

## Harvest Appeal

# Recipes for a harvest lunch



**Five loaves and two fish.** This well-known Bible story is remarkable. Jesus used a gift from a small boy to feed 5,000 men and many more women and children. And still, there were leftovers.

This harvest, our Tearfund resource for your church focuses on the incredible truth that God can multiply our gifts. When we give him the small things we hold in our hands, he takes them and uses them for his glory. Isaac from South Sudan knows this first hand.

“We are supporting Tearfund this harvest because we believe food plays a crucial role in our lives, and it’s often used to teach us God’s provision, whether it’s through fellowship, gratitude or thanksgiving.”

– Stephen Jeffers, Forestside Cookery School, Northern Ireland

*PS Don’t forget to send us a photo of your lunch!*

📷 Stephen Jeffers, Forestside Cookery School, Northern Ireland



**tearfund.org**

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### Recipe 1:

# Chicken chowder with sweet potato & corn

Serves 2 

### You'll need

- 1/2 chicken breast (diced)
- 1 shallot (diced & tossed in flour)
- 1 rib of celery (diced)
- 1 clove of garlic (grated)
- 1/4 carrot (diced)
- 1/4 sweet potato (diced)
- a 200g of tinned corn
- 200ml chicken stock
- 200ml milk
- 1 spring onion (chopped)
- coriander (chopped)
- plain flour for dusting the chicken

### Method

1. Toss chicken in the flour, now add this to the oil in a small pot with shallot, garlic and celery. Cook for 3-4 minutes.
2. Now add carrot and sweet potato. Cover with stock, bring to a gentle boil and simmer for 10 minutes.
3. Now add milk and simmer well for 10 minutes. Finish with spring onion, corn and coriander.
4. Season well with salt and black pepper.



 Stock Image, Credit: Adobe free stock

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## Recipe 2: Irish wheaten bread

Makes one 2lb loaf 🍞

### You'll need

- 200g coarse wholemeal flour
- 200g medium wholemeal flour
- 50g self-raising flour
- 1 tbsp bicarbonate of soda
- 1 tsp sea salt
- 1 tbsp treacle
- 2 tbsp honey
- 400ml buttermilk
- 25g butter
- Porridge oats

### Method

Set oven to 180°C

1. Place all flours, bicarbonate of soda and sea salt into a large mixing bowl and whisk well.
2. In a small pot, add the buttermilk, treacle, honey and butter.
3. Cook gently over low heat until the butter has just melted. (PLEASE KEEP LIQUID LUKEWARM.)
4. Next add the wet mixture to the dry and mix with a wooden spoon.
5. Place into a floured 2lb loaf tin, sprinkle with porridge oats and bake for 55 minutes.



📷 Stock Image, Credit: Unsplash

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