

REFUGEE SUNDAY

**“Do not forget to show hospitality to strangers,
for by so doing some people have shown
hospitality to angels without knowing it.”**

Hebrews 13: 2



Kitcha

Sharing food is one of the most powerful ways of extending hospitality. In Eritrea it is customary to serve a meal from a large, shared platter. Guests scoop the food with kitcha, a traditional flatbread or injera, a traditional fermented bread.



Hint: Using a stand mixer will reduce the kneading time to about 8 minutes. You can knead it by hand, which takes about 30 minutes to achieve the right consistency.

Ingredients:

1 $\frac{3}{4}$ cup all purpose flour
1 cup lukewarm water
 $\frac{1}{4}$ tsp salt
2 Tbsp clarified butter

How to make it:

Mix flour, salt, and water and knead until elastic. (8 minutes in a stand mixer; 30 minutes by hand).

Divide the dough into 4 pieces.

Roll out dough into very thin circles, about 3 mm thick.

Heat a cast iron pan. Add $\frac{1}{2}$ Tbsp of clarified butter. Put rolled out circle into the hot pan and reduce to medium heat. With a fork, poke the dough 10 times.

Cook on both sides. Your goal is to achieve a nice golden colour with darker spots characteristic of kitcha. Serve with your favourite stew.

Pray for refugees worldwide. Pray for families seeking a safe place to rebuild their lives that doors will open so they find renewed hope. For more information on World Renew's Refugee Sponsorship and Resettlement Program, visit worldrenew.ca/refugee-sponsorship