na ang ibabaw. Pahiran ng mantikilya at ihain habang mainit.

SWEET RICE & JACK FRUIT

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 1 carrot, diced
- ½ chayote squash
- 1 cup sugar
- 2 coconuts' milk
- 1 pack mungo
- 1 jackfruit, diced small
- ½ L water

INSTRUCTIONS

Boil water with squash, jackfruit and MannaPack Rice. When rice is cooked, add half of coconut milk and gently stir over medium heat. Add cooked mungo, chopped carrots, sugar and remaining coconut milk. Serve hot.

MINATAMIS NA KANIN AT LANGKA

- 1 MannaPack Rice
- 1 karot, tinadtad
- ½ kalabasa
- 1 tasa ng asukal
- Gata mula sa 2 niyog
- 1 pakete ng mungo
- 1 langka, tinadtad nang maliit
- ½ litro ng tubig

Pakuluan sa tubig ang kalabasa, langka at MannaPack Rice hanggang maluto. Idagdag sa lutong kanin ang kalahati ng gata at iluto sa katamtamang apoy. Haluin paminsan-insan. Ihalo ang lutong mungo, karot, asukal at ang natitirang gata. Ihain habang mainit.

FRIED RICE

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- Cooking oil to coat pan
- 4 cloves garlic, chopped
- 1 mild chili, sliced
- 1.5 L broth or water
- Fish sauce to taste
- Salt to taste

INSTRUCTIONS

Separate rice from other ingredients as much as possible. Combine rice and broth or water and cook until rice is tender. In a separate pan, stir fry garlic, chili and dry ingredients in oil on very low heat, stirring often until crispy. To serve, pour mixture over boiled rice. Fish sauce or additional salt may be added to taste.

ထမင်းကြော်

MannaPack ဆန် 1 ထုပ်

ဒယ်အိုအားသုတ်ရန် ဆီ

နပ်နပ်စင်းထားသော ကြက်သွန်ဖြူ 4 မှာ

လှီးထားသော ငရုတ်သီး 1 တောင့်

ဟင်းရည် သို့ ရေ 1.5 လီတာ

အရသာအတွက် ငါးငံပြာရည်

အရသာအတွက် ဆား

ဆန်ကို အခြားပါဝင်ပစ္စည်းများနှင့် ဖြစ်နိုင်သမျှ ခွဲထားပါ။ ဆန် ကျက်သည်အထိ ဆန်ကို ဟင်းရည် သို့ ရေထည့်ချက်ပါ။ အခြား ဒယ်အိုထဲတွင် အပူချိန် နည်းနည်းဖြင့် ကြက်သွန်ဖြူ၊ ငရုတ်သီးနှင့် အခြားပါဝင်ပစ္စည်းများကို ဆီထဲတွင် ကြွပ်လာသည် အထိ ကြော်ပါ။ မကြာခင် ဖွေပေးပါ။ ချက်ထားသော ထမင်းထဲသို့ ကြော်ထားသည်များကိုထည့်ပါ။ ငါးငံပြာရည် သို့ ဆား ထပ်ထည့်ပြီး သုံးဆောင်နိုင်ပါသည်။

VEGETABLE FRIED RICE

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 1.5 L water
- ¼ cabbage, sliced
- 2 carrots, diced
- 4 cloves garlic, sliced thin
- Cooking oil to coat pan
- 6 hard boiled eggs
- Salt to taste
- Spicy paprika to taste

INSTRUCTIONS

Bring a small pot of water to a boil. Add eggs and reduce to a simmer. Cook eggs for 16 minutes, then remove from heat, peel and set aside. Combine MannaPack Rice and water and cook until rice is tender, then drain. In a separate pan, fry cabbage, carrots and garlic until tender. When tender, add MannaPack Rice and continue to fry to desired doneness. Slice hard boiled eggs in half and place on top of MannaPack Rice. Season with spicy paprika to taste.

အသီးအရွက် ထမင်းကြော်

MannaPack ဆန် 1 ထုပ်

ရေ 1.5 လီတာ

လှီးထားသော ဂေါ်ဖီထုပ် 1/4

အတုံးပုံ လှီးထားသော မုန့်လာဥနီ 2 လုံး

ပါးပါးလှီးထားသော ကြက်သွန်ဖြူ 4 ဖွာ

ဒယ်အိုးအား သုတ်ရန် ဆီ

ကျက်အောင်ပြုတ်ထားသော ကြက်ဥ 6 လုံး

အရာသာအတွက် ဆား

ငရုတ်သီးပွအမှုန့်

ရေထည့်ထားသော အိုးကို ဆူအောင်တည်ပါ။ ကြက်ဥထည့်ပြီး အပူကို ရေဆူမှတ်အောက် လျှော့ပါ။ 1၆ မိနစ်ခန့်ပြုတ်ပြီး အပူမှ ဖယ်လိုက်ပါ။ အခွံခွာပြီး ဘေးတွင် ဖယ်ထားပါ။ MannaPack ဆန်ကျက်သည်အထိ ရေထည့်ပြီး တည်ပါ။ ထို့နောက် ရေစစ်ပါ။ အခြား ဒယ်အိုးထဲတွင် ဂေါ်ဖီ၊ မုန့်လာဥနီ နှင့် ကြက်သွန်ဖြူများကို နူးအောင် ကြော်ပါ။ နူးသွားသော အခါ MannaPack ဆန်ထည့်ပါ။ လိုချင်သည့် အခြေအနေ ရောက်သည်အထိ ကြော်ပါ။ ကျက်အောင်ပြုတ်ထားသော ကြက်ဥများကို တစ်ဝက်ခြမ်းပါ။ ထို့နောက် MannaPack ထမင်းပေါ်တွင် တင်ပါ။ အရာသာအတွက် ငရုတ်သီးပွ အမှုန့်ကို ဖြူးပါ။

VEGETABLE PORRIDGE

MANNAPACK™ RICE



INGREDIENTS

- 2 MannaPack Rice
- ¼ cabbage, sliced
- 2 carrots, diced
- 3 pieces celery, diced
- 2 broccoli stalks
- 4 cloves garlic, sliced thin
- Cooking oil to coat pan
- Salt to taste
- 2 L water

INSTRUCTIONS

Boil water and MannaPack Rice for five minutes. Add all vegetables and cook on low heat until vegetables and rice are tender.

အသီးအနှံ ဆန်ပြုတ်

MannaPack ဆန် 2 ထုပ်

လှီးထားသော ဂေါ်ဖီထုပ် 1/4

အတုံးပုံ လှီးထားသော မုန်လာဥနီ 2 လုံး

တရုတ်နံနံ 3 ပိုင်း

ပန်းဂေါ်ဖီစိမ်း 2

ပါးပါးလှီးထားသော ကြက်သွန်ဖြူ 4 မှာ

ဒယ်အိုးအား သုတ်ရန် ဆီ

အရသာအတွက် ဆား

ရေ 2 လီတာ

ရေနံနှင့် MannaPack ဆန်ကို ငါးမိနစ်ခန့် ချက်ပါ။ အသီးအရွက်အားလုံးကိုထည့်ပါ။ ထို့နောက် ဆန်နှင့် အသီးအရွက်များ နူးလာသည်အထိ အပူချိန် နည်းနည်းဖြင့် ချက်ပါ။

DUMPLINGS

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 2 large potatoes
- 125 mL herbs, chopped and packed
- 1 onion, diced small
- 550 g flour
- 2 eggs
- 250 mL water
- 2 caps full cooking oil
- ½ cap full salt

INSTRUCTIONS

Dough:

In a bowl, beat two eggs. Add oil and water and mix. In a separate bowl, mix flour and salt. Gradually incorporate eggs, oil and water and mix until dough forms. Add additional flour as needed. Knead dough until smooth and elastic. Cover and let sit for 15 minutes.

Filling:

Sautee onion until translucent. Add MannaPack Rice and toast for one minute. Add 1.5 L of water, bring to a boil, cover and simmer for 20 minutes. Allow to cool.

Peel potatoes, quarter and place in cold, salted water. Bring to a simmer and cook for 20 minutes or until tender. Drain and mash.

Mix potatoes, MannaPack Rice and chopped herbs, then season with salt and pepper to taste.

Roll out a thin layer of dough and use a small cup to cut into circles. Fill dough with a spoonful of filling per serving. Wet edges and seal to make dumplings. Cook in boiling water until they float. Serve with sautéed onion.

Вареники

- 1 Рис MannaPack
- 2 великі картоплі
- 125мл трав та зелені, дроблені
- 1 цибуля, маленькі кубики
- 550г борошна
- 2 яйця
- 250мл води
- 2 повні стакани масла
- ½ стакана солі

Тісто:

Розбити 2 яйця у мисці. Додати олію та воду, змішати. В іншій мисці змішайте борошно та сіль. Поступово додати яйця, олію та воду та змішувати поки не утвориться тісто. Додати додаткове борошно якщо потрібно. Змішати тісто до гладкості й пружності. Накрити та залишити постояти 15 хвилин.

Начинка:

Жарити цибулю до прозорості. Додати рис «MannaPack» та продовжувати одну хвилину. Додати 1,5л води, довести до кипіння, накрити кришкою та варити протягом 20 хвилин. Дати охолонути

Очистити Картоплю, розрізати на чотири частини та поставити у прохолодне місце в солоній воді. Довести до кипіння та готувати 20 хвилин або до готовності картоплі. Потовкати картоплю, зробити пюре.

Змішати картоплю, рис MannaPack та дроблену зелень, додати сіль та перець до смаку.

Розкачати тонкий шар тіста і використовувати невелику чашку, щоб розрізати в кола. Покласти суміш ложкою на тісто. Змочити тісто по краях щоб зліпити вареники. Зварити в киплячій воді поки вони не спливають.

Подавати з жареною цибулею.

H O L U B T S I

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 1 head cabbage
- 2 L broth or water
- Cooking oil to coat pan
- 1 large onion, diced
- 2 carrots, diced
- 500 grams meat, ground
- 4 tomatoes, diced
- 2 eggs
- Salt to taste

INSTRUCTIONS

Bring broth or water to a simmer. Core cabbage and pull off large leaves, then blanch for 15 seconds and set aside. Use remaining broth or water to cook MannaPack Rice to bag specifications. Set aside and allow to cool. Note: This process can be done in advance and is a good way to use leftover MannaPack Rice.

Heat oil in pan over medium heat, add onion and carrot and sauté on low heat until tender. Add ground meat and cook until browned, then add tomatoes and 375 mL of remaining broth or water. Cook until tomatoes are soft and broth or water has been absorbed. Allow to cool for five minutes.

In a large bowl, beat eggs, cooked MannaPack Rice and meat mixture until well incorporated. Fill cabbage leaves with small handfuls of mixture, folding inward. Place seam side down in a pot to form a single layer. Cover halfway with broth or water, cover pot and simmer for 20-30 minutes. Additional broth or water may be added as needed. Finished product may be eaten alone or served with yogurt, chopped herbs or bread.

Голубці

- 1 рис MannaPack
- 1 капуста
- 2 л бульйону або води
- Олія
- 1 велика цибуля нарізати кубиками
- 2 моркви нарізати кубиками
- 500 г. м'ясного фаршу
- 4 помідора нарізати кубиками
- 2 яйця
- Сіль

Нагріти бульйон або воду до кипіння. Зняти великі листя з капусти та занурити в воду на 15 секунд. Використати бульйон або воду для приготування рису MannaPack. Після приготування відкласти в сторону та залишити охолонути. Цей процес можна зробити заздалегідь, і це хороший спосіб використовувати залишковий продукт рис MannaPack.

Нагріти олію в каструлі на середньому вогні, додати цибулю, моркву та залишити готуватись на маленькому вогні до рум'яного кольору. Потім додати м'ясний фарш та продовжувати готувати до потемніння м'яса. Додати помідори та 375мл залишкового бульйону або води та закінчити приготування після того як помідори стануть м'які а бульйон чи вода випаруються. Залишити суміш на 5 хвилин для охолодження.

У великій мисці розбити 2 яйця, додати готовий рис MannaPack та м'ясо з овочами і гарно перемішати. Заповнити листя капусти сумішшю, згорнути та покласти у каструлю. Залити наполовину бульйоном або водою, накрити кришкою і кип'ятити протягом 20-30 хвилин. За потребою можна додавати залишковий бульйон або воду.

Готову страву можна подавати окремо або зі сметаною, рубаною травою або хлібом.

RICE SOUP

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- Cooking oil to coat pan
- 4 cloves garlic, crushed
- 2 onion, chopped large
- 2 carrot, chopped large
- 4 pieces celery, chopped large
- 5 tomatoes, crushed
- ½ head cabbage, chopped large
- 4 pickles, diced
- 1 cap full sweet paprika
- 4 L broth or water
- 1 handful herbs, chopped
- Salt to taste

INSTRUCTIONS

Heat oil in pan over medium heat. When oil is hot, add rice and onions, stirring until onions are translucent. Add garlic, celery and carrots and cook on medium heat for five minutes or until lightly browned. Add tomatoes, stirring for 10 minutes, then add broth or water and bring to a boil. When boiling, add cabbage and pickles and cook until tender. Season with herbs and sweet paprika to taste. Soup may be eaten immediately or chilled and eaten later. Finished product may be eaten alone or served with a spoonful of yogurt.

Submitted by Mission Eurasia

Рисовий суп

- 1 рис MannaPack
- Олія
- 4 голівки часнику, дроблені
- 2 цибулі, рубані великими шматочками
- 2 моркви, рубані великими шматочками
- 4 селери, рубані великими шматочками
- 5 помідорів, дроблені
- ½ капусти, рубана великими шматочками
- 4 маринованих огірка, нарізані кубиками
- 4 л бульйону або води
- 1 стакан солодкої паприки
- 1 пучок зелені, дроблений
- Сіль

Соняшникову олію нагріти на середньому вогні. Потім додати рис та цибулю та готувати до напівпрозорості цибулі. Додати часник, селеру та моркву і готувати на середньому вогні 5 хвилин до невеликого потемніння. Додати помідори та перемішувати 10 хвилин, потім додайте бульйон або воду і довести до кипіння. Під час кипіння додайте капусту та мариновані огірки та залиште на вогні до готовності. Також додайте зелень та паприку для смаку.

Суп можна їсти відразу після приготування або охолоти та з'їсти пізніше.

Страву можна подавати окрему або з ложкою сметани



MANNAPACK™ POTATO-W

INSTRUCTIONS



Combine contents of package with
1250 mL of boiled or potable water.



Stir.



Allow to cool, as needed.
Makes twelve 120 mL servings.
Add more or less water
to vary consistency.

CHEESY ROASTED CAULIFLOWER & POTATO CAKES

MANNAPACK™ POTATO-W



INGREDIENTS

- 1 MannaPack Potato-W
- 1 head cauliflower, roasted
- 2 handfuls cheese
- 2 carrots, minced
- Salt to taste
- 2 pinches cilantro, minced

INSTRUCTIONS

Cook MannaPack Potato-W to bag specifications. Roast cauliflower in oven or beside fire until browned. Cut cauliflower into small pieces and fold into cooked MannaPack Potato-W with carrots and cheese. Allow to cool, then form cakes. Fry cakes in oil until golden brown and hot in the center. Finished product may be eaten alone or served with yogurt.

INIHAW NA CAULIFLOWER AT PATATAS NA MAY KESO

- 1 MannaPack Potato-W
- 1 ulo ng cauliflower, inihaw
- 2 dakot ng keso
- 2 carot, tinadtad ng pino
- Asin ayon sa panlasa
- 2 kurot ng kintsay, tinadtad nang pino

Iluto ang MannaPack Potato-W ayon sa instruksiyon sa pakete. lihaw ang cauliflower sa hurno o sa uling hanggang mag-kulay brown. Hiwain nang maliliit ang cauliflower at ihalo sa lutong MannaPack Potato-W kasama ang carot at keso. Palamigin at ipormang patties. Iprito hanggang golden brown at mainit ang gitna. Pwedeng kainin na may kasamang yogurt o walang yogurt.

POTATO SOUP

MANNAPACK™ POTATO-W



INGREDIENTS

- Cooking oil to coat pan
- 2 carrots, diced
- 4 pieces celery, diced
- 1 onion, diced
- 2 handfuls bok Choy, chopped
- 2 handfuls peas
- 4 handfuls spinach
- 7.5 L water
- Salt to taste
- 1 MannaPack Potato-W

INSTRUCTIONS

Heat oil in a pot and cook carrots, celery and onion until tender. Add water and bring to a boil for one hour. After one hour, reduce heat, add MannaPack Potato-W and stir until thickened. When thickened, add spinach and peas. Serve hot.

SOPAS NA PATATAS

- Konting mantika panggisa
- 2 karot, tinadtad
- 4 piraso celery, tinadtad
- 1 sibuyas, tinadtad
- 2 dakot ng petsay, tinadtad
- 2 dakot ng peas
- 4 dakot ng spinach
- 7.5 litro ng tubig
- Asin ayon sa panlasa
- 1 MannaPack Potato-W

Initin ang mantika sa kaldero at iluto ang karot, celery at sibuyas hanggang lumambot. Dagdagan ng tubig at pakuluin sa loob ng isang oras. Hinaan ang apoy at idagdag ang MannaPack Potato-W. Haluin hanggang lumapot. Idagdag ang spinach at peas. Ihain habang mainit.

POTATO & PEA CAKES

MANNAPACK™ POTATO-W



INGREDIENTS

- 1 MannaPack Potato-W
- 1 small cassava, boiled and mashed
- 1 handful peas
- 1 pinch fresh ginger
- Cooking oil to coat pan
- 1 pinch fresh lemon grass, minced
- 1 cup yogurt
- 4 leaves mint, chopped
- Salt to taste (minimal)

INSTRUCTIONS

Heat oil in a pan. When oil is hot, sweat ginger and lemon grass. Add MannaPack Potato-W and cook to bag specifications. Fold cooked MannaPack Potato-W into mashed cassava and heat over low heat to remove excess moisture. When moisture is removed, fold in peas and season with salt to taste. Allow to cool, then form into cakes. Fry cakes in oil over medium heat until hot in the center. Combine chopped mint and yogurt to use as a sauce.

PATATAS AT PEAS NA TORTA

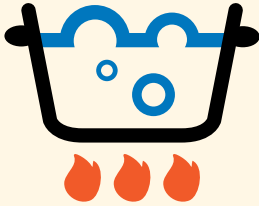
- 1 MannaPack Potato- W
- 1 maliit na kamoteng kahoy, niluto at minasa
- 1 dakot na peas
- 1 kurot ng luyang sariwa
- Konting mantika panggisa
- 1 kurot ng sariwang tanglad, tinadtad
- 1 tasa ng yogurt
- 4 dahon ng mint, tinadtad
- Asin ayon sa panlasa

Initin ang mantika sa kawali. Initin ang luya at tanglad. Idagdag ang MannaPack Potato-W at lutuin ayon sa instruksiyon sa pakete. Ihalo ang MannaPack Potato-W sa minasang kamoteng kahoy at lutuin sa mahinang apoy hanggang matuyo. Ihalo ang peas at lagyan ng asin ayon sa panlasa. Palamigin at iporma na patties. Iprito sa mantika sa katamtamang apoy hanggang maging mainit ang gitna ng patties. Haluin ang tinadtad na mint at yogurt at gawing sawsawan ng patties.

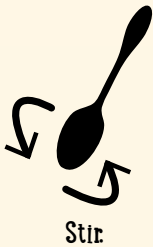


MANNAPACK™ POTATO-D

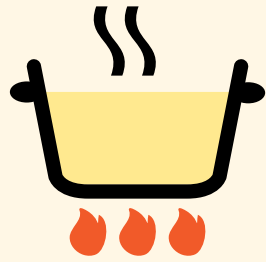
INSTRUCTIONS



Add contents of package to
1 l of boiled or potable water.



Stir.



Allow to cool, as needed.
Makes twelve 120 ml servings.

CONCLUDING THOUGHTS FROM CHEF



There are times in life when you have to make a choice: the choice either to accept what you have and be comfortable and content in your place, or to break out on an adventure, take a risk and accept a challenge. By choosing the latter, you give life your all and know that you could make a difference in the life of a person who goes on to change the world. Nowhere have I been tested on my fundamentals and principles as they pertain to my life's philosophy as much as in Tijuana, Mexico, where I stumbled upon a group of people truly dedicated to the betterment of the less fortunate. This group supports over 60 orphanages throughout Tijuana alone by facilitating the procurement of goods such as medical supplies, produce and most importantly, MannaPack™ products. In our work with MannaPack™ products, we discovered that they were underutilized, and if I could offer my experience from living in developing countries, coupled with a lifetime career in culinary arts, we could make a difference and create positive change.

They say in life we know not when or why opportunity comes, but we can be sure that it will. I reached out to Feed My Starving Children and pitched a plan, one that would give people options to take the nutrition that MannaPack™ products provide and transform it into different meals using locally sourced, nutrient dense and affordable ingredients. Our belief as chefs is that access to healthy food is, at its very basic fundamentals, the most important human right. Food has become seemingly more so a privilege, and our aim is to help even the playing field as best we can by collaborating with Feed My Starving Children and its partners to eliminate hunger. While hungry is a word many of us often use, starving is one most of us will never know. We are blessed to have the opportunity to work with such an amazing team of driven givers who answered the door and said yes. With them, we will depart from the routine, normal and comfortable to take a leap of faith into the unknown and give of ourselves to those most in need.

– Chef *Matthew Beaudin*

CHEF BIOGRAPHY



• Chef Matthew Beaudin •

After earning his associate degree in culinary arts from the Culinary Institute of America, Matthew Beaudin fiercely pursued his passion for cooking by working around the globe, holding chef positions in the Caribbean, China, the West Indies and Rwanda as well as each geographical food region within the United States. He began his commitment to sustainability and culinary education during his work in the village of Musanze, Rwanda, and maintains strong ties with the community through his School for the Arts (The Volcano Arts Studio). Matthew has run kitchens at jungle base camps, on private islands and at restaurants perched 10,000 feet up the side of a volcano.

Influenced by his travels, Matthew has honed his techniques and expertise back home in the United States at such prestigious five-star, five-diamond properties as the Omni Mount Washington Resort in

Bretton Woods, New Hampshire; The Broadmoor Hotel in Colorado Springs, Colorado and The Ritz-Carlton in Sarasota, Florida and is currently the Executive Chef of the Monterey Bay Aquarium. His experiences have enabled him to acquire a well-rounded palate, mixing his global travels with modern American cuisine deeply rooted in farm-to-table principles and the ever increasing importance of food with a future.

In addition to the daily demands of his position as the Executive Chef at the Monterey Bay Aquarium, Chef Matthew finds joy and fulfillment in travelling to Mexico where he has the honor and privilege of working with children at local orphanages, such as Casa Eunime, as well as the School for the Deaf. He is also currently working with municipal operations to improve the nutritional opportunities and quality of life for these children.



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