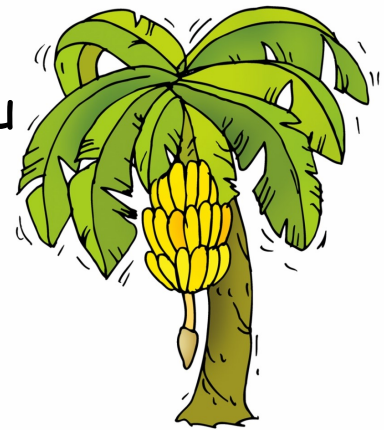


Bibles and Hymn books for the Presbyterian Reformed Church of Vanuatu

Let's Eat!

Recipes from Vanuatu



Tropical Banana dessert

- 6 ripe bananas
- $\frac{1}{2}$ c. grated coconut
- $\frac{1}{4}$ c. lemon juice

Cut bananas in half length-ways. Place cut-side up on baking tray/dish. Sprinkle grated coconut on top of the bananas. Pour a little lemon juice over the grated coconut. Bake in a moderate oven for 20 minutes until top is brown.

Banana Chicken

- 4 Bananas
- 1 small pumpkin
- 1 chicken
- 2 green onions
- 1 1/2 teaspoon salt
- 1 capsicum
- 1 can coconut milk

Peel all bananas and cut them long. Put them in the bottom of a large saucepan. Put chicken on top. Cut the green onion and put on top. Peel pumpkin and cut into long squares. Cut capsicum. Put pumpkin and capsicum on top of chicken. Pour coconut milk on top. Cook 30 minutes on stove.

Coconut Scones

4 tablespoons coconut cream
1/2 cup dry coconut
2 teaspoon sugar
1 egg
2 cups flour
1 teaspoon baking powder



Add coconut cream, sugar, and egg. Mix well. Add $\frac{1}{2}$ cup dry coconut. Add baking powder. Mix well. Add flour slowly until all is added. Dough should be slightly strong. Divide into 12 balls and place them on a tray or in cupcake tins. Bake until they are brown

Coconut Cake

1 can coconut cream
2 eggs
1 cup sugar
 $\frac{3}{4}$ cup flour

Mix together. Add to a greased pan . Bake at 180 until cake bounces back when touched..

See if you can write out the last recipe in Bislama.

Here are the ingredients for you to put in order.

Eg Anian Flaoa Oel

Which ingredient is missing?

(It is the same in Baslama)

Fried Pumpkin

Small pumpkin
1 cup flour
1 egg
Spring onion
Oil



Boil the pumpkin until soft. Mash the pumpkin. Add flour, egg mix in a small amount of water and spring onion. It should be moist enough to form small patties but not too sticky. After, fry on both sides like you are making a pancake or potato pancakes