

RECIPE:

DOMINICAN FRIED CHICKEN

ShelterBox worked in Dominica after Hurricane Maria devastated the island in 2017. The aid which we delivered allowed families to remain on their home sites and be with their families, which was very important during such a traumatic time. During ShelterBox staff member Alice's monitoring and evaluation trip, she ate delicious Adobo-inspired fried chicken. Now you can try out the recipe to serve to your garden party guests!

Ingredients:

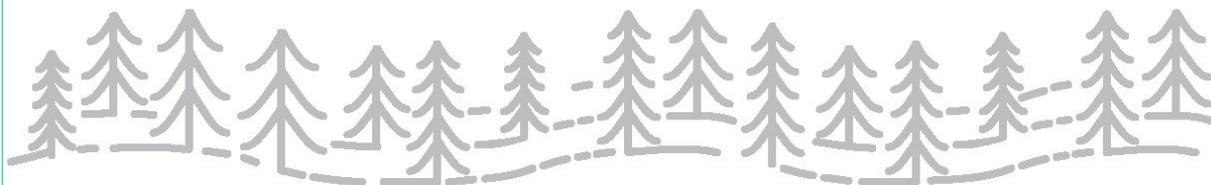
Skinless chicken thighs, cut into chunks
1 teaspoon garlic powder
340g plain flour
1 teaspoon salt
Oil, for frying
Sliced white bread
Lime wedges, for serving

Adobo seasoning ingredients:

1 tablespoon paprika
1 teaspoon onion powder
2 teaspoons dried oregano
1 teaspoon chilli powder
1 teaspoon garlic powder
Juice of 2 limes

Method:

1. Add all adobo ingredients into a small mixing bowl, combine well.
2. Cover chicken with adobo seasoning. Marinate for at least 2 hours, or overnight.
3. Meanwhile, whisk together flour and garlic powder, and season with salt and pepper in a large mixing bowl or casserole dish.
4. Dredge marinated chicken through the flour mixture and dust off any excess.
5. Heat 4 inches of oil in a pan. Fry chicken until brown and crisp.
6. Drain on slices of white bread. Serve with lime wedges.



RECIPE:



SRI LANKAN CASHEW AND PEA CURRY

ShelterBox responded to disasters in Sri Lanka following flooding and landslides in 2016. Our response team were lucky enough to eat this cashew and pea curry whilst on deployment, a speciality which is only served at wedding parties.

Ingredients:

250g cashew nuts(soaked for 2 hours)
100g frozen peas
2-3 tablespoons of Oil
1 large Onion sliced
1 sprig curry leaves
1 medium-sized Tomato sliced
a small piece of Cinnamon

1/2 teaspoon Turmeric powder
1 teaspoon chilli powder
1 teaspoon cumin powder
400ml tin Coconut milk
1 tbsp creamed Coconut
1/2 tsp curry powder

Method:

1. Place a pan over medium heat, pour in the oil. Add onions, tomatoes, and curry leaves.
2. Cook until the onions turn soft (3-4minutes).
3. Add turmeric, cumin, chilli powder and cinnamon, mix and leave it to cook (1-2minutes). Add the soaked cashew nuts.
4. Stir with the spice mix and cook over medium heat(2-3 minutes).
5. Add the coconut milk and stir well.
6. Add seasoning with salt to taste.
7. Add frozen peas. Leave it to simmer on low heat (2-3mins).
8. Add creamed coconut and curry powder, mix in and simmer (2-3mins).



RECIPE:



FILIPINO HALO-HALO

Did you know that ShelterBox has an operations team based in the Phillipines? Halo-Halo is a Filipino version of a frozen yoghurt and can be loaded with whatever you fancy to make a delicious dessert. If you don't have all the ingredients listed, don't worry as you can add anything that you want!

Ingredients: (serves 2)

- 2 cups of crushed ice
- 2 or more fruit toppings of your choice (banana, mango and pineapple are traditional options!)
- 2 sweet and crunchy toppings- cereals or nuts work well
- Coconut jelly
- Ice cream
- 1 can of condensed milk
- 2 big glasses and a spoon for mixing your Halo-Halos

Method:

1. Peel and cut your fruit into small chunks and set aside
2. Add a cup of ice to each of your glasses
3. Add equal amounts of your chosen fruit, jelly and other ingredients, filling at least a third of the glass
4. Pour the evaporated milk in
5. Add your ice cream and put your sweet treats on top!
6. As Halo-Halo translates to 'mix-mix', don't forget to mix it all up!

