

ADVENT &  
CHRISTMAS

Special

Weekly  
Manna  
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66

## Holy is His Name

And Mary said, “My soul magnifies the Lord,  
and my spirit rejoices in God my Savior,  
for he has looked on the humble estate of his  
servant.

For behold, from now on all generations will  
call me blessed; for he who is mighty has done  
great things for me, and holy is his name.  
And his mercy is for those who fear him  
from generation to generation.

Luke 1:46-55 ESV





## Today's Question

What speaks  
loudest to you  
in this reflection? Why?.

# Reflection

Scripture readings: Zephaniah 3:14-20; Isaiah 12:2-6; Philippians 4:4-7 Gospel: Luke 3:7-18

## JOY

—Henri Nouwen,  
<https://henrinouwen.org/meditation/joy/>

Joy is essential to the spiritual life. Whatever we may think of or say about God, when we are not joyful, our thoughts and words cannot bear fruit. Jesus reveals to us God's love so that his joy may become ours and that our joy may become complete. Joy is the experience of knowing that you are unconditionally loved and that nothing—sickness, failure, emotional distress, oppression, war, or even death—can take that love away.

Joy is not the same as happiness. We can be unhappy about many things, but joy can still be there because it comes from the knowledge of God's love for us. . . . Joy does not simply happen to us. We have to choose joy and keep choosing it every day. It is a choice based on the knowledge that we belong to God and have found in God our refuge and our safety and that nothing, not even death, can take God away from us.

## PRAYER of the week

**Father God,  
Grant that I will  
choose to rejoice  
at all times,  
being deeply  
rooted in the  
confidence of  
Your love for me  
-- that I belong  
to You. Amen**





# Agape / Love

Advent Series

🕒 4:49

Biblical love refers to more than just a feeling. It's about caring for someone regardless of their response, and it's modeled perfectly by Jesus.

▶ Watch Now

LOVE  
YOUR  
NEIGHBOR

## ADVENT: LOVE

The Bible Project  
<https://bibleproject.com/>

The word “love” is one of the sloppiest words in our language, as it primarily refers to a feeling that happens to a person. In the New Testament, “love” or “Agape” refers to a way of treating people that was defined by Jesus himself: seeking the well-being of others regardless of their response. #Advent #Love #BibleProject



### Introduction

So if you’ve heard of Jesus, you probably know about one of his famous teachings called the Golden Rule: “do to others, what you would want them to do to you.” ( c.f. Luke 6:31). And this actually is a restatement of something else Jesus said, that the meaning of life is to love God and love your neighbor as yourself (Mark 12:31). Now that’s really beautiful, but what does he mean exactly by the word “love”? It’s an unclear word in English because you can love your mom, and you can love pizza. And if the word “love” means the same thing in both of those cases, your mom’s going to feel real bad.

### JESUS’ CONCEPT OF LOVE

So what did Jesus mean in his language? Well, first of all, this “love your neighbor” phrase is a quotation from the Hebrew Scriptures where the word for love is ahavah. However, the language Jesus spoke and taught in from day-to-day was a cousin-language of Hebrew, that is, Aramaic, in which the word for love is rakhmah. But then, as Jesus’ followers spread his teachings around the world, they translated them into Greek using the word agape.





**“SO WHICH IS THE MOST IMPORTANT? LOVING GOD OR LOVING YOUR NEIGHBOR? ... YOUR LOVE FOR GOD WILL BE EXPRESSED BY YOUR LOVE FOR PEOPLE AND VICE VERSA; THEY’RE INSEPARABLE.”**

But here’s what’s fascinating. The earliest followers of Jesus who wrote books of the New Testament in Greek, they didn’t learn the meaning of agape by looking it up in ancient dictionaries. Rather, they looked to the teachings of Jesus and the story of his life to redefine their very concept of “love.”

So one time, Jesus was asked about the most important command in the Jewish Scriptures. And he first quoted from the ancient prayer in the Torah called the shema. “Love the Lord your God with all your heart.” (Deuteronomy 6:5).

So love for God is the most important thing, but then Jesus quickly followed up saying another command from the Torah was also “the most important:” “to love your neighbor as yourself.” (Leviticus 19:18)

So which is the most important? Loving God or loving your neighbor? Jesus’ answer is “yes.” To ask the question means you don’t get his point. For Jesus, they’re two sides of the same coin. Your love for God will be expressed by your love for people and vice versa; they’re inseparable.

And so this makes it clear that for Jesus, agape love is not primarily a feeling for someone else that happens to you, like our phrase “I fell in love.” For Jesus, love is action. It’s a choice that you make to seek the well-being of people other than yourself.

Jesus also went on to teach that genuine love for God and others means seeking people’s well-being without expecting anything in return, especially from people who are in difficult situations who can’t repay you even if they wanted to. According to Jesus, this kind of generous love reflects the very heartbeat of God.





**"WE WOULDN'T  
BE TALKING  
ABOUT JESUS  
STILL TODAY IF  
HE HAD ONLY  
SAID THINGS  
LIKE, "LOVE  
YOUR ENEMY."  
THIS IS HOW  
HE ACTUALLY  
LIVED."**

And he took this even further. Jesus said that the ultimate standard of authentic love is how well you treat the person that you can't stand, or in his words, "you shall love your enemy and do good to them, expecting nothing in return." (Luke 6:35). For Jesus, this kind of enemy-embracing love imitates the very character of God himself.

## **LOVE THROUGH ACTION**

Now, we wouldn't be talking about Jesus still today if he had only said things like, "love your enemy." This is how he actually lived. Jesus was constantly helping and serving the people around him in very practical and tangible ways. And he consistently moved towards poor and hurting people who couldn't benefit him in return. He showed love for the forgotten ones, the people who usually fall through the cracks.

And when Jesus eventually marched into Jerusalem, he made himself an enemy of the leaders of his people by accusing them of hypocrisy and corruption. But then, instead of attacking his enemies to overthrow them, he allowed them to kill him. Jesus died for the selfishness and corruption of his enemies because he loved them.

After Easter morning, Jesus, and then his followers, claimed that it was the power of God's love for the world that was revealed in Jesus' life, death, and resurrection. As the Apostle Paul put it, "God demonstrated his own agape for us in this, while we were still sinners, the Messiah died for us." (Romans 5:8).

Or in the words of the Apostle John, "God's own agape was revealed when he sent his one and only Son into the world, so that through him, we could have life." (1 John 4:9).



**“... THE PURPOSE  
OF HUMAN  
EXISTENCE IS TO  
RECEIVE THIS  
LOVE THAT HAS  
COME TO US IN  
JESUS AND THEN  
TO GIVE IT BACK  
OUT TO OTHERS,  
CREATING AN  
ECOSYSTEM OF  
OTHERS-  
FOCUSED, SELF-  
GIVING LOVE.”**

And for John then, this naturally leads to the conclusion, “beloved ones, if that’s how God loved us, then we ought to show love for one another.” (1 John 4:11).

So Christian faith involves trusting that at the center of the universe is a being overflowing with love for his world, which means that the purpose of human existence is to receive this love that has come to us in Jesus and then to give it back out to others, creating an ecosystem of others-focused, self-giving love.

And that’s the New Testament meaning of agape love.

## *The Word Became Flesh*

John 1:1-5, Matthew 4:16

In the beginning was the Word,  
and the Word was with God,  
and the Word was God.

He was in the beginning with God.  
All things were made through him,  
and without him  
was not any thing made that was made.

In him was life,  
and the life was the light of men.  
The light shines in the darkness, and the darkness  
has not overcome it.

The people dwelling in darkness  
have seen a great light,  
and for those dwelling  
in the region and shadow of death,  
on them a light has dawned.

*Isaiah 9:6-7 ESV*

*For to us a child is  
born, to us a son is given;  
and the government shall  
be upon[a] his shoulder,  
and his name shall be  
called Wonderful  
Counselor, Mighty God,  
Everlasting Father,  
Prince of Peace.*

*Of the increase of his  
government and of peace  
there will be no end,  
on the throne of David  
and over his kingdom,  
to establish it and to  
uphold it with justice  
and with righteousness  
from this time forth  
and forevermore.*

*The zeal of the Lord of  
hosts will do this.*



**TIS' THAT TIME OF THE YEAR!**

Photo by Noree

Hi Everyone!!

As there are restrictions to gather freely with various situations at hand; and we cannot have potlucks as before. Some BLCians came forward to share their favourite or family recipes with us here as a gift.

Here are some lovely offerings from our community and friends. Hope you will enjoy replicating them at home. Have a blessed time of seeking and waiting on the Lord this Advent. May His light shine increasing brighter through our lives, seasoning lives around us.

Blessed Christmas in advance.

**P r e s e n t i n g**

**FROM OUR HOME TO YOURS**  
**BLCIANS' LOVED & FAMILY RECIPES**

  
**ADVENT**  
**JOY & LOVE**



*Tammy mentioned she came across a really good Lemon Chicken recipe during the MCB from Norah's Cooking Diary. Her friend attested it as one of the best lemon chicken she ever had.*



**FROM OUR  
HOME TO  
YOURS**

**BLCIANS'  
FAV & FAMILY  
RECIPES**

Here Tammy generously shares both the photos of her own creations, as well as the link and recipe. Tap on the picture above to watch the video, or go to: <https://youtu.be/Ao7bETK6lqU>

Several notes here to share with you:

You could substitute tapioca flour with potato flour or corn starch.

You could substitute raw sugar with white sugar.

You could substitute boneless chicken maryland with boneless chicken thigh.

#### CHINESE LEMON CHICKEN INGREDIENTS

Serve 4-6 pax

=====

2 Chicken Maryland ( $\pm 1$  kg)

1 Egg ( $\pm 65$  g)

1 Tbsp Custard Powder

$\frac{1}{2}$  Tsp Salt

$\frac{1}{2}$  Tsp Ground White Pepper

150 g Tapioca Flour

1 Tbsp Garlic Powder

350 ml Cooking Oil

  
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# FROM OUR HOME TO YOURS

## BLCIANS' FAV & FAMILY RECIPES

### CHINESE LEMON CHICKEN - SAUCE

50 ml Lemon Juice ( $\pm 155$  g Lemon)  
 $\pm 1$  Tsp Lemon Zest (1 Whole Lemon)  
125 ml Chicken Stock  
50 ml Honey  
2 Tbsp Sugar  
1 Tbsp Custard Powder  
1 Stalk Celery ( $\pm 90$  g)  
2 Slices Ginger ( $\pm 0.5$ cm thickness each)

### METHOD OF PREPARATION

#### STEP 1

Add tapioca flour and garlic powder into a rectangular 22cm x 15cm x 11cm food container. Cover the container with its lid and shake it to mix the mixture thoroughly and then set it aside.

#### STEP 2

Add egg, salt, ground white pepper and custard powder into a bowl. Stir the mixture to combine thoroughly and then set the bowl aside.

#### STEP 3

Pat dry the chicken marylands with kitchen paper towel on both sides. Carefully debone the chicken maryland with a small sharp knife. Transfer the chicken to the bowl containing the egg mixture prepared earlier. Flip and turn the chicken in the bowl and then set them aside to marinate for 15 mins.

#### STEP 4

After 15 mins, add 1 of the marinated chicken into the container containing the flour mixture prepared earlier. Cover the container with its lid and shake it to coat the chicken with the flour mixture. Remove the container's lid and then add the other marinated chicken. Cover the container with its lid and shake it to coat the chicken with the flour mixture. Coating the chicken with the flour mixture in the container this way will give an even coating. The kitchen bench is also a lot less messy!

#### STEP 5

Add the cooking oil to a pan and heat it up over MEDIUM heat until it is hot. Dip a wooden chopstick into the oil. The oil is hot when it starts bubbling steadily.





Lift up one of the coated boneless chicken and shake off any excess flour. Carefully lower the chicken into the hot oil with its skin side down. Fry the chicken until its skin turns golden in color. Typically, this will take about 6 mins.

After 6 mins, the chicken skin should now be golden in color. Flip the chicken to brown the other side. Continue to fry the chicken until it is cooked through and well browned. Typically, this will take about 6 to 7 mins.

After 7 min, the chicken should now be cooked and well browned. Remove the chicken from the pan. Transfer the fried chicken onto a wire rack.

Repeat the same steps with the other prepared chicken maryland.

Prepare the lemon sauce while the chicken pieces are still being cooled on the wire rack.

### **STEP 6**

Add chicken stock, lemon juice, honey, raw sugar, custard powder, slice ginger and lemon zest into a pot. Stir the mixture until the custard powder is fully melted in the liquid. Transfer the pot to a stove and simmer over **LOW** heat. Add celery stalk to the pot. Stir the mixture and let it simmers until the liquid reaches a thick "syrupy" consistency. If your sauce is reduced too much and becomes too thick, simply thin it by adding chicken stock to the mixture.

Photo by Daril W. Ungles

Switch the heat OFF once the liquid thickens. Remove the ginger and celery from the pot. The sauce should have a smooth and thick "syrupy" consistency.

### **STEP 7**

The chicken should now be sufficiently cooled for handling. Cut the fried chicken to serve. Pour the lemon sauce generously over the chicken.

Happy cooking ☺





Feeding people was a value in my mom's life and our family. Whenever I came home from school, there was always a pot of rice kept warm, and some dishes on the table under the big plastic food cover. Here is a nourishing complete meal that my family liked.



## GARLIC POT ROAST CHICKEN WITH VEGE

Copyrighted by Adeline Lim

I have often found it an exciting challenge and yet stressful (a paradox?) to cook for a crowd. It's hard to find recipes for 2 to 4 servings that will work for a group of 8 to 10 persons that will still taste great. Here is one created for convenience by accident that is a favourite. Haha. Enjoy.

### **Marinade for 25 pieces/2 chickens**

- 1.5 bulbs garlic, peeled
- 1 tbsp boiled water
- 2+1 tbsp olive oil (extra virgin)
- 1 tbsp honey
- 1 tbsp oregano
- 1 tsp rosemary
- About 1.5 to 2 tsp sea salt/organic salt

### **Preparation for marinade**

Mix extra virgin olive oil, honey, salt  
Puree peeled garlic pips with oregano, rosemary, and 1 tbsp boiled water  
Stir in puree to oil mix, creating an emulsion. Taste to adjust saltiness. Should be quite salty. Add 2/3 of this marinade to chicken pieces.



# FROM OUR HOME TO YOURS

## BLCIANS' LOVED & FAMILY RECIPES

### **Prep root vege into 1 inch cubes/triangles**

1/2 a small pumpkin

4 Australian carrots

One large purple sweet potato

2 green capsicums, sliced into strips

Marinate the root vege with about 1 tbsp remaining marinade and a dash a dash of extra virgin olive oil

### **Method**

1. Pre-heat oven at 200C for 10 minutes (convection).
2. Place all the vege in large pot, add 1.5 cups water to the pot.
3. Arrange marinated chicken pieces on top of the vege. Drizzle some olive oil or any remaining marinade on top.
4. Bake with pot uncovered for 45 minutes.
5. Cover the pot, and bake for another 30 minutes at 175C. Poke a knife through the large pieces like drumstick to see if juices run clear. If yes, means it's fully cooked.

Serve with rice or pasta.

### **Notes;**

The vegetables can be varied and adjusted according to your preferences. Celery, onions, beetroot and even fruit vegetables such as capsicum makes good companions. Happy Experimenting.



The crunchy and beautifully smooth and aromatic smell of butter fills the senses when partnered with a properly made slice of sourdough, lightly toasted. This is an amazing concoction especially for Gochujang and garlic lovers by Noree. these butter spreads are simply irresistible.



Copyrighted by Noree Choo

### **Gochujang Butter**

- ½ of a block of unsalted butter (about 110g+)
- 1 – 1½ tablespoon of gochujang
- 1/4 cup of spring onions or more (chopped)
- 2-3 garlic cloves (minced)
- ½ - 1 tablespoon of honey
- Salt

1. Bring butter to room temperature to soften
2. Combine butter, gochujang, chives, honey, and garlic.
3. Adjust salt and sweetness of honey based on taste preference
4. Cover and refrigerate for at least a few hours for better flavours.

Note:

- Feel free to adjust levels of gochujang, garlic and spring onion for spicier and more garlic flavor

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**BLCIANS'  
LOVED &  
FAMILY  
RECIPES**

  
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Copyrighted by Noree Choo

### Garlic Cheese Herb Butter

- ½ of a block of unsalted butter (about 110g+)
- 1-2 tablespoon Parmesan cheese
- ¼ cup grated Cheddar Cheese
- 1/4 cup Cilantro (chopped)
- 2-3 garlic cloves (minced)
- Salt & pepper

5. Bring butter to room temperature to soften
6. Combine butter, parmesan, cheddar cheese, cilantro and garlic.
7. Adjust salt and pepper based on taste preference
8. Cover and refrigerate for at least a few hours for better flavours.

#### Note:

- Feel free to adjust levels of cheese, cilantro and garlic to suit taste buds

*The spreads is best eaten on toast!*



There is nothing like the scent of an apple cake that just fills the room with warmth and sweetness that comforts the heart greatly. Couple it with a cuppa tea, and you are in for a treat.

## FROM OUR HOME TO YOURS BLCIANS' LOVED & FAMILY RECIPES



### French Apple Banana Cake

**Shared by Noree Choo**

*Recipe adapted from a French Apple Cake by Apron*

*[www.youtube.com/watch?v=wrHvPXgOquM](https://www.youtube.com/watch?v=wrHvPXgOquM)*

*Please tap the picture above to view the video.*

This is a keeper. I've been looking for fruit alternative recipe and glad I found it, The recipe uses regular ingredients that I would usually have at home. Simple steps and a simple sprinkling of sugar on the top creates a crunch when one bites and cuts into it.

#### Ingredients

Unsalted butter 110g / 1/2cup

Caster sugar 80g / 1/3cup

Whole egg 2 (55g+- per egg)

Vanilla extract 1/2tsp

Cake flour 120g / 12Tbsp

Sea salt 1/4tsp

Baking powder 1/2tsp

Apples 5 small, cubed

Banana 2 bananas, sliced

Granulated sugar 1-2Tbsp

Pan Size 19cm / 8- or 9-inch (20-23cm)

Bake at 180°C / 350°F for 40-45 minutes





### Method

1. Softened butter + sugar => creamed
2. Add an egg at a time
3. Add vanilla
4. Add sifted Cake Flour, Salt & Baking Powder (fold in)
5. Add apple cubes
6. Butter 19cm size pan -> pour batter
7. Sprinkle sugar 1-2 Tbsp (important) on the surface before baking.

### Note

1. Feel free to add other fruits you may have at hand. I've tried frozen blueberries (1 cup), frozen cranberries and apple and banana combo and they are good too.
2. Don't miss the sprinkled sugar on the cake before bake - the crackly caramelised sugar will give an extra depth to the cake





## Michelle's Porchetta and Apple Sauce Recipe.

*by Michelle and May Jean*

Michelle and May Jean were contemplating buying some commercial ham platter for their small Christmas dinner with Michelle's brother and family. While brainstorming, her brother suggested a Super Crispy Asian Style Oven Baked Porchetta instead. They found a nearby restaurant that sold this for more than RM200, and thought.. hmm maybe we could take up the challenge to whip this up homemade... And here's how this came about:

### Ingredients:

For Porchetta

1. 500 grams of pork belly
2. 2 tablespoons of oyster sauce
3. 3-4 cloves of minced garlic
4. 1.5 inches of ginger
5. Black pepper to taste
6. Some salt, rice wine and vinegar

For Apple Sauce

1. 1 apple
2. 2 tablespoons of sugar
3. 1/2 lemon juice
4. 1/2 teaspoon of salt
5. 1 tablespoon of butter
6. 1 cup of water
7. 2 cloves of garlic

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## Steps Porchetta

1. Poke holes on the entire surface of the skin with a meat tenderizer or fork
2. Slice the pork in the middle for a butterfly cut
3. Rub A LOT of salt on the skin to dehydrate it - this will help make the skin really crispy later!
4. Leave the pork aside and prepare the marinade by mixing the oyster sauce, garlic, ginger and black pepper.
5. Dab the pork skin dry with a paper towel.
6. Rub some rice wine and then spread the marinade across the centre of the pork.
7. Roll the pork starting from the side without the skin
8. Tie the pork using a parcel string
9. Wipe the skin dry (again) with a paper towel and apply more salt on the skin
10. Leave the pork to marinate for 2 hours and pre-heat oven at 240c for 30 minutes
11. Roast the pork at 240c for 1.5 hours
12. Brush a little bit of vinegar on the skin (makes it extra crispy!) and continue roasting for another 30 minutes
13. Ready to serve!

Photo by Darij, Unsplash

## Apple Sauce

1. Heat a pan and caramelize the sugar
2. Melt the butter with the sugar
3. Add chopped apples, cloves, water, lemon juice and salt.
4. Boil until the apples are soft
5. After apples are softened, blend it and serve with the pork.

Bon appetit!

Note: above recipe is on an "agak-agak" basis so remember to check it on and off and do some taste tests while cooking! For some video tutorial, check out Roland's video here on YouTube, which this recipe is based on:

<https://www.youtube.com/watch?v=ugg8CM3SLWE>

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*Most great cooks  
have a common  
phrase. So it wasn't  
surprising to hear the  
same from Auntie Siew  
Cheng - whose whose  
culinary skills are  
legendary with her  
fantastic Asam Laksa,  
ahem. Here is what she  
said: I agak agak la,  
no fixed measurements!*



Photo from Eater's collective, Unsplash

## **Auntie Siew Cheng's Shepherd's Pie**

"The first time I ate it was when my 6th sis-in-law, Emily served it. That was when my kids were in their teens. She also taught me how to make Philadelphia cheesecake and so I continued with these till today."Enjoy.

### **Top Crust**

5 to 6 russet potatoes, skinned and boiled  
2-3 tbsp butter  
1/2 cup fresh milk  
Pinch of salt, pinch of pepper  
Mash potatoes with the butter, milk, salt & pepper.  
Put aside.

### **Filling**

400g minced beef  
2 handfuls macaroni (boiled and drained according to  
packagae instructions).  
1 big yellow onion, chopped fine  
2 big red tomatoes, diced  
1 can tinned button mushrooms OR 185g fresh white button  
mushrooms  
2 handfuls of mixed vege (carrots, corn and peas)  
2 TBSP Lea & Perrin  
4 TBSP Tomato sauce  
Italian seasoning



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## Method

1. With 2 tbsp oil, fry onions, tomatoes and mushrooms for 3 mins.
2. Add pepper, tomato sauce, Lea & Perrins, italian seasoning to taste. Add meat. Then add macaroni and mixed vege.
3. Pour fried mixture into a casserole or baking tin. 4. Spread it out evenly.
5. Spread mash potato over it, cover the whole dish completely.
6. Gently drag a fork across to make some patterns. Bake at 200 to 240C for 30 minutes, or till the top browns.

Note:

Siew Cheng Por: Can sprinkle grated cheese on top to bake



"Rawani. This is a famous Yemeni dessert in my country." I could almost see her eyes sparkling with excitement as I read her text. "When do I need to make it?" She asked. This lady is one of the most encouraging and generous person I've met. "No. no. You don't need to make it for all of us. Just share with us the recipe, so we can also make it in our homes." What an amazing heart of giving. Almost made me cry in the face of such love. Thank you so much, Asmaa.

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## RAWANI

### Rawani

[https://youtu.be/iF3o6256\\_E4](https://youtu.be/iF3o6256_E4)

Rawani is considered one of the most popular Yemeni sweets and more often than not it is usually served in Ramadan, as it is a very light and sweet cake. This type of cake does not contain any type of fat, milk or butter. From Asmaa's home to ours.

### Ingredients:

8 eggs  
8 tbsps of all-purpose flour  
½ tbsps of baking powder  
1 tbsps of vanilla  
Salt  
Ingredients for the syrup:  
2 cups of sugar  
4 cups of water  
Lemon juice  
Cardamom  
Cloves



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## BLCIANS' LOVED & FAMILY RECIPES



### Method

1. Add all the ingredients for the syrup into a pot.
  2. Let the syrup boil for 5 mins. Once the 5 mins are up, take the syrup off the heat.
  3. Grease an oil safe dish with oil.
- Mix 8 tbsp all purpose flour and 1/2 tbsp of baking powder. Sift the flour and baking powder.

Sprinkle a pinch of salt.

Whip the eggs till it doubles in volume.

Add the vanilla. The egg mixture should look like a fluffy mixture.

Gradually add dry mixture in small batches (sift in the flour mix while stirring on low continually with your mixer). Please refer to video above.

When all the flour are added, do a few final folds in the mixture.

Place the Rawani in a preheated oven at 450F (230C) for 15 mins or until it becomes golden on top.

Pour half the syrup over the Rawani while it is hot, and then pour the rest over it 15 mins before serving.

Enjoy.

*Note: Tbsp - tablespoon. Tsp - teaspoon.*



*Ayam masak merah: it's a dish that many of my Malay neighbours would share with us during Raya/ special occasion growing up, and definitely bring back a lot of fond memories, growing up. :)*  
- Calvin Woo.



## AYAM MASAK MERAH ALA KAMPUNG

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### **Ayam Masak Merah ala Kampung**

*Shared by Calvin Woo.*

Ayam Masak Merah ala Kampung (for 4-5 people)

Ingredients:

A.

1. Chicken Whole Legs: 3-4 Whole legs
2. Turmeric powder: 1-2 teaspoon
3. Salt to taste: 1-2 teaspoon

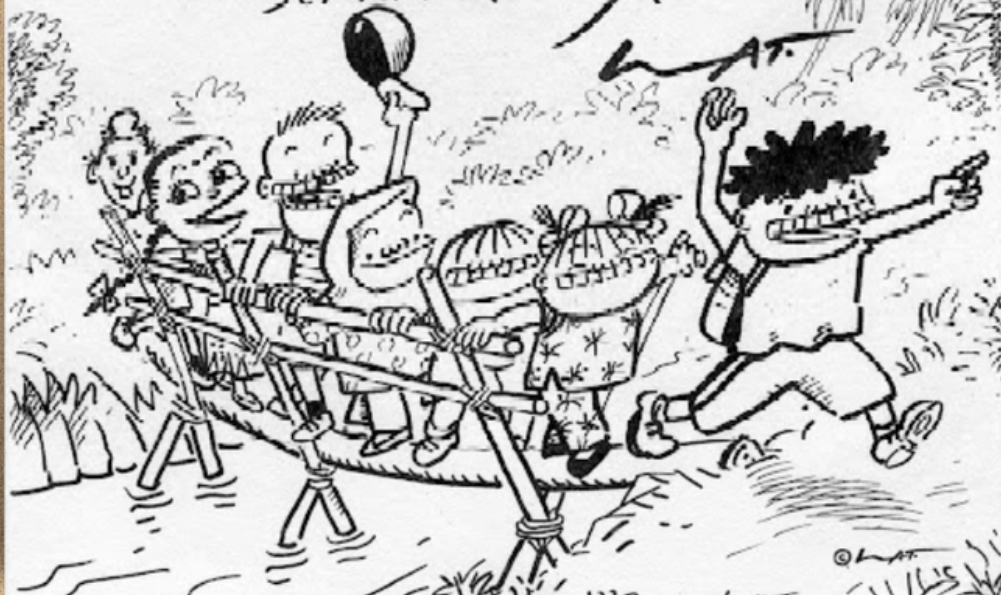
B.

1. Dried Chili Paste aka chili boh ( 2-3 heaping tablespoons depending on your preferred spice level)
2. Lemongrass 2-3 stalks
3. Galangal: one knob
4. Ginger: one knob
5. Red onion: one big one
6. Garlic: 5-6 cloves
7. Red onion: one ( sliced)
8. Gula melaka: to taste
9. Oyster sauce: to taste
10. Chicken stock powder: to taste

  
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Harapan saya ialah semoga kita  
menjadi sahabat sejati  
selama-lamanya.



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HOME TO  
YOURS  
MAY THE  
WISHES OF  
THE CHILDREN  
COME TO  
PASS.

**Notes:**

Gula melaka: abt 1 tablespoon, oyster sauce: abt 1 tablespoon and chicken stock powder - depends how much sauce there is. Please adjust these to your preference.

**Steps:**

1. Marinate A for about at least 30 mins
2. Fry A
3. Drain fried chicken and set aside.
4. Save frying oil from A. Use frying oil to sweat out sliced red onion.
5. Blend 1-6 from B.
6. Fry blended mixture in step 4 in low medium heat.
7. Fry till oil breaks to surface. And season with 8-10.
8. Add water as needed.
9. Add in fried chicken to sauce.
10. Serve! :)



*Have you ever had a cup of  
chai? Masala Chai  
specifically?  
There is just simply nothing  
like it.*

*Aromatic, smooth, milky,  
slightly sweet. A sip of this  
warm spice concoction, and  
the stress of the day melts  
away.*



Photo by Klara Avesenik, Unsplash

# MASALA CHAI

**SHARED BY CALVIN WOO**

Masala chai: Many of my close friends are Indians/Pakistani, and we bond over masala chai. One of my best friends, a Pakistani shared with me this recipe. 😊

A.

Spice blends: sliced ginger( 1 tbs) black pepper( 1 teaspoon), cinnamon( half stick) cardamom (5-6 pods), cloves (5-6)

B.

Indian Red Tea Leave: 1-2 table spoon

Full cream milk: 1 cup

1. Dry toast A over medium heat.
2. Boil B
3. Add in toasted A
4. Serve! :)



A bit about  
the Adobo recipe...

This recipe follows the same logic as the 3 cup chicken but amped up with sour from the vinegar and aroma from the bay leaves. I used to cook a large pot of this adobo (substitute it with chicken or tofu for a vegetarian option) during my seminary days in Boston. Every time I microwaved it in the student pantry, it reminded me that a little love and care into a home cooked meal can do wonders especially during the harsh winter away from home.

FROM OUR  
HOME TO  
YOURS

BLCIANS'  
LOVED &  
FAMILY  
RECIPES

ADVENT  
JOY & HOPE

Owners of Ruby's Ginger Beer where I first tasted Adobo.



# PORK ADOBO

SHARED BY MELANIE YONG

Photo by Dari Ill, Unsplash

This recipe is very agak-agak 😊 but it always works out! Just make sure your ratio of liquids are sensible haha. I can't remember where I got the recipe but the first time I ate Adobo is in a cafe that makes its own ginger beer, found at a tiny corner of Penang (wink if you know which one I'm talking about!).

500g pork with bone and fat  
3 large cloves Garlic  
Half cup Soy sauce  
Quarter cup Vinegar  
1 cup Water  
Sugar to taste  
1-2 Bay leaves  
Black pepper

Brown the pork in just enough oil so that it doesn't burn. Let the fat melt a little. Add garlic, black pepper and bay leaf, fry till fragrant. Pour vinegar, soy sauce and water. Let it cook till the meat is tender. Taste the sauce and add sugar to balance the vinegar.



# FROM OUR HOME TO YOURS

BLCIANS'  
LOVED &  
FAMILY  
RECIPES



Looks like Angpows but better

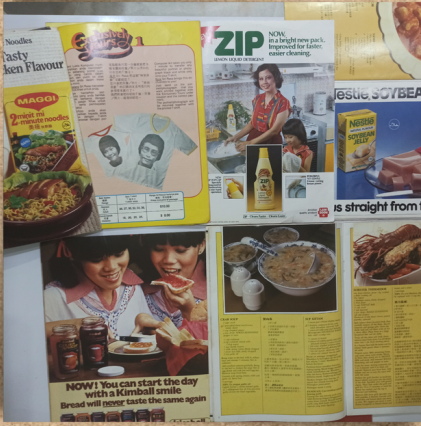
## Pumpkin Bacon pasta Shared by Melanie Yong

This recipe came from a San Remo pamphlet. Yes, the one that comes when you buy the pasta. Most people might just toss it aside but my mom keeps them, together with any recipe she finds on the back of the flour box, wrapped around a can, or snipped out of the newspaper. As a child I used to be mesmerized by the colorful illustrations, particularly by recipes that are out of vogue today. Looking back I realised that they are glimpses into a past I never knew but which I get to experience through my mother who kept it like family heirlooms. The interesting part is they are not cookbooks from trained chefs but product promotional materials targeted at everyday housewives. And that is what makes it so special-simple recipes, that are eventually adapted and improved by our nourishers. Treasure them and document it before it fades!

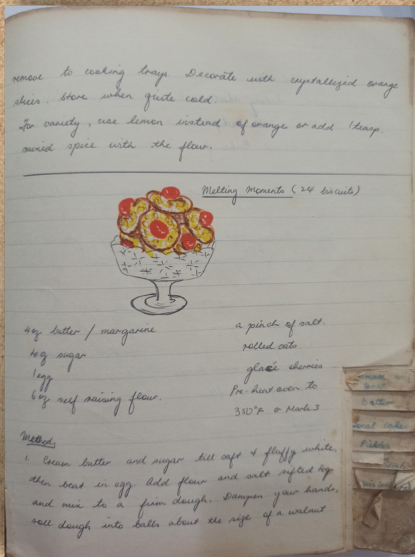
### Ingredients

120g bacon  
375g pumpkin peeled and chopped  
2 cups chicken stock  
1/4 cup cream or milk  
1/4 tsp ground nutmeg  
1/2 tsp curry powder  
(list continues next page)





Ads before I was born!



Mom's handrawn recipe



Melanie & Mom

## Ingredients (continuation)

- 2 small leeks sliced
- 1/4 cup parmesan
- 1/4 cup toasted pine nuts (optional)
- 500g fusili or any spiral pasta

Fry the bacon and chop it up into small bits then set aside. Sweat the leeks till soft. Stir in curry powder, and pumpkin. Cook for one minute then add stock and bring to boil till pumpkin is cooked (about 15mins). Mash pumpkin with cream, add nutmeg and cheese then season with salt and pepper. Add water if it's too thick. Once this sauce is ready, pour it on your pasta. Top with bacon and pine nuts.



## Kinohut Sangup (Rungus traditional recipe)

From Ngallinah Osinjiu

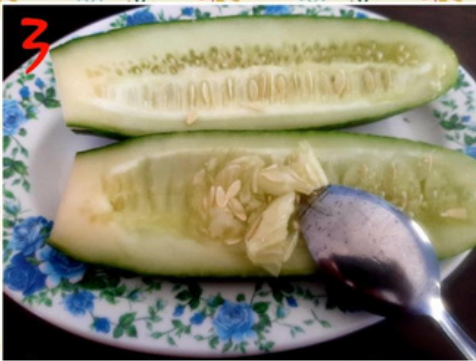
I'd like to share our simple traditional recipe. Hope you will enjoy.

### INGREDIENTS

1. Cucumber (Sangup)
2. Green Basil
3. Salt
4. MSG
5. Anchovies

\*If you love spicy you can add chilies.

Please follow the numbers in RED for steps.



6. fried without oil



8. mix all the ingredient



Photo  
Guided recipe





BON APPÉTIT



SELAMAT MENCUBA

ENJOY

ADVENT  
JOY & LOVE







Again Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life."  
- John 8:12 ESV

EXTERNAL  
PRAYER LINK



Lectio 365



## The Church (Body of Christ)

Pray that we will continually seek God's kingdom first and all His righteousness, caring for what's on the Father's heart. In our relationships with each other, that love will be our priority, and we will be our brother's or sister's keeper. In unity of faith and Your righteousness, that we will contend as one man and one Body in Your plans and purposes. Your voice we will hear and not the voice of another. At all times, we will walk in agreement with You, serving You will a clear conscience to act justly, to love mercy and to walk humbly with your God. Your kingdom come, Your will be done. Amen

## Nation

We pray for God to raise up wise, faithful and righteous leaders to steward the care for the nation and its people in these times. For the Sarawak elections on 18 Dec. That all will be done above board, and safely. We pray for economic stability, improving financial situations and work opportunities.

## Justice & Freedom

For the love of truth, justice, mercy, righteousness and humility to be the foundations of our nation and its inhabitants. For the judiciary system to remain free and committed to establishing justice and truth for both the individual and the land. For the protection of freedom of personal choices and rights of the people; minority or at large - to be respected, upheld and honored.

## The People

Lord, teach us to be intentional in making ourselves available to others, to help those who have emptiness in their hearts, or pains they cannot openly speak about. Teach us to be caring, compassionate, conscientious and emphatic.

## BLC Community

Pray for the protection and safety of our Pastors and leaders, BLC community and loved ones; that we will grow in continually in sensitivity to the guidance of the Holy Spirit, wisdom, discernment, resilience, quick to adjust themselves and respond well to changes beyond our control. May we be the salt and light of the Lord to those around us.

## Prayer Support

SUPPORTING YOU IN PRAYER.

Send in your requests via WhatsApp to Rev. Thomas, Adeline or our Council.

## LCM

Thanksgiving for our new Bishop. Rt. Rev. Thomas Low. For God's hand, counsel and wisdom and strength to be with him and the leadership in this as he shepherds the LCM community. For God's grace, protection to be with his family in this journey.



UPCOMING ON 24TH, 25TH & 26TH DECEMBER

24 December, 8.30 pm  
Candlelight Service (Zoom)

25 December, 10.00 am  
Christmas Service @ Bug's Paradise (Livestream to Zoom)  
For more details, speak with Sheh-Ren & Christmas Committee.

26 December, 10.00 am  
Sunday Online Service (Zoom)

# BLC CELEBRATES

• "Behold, the virgin shall conceive and bear a son, and they shall call his name Immanuel" (which means, God with us). Matthew 1:23 ESV •



# Tithes & Offerings

**Tuesday Bible Study**  
**8:30 pm**  
**(Rest for Dec)**

MEM (Wednesdays)  
Dec 15th, 8:30 pm

Both Friday groups are  
resting for December.  
Giving Tree (Fridays)  
8:15 pm (Rest)  
Friday Bible Study  
8:30 pm (Rest)

**Account Details**

Account Details  
BANGSAR LUTHERAN CHURCH  
RHB BANK Acc No.  
0000 6185

SAR LUT  
RHB BANK ACC  
2142 77 0000 6185  
of giving in t

Please specify area of giving in the e-transfer, e.g. Tithe, General Offering, Mission\* or Agape Fund.

\*The BLC Missions Collections supports the following:

- Batu 20, Orang Asli (
- United Voice – Moh Foong
- Bible Translation Researchers
- Alongsiders (<http://alongsiders.org>)

Please click below to Follow Us!

[bangsarlutheran.org](http://bangsarlutheran.org)



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# THE FATHER'S HOUSE WELCOMES YOU

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**Weekly  
Manna**  
12 Dec 2021 Issue