

Harvest Appeal recipe

Cha traop dot – Cambodian aubergine with pork and prawn

Nari grows aubergines to sell at market. Here's a great recipe for a typical Cambodian meal, using aubergines:

Ingredients:

1 very large aubergine or 2 medium aubergines, chargrilled, peeled and shredded (see below).

125g minced pork

125g peeled raw prawns, cut into small pieces

2-4 cloves garlic, chopped

1-2 red chillies, chopped

2-3 spring onions, chopped

A little coriander, chopped

1.5-2 tbsp fish sauce

A few drops of dark soy sauce

2-3 tsp sugar

A few tbsp of crushed roasted peanuts

4-5 tbsp cooking oil

First, prepare the aubergine(s).

1. Prick the skin of a whole aubergine.
2. Chargrill the aubergine whole on a low flame. (Alternatively, you can roast the aubergine in the oven if you prefer.)
3. Turn the aubergine every few minutes.

4. The skin of the aubergine will turn brown when heated – and go wrinkly.
5. After 15 minutes, the aubergine will become soft and collapse.
6. Test with skewer to see if it goes through easily. Don't overcook the aubergine until it's mushy!
7. Cover with foil and leave to cool.
8. Peel the skin and shred the aubergine into pieces. The aubergine is now ready for the stir-fry.

Method:

1. Heat oil, stir-fry garlic. Add minced pork and fry till brown and any liquid from pork is drying. Add dash of fish sauce. Stir.
2. Add prawns. Stir-fry till prawns changed colour.
3. Add half the spring onion and chilli. Stir.
4. Add the pre-cooked and shredded aubergine. Stir-fry till aubergine is heated through.
5. Season with fish sauce, dash of dark soy sauce (for colour) and a little sugar to taste.
6. Serve on plates – and sprinkle over remaining spring onion, chilli and coriander. And finally add some crushed peanuts.



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Harvest Appeal fundraising suggestions

1. Rice to see you, to see you rice

Hold a rich/poor meal after your church service, during your homegroup or as a special event. Everyone pays the same amount but guests enter a ballot where some receive a sumptuous three-course meal and others just a bowl of rice.

2. Hold a mystery auction

Ask everyone to bring a wrapped gift with a minimum value – say £5 to £10. Alternatively, auction off people's skills – babysitting, a couple of hours of cleaning or gardening, car washing etc. You could hold the auction as part of a fundraising lunch.

3. Hold a *Ready, Steady, Cook*-style event

Ask participants to make a rice dish, and ensure their mystery bags of cooking ingredients include one or two items that link in with the project in Cambodia – ie aubergines, cabbage, chilli and ginger are all things that participants in CHO's Home Gardens project are encouraged to grow. Alternatively, bring pork or chicken – as these are the animals families are encouraged to breed. Either sell tickets for entry or sell refreshments and hold a collection during the interval.

4. Get 'sponsored for nothing'

Try to go 24 hours without food – and get sponsored for doing so. (If you have any health concerns, please consult your doctor first, or consider going without just one meal).

5. Hidden talents?

Set up a talent night showcasing local talent (You could model your format on the ITV show *Britain's Got Talent*). Sell tickets for entry or sell refreshments and hold a collection.



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