

India Fundraiser Pack

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Indian Recipe Ideas

Easy Chicken Curry (serves 4)

Ingredients

6 spring onions
3 garlic cloves
2 tbsp vegetable oil
half a 400g tin chopped tomatoes
2 tbsp curry powder
1 tsp ground ginger
400g boneless skinless chicken thigh, cut into 2.5cm pieces
100ml Greek-style natural yoghurt, plus extra to serve
salt and pepper

To serve 200g basmati rice

Method

- Thinly slice the spring onions, reserving a handful of the sliced green parts for garnish. Peel and chop the garlic. Heat the oil in a large saucepan over a medium heat and cook the spring onions and garlic for a few minutes. Add the tomatoes, curry powder and ground ginger and cook for 3-4 minutes. If the pan gets dry add a splash of water and make sure the spices don't burn.
- Add the chicken and cook for 5 minutes. Make sure all the chicken is coated and is beginning to brown on the sides.
- Add 250ml water and bring to the boil. Reduce to a medium to low heat and cook for 10-15 minutes, or until the chicken is cooked through with no sign of pink juices in the middle of the pieces.
- While the chicken is cooking, prepare the rice. Pour the rice into a saucepan and rinse it under the cold tap to take away any cloudy starch. Drain the cloudy water away. Add clean water for cooking the rice. You need almost twice as much water as rice. (If you use a mug of rice, add a little less than two mugs of water.) Bring to the boil then reduce the heat to a low simmer. Cover with a lid and cook very gently for 10 minutes. Remove from the heat and leave to stand with the lid on for 10 minutes. This will finish cooking the rice. Keeping the lid on is important, so none of the steam escapes.
- Take the curry off the heat, stir in the yoghurt then season with salt and pepper.
- Serve the curry with the rice and garnish with a drizzle of yoghurt.

As you know curry is a very popular dish in India. When you cook the curry from scratch you can choose how spicy you want to make it.

If it ends up too spicy you can always add more coconut milk or yoghurt make it milder.

Naan Bread is a lovely side dish.



Creamy Vegetable Korma (serves 4)

Ingredients

1 tbsp vegetable oil
1 onion finely chopped
2 tsp turmeric or curry powder (or paste)
1 garlic clove, crushed
thumb-size piece ginger, finely chopped
800g mixed vegetable, such as carrots, cauliflower, potato and courgette, chopped
300ml hot vegetable stock
200g frozen peas
200ml yogurt or coconut milk
2 tbsp ground almonds (optional)

To serve toasted flaked almonds, chopped coriander, basmati rice or naan bread

Method

- Heat the oil in a large pan. Cook onion with the dry spices over a low heat for 5-6 mins until the onion is light golden. Add the chilli, garlic and ginger and cook for 1 min, then throw in the mixed vegetables and cook for a further 5 mins.
- Add the stock and simmer for 10 mins. Add peas, cooking for 3 mins more until the vegetables are tender.
- Remove from the heat and stir through the yogurt or coconut milk and ground almonds, if using. Serve sprinkled with the toasted almonds and coriander, with basmati rice or naan bread on the side.

You can easily adapt either of these recipes if you want to cater for meat eaters by dividing the mixtures appropriately between two pans. Chop the chicken/lamb/beef into small chunks and put into a separate pan and then combine them with some of the vegetable sauce - make sure that meat is cooked thoroughly.

Spinach, Sweet Potato & Lentil Dhal (serves 4)

Ingredients

1 tbsp vegetable oil
1 red onion, finely chopped
1 garlic clove, crushed
thumb-sized piece ginger, peeled and finely chopped
1 red chilli, finely chopped
1 ½ tsp ground turmeric
1 ½ tsp ground cumin
2 sweet potatoes (about 400g), cut into even chunks
250g red split lentils
600ml vegetable stock
80g bag of spinach
4 spring onions, sliced

Method

- Heat the oil in a wide-based pan with a tight-fitting lid. Add the onion and cook over a low heat for 10 mins, stirring occasionally, until softened. Add the garlic, ginger and chilli, cook for 1 min, then add the spices and cook for 1 min more.
- Turn up the heat to medium, add the sweet potato and stir everything together so the potato is coated in the spice mixture. Tip in the lentils, stock and some seasoning. Bring the liquid to the boil, then reduce the heat, cover and cook for 20 mins until the lentils are tender and the potato is just holding its shape.
- Taste and adjust the seasoning, then gently stir in the spinach. Once wilted, top with the spring onions and coriander to serve.



Indian Snacks

Samosas are a crispy and spicy fried or baked snack with a savoury filling, such as mashed potatoes, onions, peas, or lentils. They are a popular street food in India. Many Irish supermarkets have this snack ready-made in the chilled/frozen food aisle.

Poppadoms are another snack - they are a type of thin, crisp, round bread usually made from peeled black gram flour.

Last but not least there are **Bhaji** - spicy, deep-fried vegetable balls.

Samosas

(makes 20)

Ingredients

packet ready-made filo pastry
3 tbsp vegetable oil
½ tsp mustard seeds
60g chopped onion
1 tsp finely chopped ginger
60g frozen peas
1 tbsp ground coriander
1 tsp ground cumin
¼ tsp red chilli powder
½-¾ tsp garam masala
1-2 tsp dried mango powder, to taste
(alternatively, use juice of 1/2 a lemon)
salt, to taste
a splash of water
600g potatoes, peeled, boiled until soft and crushed into large lumps
4 tbsp chopped fresh coriander leaves
5 tbsp melted butter, for brushing
2 tbsp sesame seeds (optional)

Method

- Heat the oil in a small non-stick pan and fry the mustard seeds for about ten seconds, or until they begin to splutter.

- Add the onion and ginger and cook for 2-3 minutes over a high heat. Add the peas, stir well and add the spices, mango powder, salt and a splash of water. (If using lemon juice, add this instead of the water.) Cook for 1-2 minutes, then add the potatoes and coriander and cook for 2-3 minutes. Taste and adjust the seasoning.
- Preheat the oven to 200C. Unroll the pastry and cover with cling film and a damp tea towel. Peel off one piece and keep the rest covered so that it doesn't dry out. Lay the pastry sheet flat on a clean surface and brush with melted butter. Fold in one third of the pastry lengthways towards the middle. Brush again with the butter and fold in the other side to make a long triple-layered strip.
- Place one rounded teaspoon of the filling mixture at one end of the strip, leaving a 2cm border. Take the right corner and fold diagonally to the left, enclosing the filling and forming a triangle. Fold again along the upper crease of the triangle. Keep folding in this way until you reach the end of the strip. Brush the outer surface with more butter. Place onto a baking sheet and cover while you make the rest of the samosas. Sprinkle over a few sesame seeds, if using.
- Bake in the centre of the oven for 30-35 minutes, or until golden and crisp, turning halfway through the cooking time.
- To serve, place the samosas onto a large serving plate with a bowlful of chutney.



India Quiz

The Answers

How many nations border India

- A) 2
- B) 14
- C) 6**
- D) 9

India shares a border with Pakistan in the west, Bangladesh and Myanmar on the east. The northern boundary is made up of China, Nepal and Bhutan.

What is India's smallest state?

- A) Uttar Pradesh
- B) Kerala
- C) Goa**
- D) Sikkim

Goa is the smallest state in India in terms of area and 4th smallest in terms of population.

What are the three most practised religions in India, in order?

- A) Hinduism, Islam, Christianity**
- B) Hinduism, Buddhism, Christianity
- C) Buddhism, Hinduism, Christianity
- D) Hinduism, Buddhism, Sikhism

More than 80 percent of Indians practice Hinduism, 13.4 percent Islam, and 2.3 percent Christianity. Despite the fact that Buddhism originated in India, less than one percent of Indians claim to practice this faith. Sikhism ranks fourth, with 1.72 percent of the population.

Which world religion was NOT founded in India?

- A) Hinduism
- B) Buddhism
- C) Sikhism
- D) Taoism**

Taoism is traced back to Laozi, a philosopher in ancient China, who wrote a book called "Tao Te Ching".

What is the estimated population of India?

- A) Less than 1 billion
- B) Between 1 billion and 1.2 billion
- C) Between 1.2 and 1.4 billion**
- D) More than 1.4 billion

According to the United Nations in July 2016, India is the world's second-largest country by population with 1.3 billion inhabitants, and is projected to surpass China's population by 2022. Already, approximately 18 percent of the people on the planet today live in India.

Following the end of British rule, many Indian cities were renamed. Which of the following city names below is still officially used?

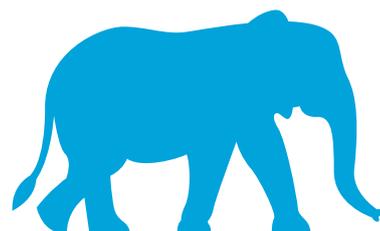
- A) Bombay
- B) Madras
- C) Jaipur**
- D) Poona

Bombay was renamed Mumbai in 1995, Madras was changed to Chennai in 1996, and Poona was changed to Pune in 1976. Jaipur – a popular tourist destination – was founded in 1726, and its name remains in use today.

Which of these bodies of water does not border India

- A) Bay of Bengal
- B) Arabian Sea
- C) Indian Ocean
- D) Red Sea**

The Red Sea is a seawater inlet of the Indian Ocean, lying between Africa and Asia.



What is found at the centre of the flag of India?

- A) A lotus flower
- B) A banyan tree
- C) A spoked wheel**
- D) None of the above

The Ashoka Chakra is a wheel with 24 spokes, a Buddhist symbol representing the "Wheel of Life". The lotus flower and the banyan tree – despite being the national flower and tree of India, respectively – do not appear on the nation's flag.

The Hindu spring festival of colours is known as:

- A) Losar
- B) Diwali
- C) Holi**
- D) Vaisakhi

Holi is a two-day festival celebrated in February or March. Hindus believe it is a time of celebrating the return of spring colours and saying goodbye to winter. Participants of all strata of Indian society throw coloured powder at each other, hold bonfires, and celebrate wildly.

Which Indian city is known as the "Silicon Valley of India" for its large high-tech industry?

- A) Mumbai
- B) Jaipur
- C) Bangalore**
- D) Pune

Bangalore is home to numerous information technology companies, such as ISRO, Infosys, Wipro, and HAL.

Which of the following best describes India's government?

- A) A parliamentary republic**
- B) A constitutional monarchy
- C) A socialist republic
- D) A direct democracy

The government of India is comprised of executive, legislative, and judicial branches. The bicameral parliament of India makes up its legislative branch and its members are appointed by popular election, whereas the president and prime minister are appointed by parliament making the government of India a parliamentary republic.

Who assassinated Mahatma Gandhi in 1948?

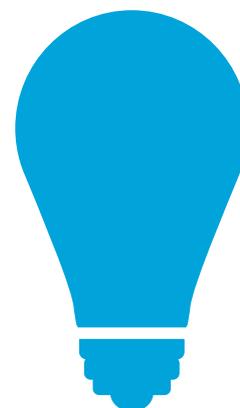
- A) A Hindu extremist who held him responsible for the partition of India**

B) A Muslim extremist opposed to Gandhi's Hindu beliefs
C) A British nationalist angry at the role Gandhi played in Indian independence
Nathuram Godse, a Hindu, shot the civil rights leader at a house used for prayer meetings in New Delhi. Godse later revealed that he was upset by Gandhi's complacency toward Muslims and believed that this was the cause of the creation of Pakistan and the violence that ensued during partition.

Who was the Republic of India's first Prime Minister?

- A) Mahatma Gandhi
- B) Jawaharlal Nehru**
- C) Louis Mountbatten
- D) Muhammad Ali Jinnah

Nehru is considered by many to be the father of the modern Indian Republic. He served as Prime Minister from 1947 until 1964. Mahatma Gandhi was the leader of the Indian independence movement against British rule. Louis Mountbatten was the the last Viceroy of India. Muhammad Ali Jinnah was one of the first to conceive of the idea that Indian Muslims should have their own state and was a primary actor in founding Pakistan.

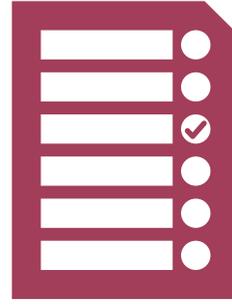


Prayer Points for India

- We pray for India - the world's largest democracy. We know that official India is currently on the side of the militant Hindus and Christians are attacked with impunity. We pray for justice for all Indians regardless of creed.
- We want to pray for special protection for Christians living in rural areas and members of small house churches who are at greatest risk of attacks. We pray that they can live and worship in peace and safety.
- Today we pray for Pastor **Rakesh Kumar Masih** who was viciously attacked in March. He is still in pain so we ask for complete healing for his body and for protection for him, his family and church.
- We pray for an end to “anti-conversion laws” in certain Indian states which allow the prosecution of Christians for sharing their faith. We pray that God would give wisdom and protection to Christians who love to share their faith there.
- We pray for Prime Minister **Narendra Modi**. Since his party came to power in 2014 radical Hinduism has increased steadily. We pray that God would move his heart and that he would no longer turn a blind eye to religious attacks.
- We pray for four pastors **Muniyandi Elangoan Jebraj, Karthik Chandran, Khel Prasad Kurre** and **Harjot Singh Sethi**. They were pictured in the recent postcard campaign and have all suffered violent attacks in the past year.
- We pray that the Indian ambassador to Ireland **Vijay Thakur Singh** would take action in response to the many postcards that were sent to her on behalf of Indian Christians and that her actions would make a real difference.
- We ask for the Lord's blessing on those who are grieving for **Pastor Gideon Periyaswamy** before the Lord. He was found dead in January a week after he complained to police about opposition from Hindu extremists.



Organiser's Checklist



In advance:

- Depending on the size of the event you are planning, gather a team of helpers to plan the event and lend a hand on the day.
- Decide on a suitable venue and make sure it is available on the date.
- Personal invitations are always received best - send invitations by text, email, WhatsApp and follow up just before the event to remind everyone.
- If you plan your event outdoors, make sure you have an alternative in case the weather doesn't cooperate. This is Ireland after all!
- Order literature (India Magazine, Church in Chains information leaflet, India postcards) from office by email at info@churchinchains.ie or phone **(01) 2825393** stating how many copies you need of each publication.

On the Day:

- Prepare a Church in Chains table with literature we supplied and don't forget to place collections box(es) or baskets in visible places.
- Health and Safety considerations: make sure meat is cooked thoroughly and children are kept away from hot appliances.
- If you can, please take some photos of your event and of any food you cook. We'd love to share the pictures of your fundraiser with other supporters.
- Don't forget to have FUN!

Afterwards:

Please tot up the donations and make out a cheque or transfer the total into our account. We will send you an acknowledgement of how much you raised.

Our address is: **Church in Chains, PO BOX 10447, Glenageary, Co. Dublin.**

Our bank details are: **IBAN IE22 IPBS 9906 1020 1759 05 BIC IPBSIE2D**

**Thank you for all your hard
work and for partnering with us
on behalf of Indian Christians!**