



**FOOD
FAMILY
& FUN**

**A GLIMPSE INTO OUR FAMILY'S
TABLE, TRADITIONS & TRAVELS**

by Ruth Palau Silvoso

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Welcome to our Home!



This book is the result of questions people usually ask, such as: What dishes do you like best? What do you do around the house as a family? How do you balance family and ministry, or family and work?

Since family is most important to all of us, I organized my answers under four themes: prayer, ministry, food and fun. Why? Because of what they have in common: the family that eats, has fun, prays and ministers together *stays together!* We have to eat every day, so it is good to put enthusiasm and thought into cooking and eating since God gives us everything to enjoy. It is also the time of the day when we get everybody around the same table, giving us an opportunity to catch up, pray, have fun and talk about everything.

We have wonderful memories of conversations, laughter and fun at dinnertime. When our daughters were growing up, we made it a point to always eat together. Our girls were welcome to bring friends over, too. Birthdays were special celebrations, making it a memorable day for everyone, and more so for the birthday person. Now that they are married and have families of their own, we celebrate every holiday together with traditions held dear by our children and grandchildren, including some special dishes. I am always blessed when our

granddaughters ask me, “Lela, may we have the recipe?” (Lela is what the grandchildren call me!)

As a wife and mother, together with my husband Ed, I always wanted to instill in our children and grandchildren the importance of a united family since the opposite causes fear, anxiety and uncertainty about the future, especially in the children. A strong family provides a pool of love, commitment and honesty to grow up true to godly values so we can serve God and others.

The environment and rituals of the kitchen and dining room are where the family comes together *naturally*. It is always a joy to think that after a hard day’s work we can all have a good time around the table. That is when family traditions are built that help us understand who we are and where we come from, and define us as a family.

In this book you will find typical Argentine specialties, as well as some Italian dishes that we enjoy eating since it is part of our heritage on Ed’s side. We also take pleasure in French cuisine from my side of the family, and of course you will also see some classic American dishes. These are recipes for simple everyday meals that anyone can prepare, whether you prefer ready to serve food or to make it from scratch. This is not a diet book but a collection of some of our favorite recipes and memorable stories and photos from meals and ministry trips, plus some key principles to strengthen the family.

May God’s blessing be poured upon you and your loved ones as you cook, pray, have fun and eat!

~ Ruth Palau Silvano



Love Part 1: From Ed to Ruth



a rose every day...

Love is what holds a family together, and demonstrating love is important for a couple, but also for the children and grandchildren. When we show love to each other in tangible ways (flowers, poems, etc.) that they witness, it plants seeds that help them envision a loving future.

Ed is a romantic. We usually travel together, but when he has to go by himself, he leaves me notes and sends me flowers. My favorite memory is of a long trip when he sent a rose for each day we would be apart, along with the lyrics to a song that in Spanish goes like this:



When we celebrated our 25th wedding anniversary, Ed wrote and read this at the altar:

*When I first saw you,
it was like gazing straight into the sun.
So much light flooded my soul
that I have not been able to look at anyone else.
Every time I look into your eyes,
I find myself sailing an endless sea of emeralds.
A sea so immense that after 25 years
I have yet to see shore for the first time.
A sea so deep that its biggest storm cannot create
waves big enough to unsettle its depth.*

*Without you I am a ship with no port,
A night with no stars, a creek with no pebbles,
A beach with no sand, a river with no shores,
An ocean with no tides, a rainbow with no colors.
When I hear your voice, music floods my soul.
Your words explode into a symphony
So sweet, so melodious, so intriguing,
so challenging.*

*Without you I am lost,
As impossible as a song without words.
You are so much a part of who I am
that without you I am no longer me.
I simply cease to be.*

*With you, by God's grace, I am everything God
designed me to be. Ruthie, I love you! I always will!*

Every morning we have breakfast and devotions together before anything else. We take turns bringing it to the bedroom where we read the Bible, listen to worship music, and pray. These times are the anchor for everything else we do for the rest of the day. Love conquers all.



Jesica's Tribute

I am so excited that my precious mom has finally put our family's favorite recipes into a book, along with some special memories. When I reflect on the loving and nurturing role my mom has played in my life, her delicious meals are a big part of my fondest recollections.

Some of my earliest memories are of my mom in the kitchen preparing food for my family with so much dedication and joy.

When I was a little girl, we moved from Argentina to the United States and we were all homesick. My mom helped us make the transition to our new home by continuing to prepare our favorite Argentine meals. Now, this was not an easy feat! In the '80s there were no "instant" Argentine food options available. Everything had to be made from scratch, and that's just what she did. My mom would make homemade pizzas, pastas, milanesas and empanadas every week.

My school friends would often ask me what my mom was doing when she was making the "tapas" (homemade dough) for the empanadas. They had never seen anyone make "tapas" before, and they had no idea what an empanada even was. However, once they had tasted her empanadas, they would always ask to come over on the nights we were eating them.

When the neighborhood kids would be eating ice cream and brownies for dessert, my mom would have spent hours making the dough for Argentine "paselitos" (a labor intensive pastry) for our dessert. In

school, when my friends were having Peanut Butter and Jelly sandwiches for lunch, my mom had packed me a "milanesa" sandwich on a French baguette, complete with lettuce and tomatoes. I was always thankful and excited to have her food with me at school. It was truly a comfort and a treat.

On the weekends, my parents would make meal times extra festive and fun by preparing the most delicious "Argentine Asados" (BBQ). They would grill short ribs, juicy steaks, and top the meat off with chimichurri. For the after dinner entertainment, my dad would prepare slideshows to traditional Argentine music.

Yes, as archaic as that sounds, slideshows were the equivalent to streaming a Netflix movie today. The slideshows eased our homesickness with pictures of our Argentine family, home, and animals we were missing. My dad would also serve us cappuccinos after dinner. A good strong cup of coffee is another Argentine staple that we all enjoyed together.

Looking back, I truly appreciate how my parents prioritized dinnertime.



As kids, we knew that no matter how busy our schedules were, we could always count on connecting as a family over dinner.

I'm so grateful that my parents were intentional to protect the table atmosphere to ensure it was a safe place we could look forward to. They lovingly enforced a "no criticizing zone" to keep it delightful and life-giving.

My mom and dad also utilized dinnertime to share uplifting stories and testimonies of what the Lord was doing all over the world. When we had pastors and missionaries over for a meal, my parents would ask them to share what they were seeing the Lord do and it was always so exciting to hear. Those stories built our faith tremendously.

I'll never forget how after the devastating 1989 Loma Prieta earthquake, we were one of the few families on the block that had a home cooked dinner. My mom had started dinner earlier than usual and her chicken and vegetable dish had just come out of the oven moments before the ground began to shake. Though we were without power that night, we had a delicious meal, complete with my mom's lemon meringue pie for dessert. It was so comforting to have her food after such a terrifying day.

Cooking is one of my mom's "love languages."

Even to this day, if we are not feeling well, she is the first to run over a pot of her homemade soup. We have jokingly nicknamed her chicken soup, "The Lazarus Soup," as it's so healthy it helps one come "back to life!"

My Mom helped me through my pregnancy cravings by helping make my family's meals when I was too

nauseated to be around food. And after every birth and surgery, she always lovingly brought my sisters and I our favorite foods which helped aid our recoveries.



I truly praise the Lord for the fun we had growing up as a family. The joy and laughter we shared, and still do to this day at the dinner table, are treasures I will always hold dear to my heart.

I am so blessed by this book, as it allows the world a small glimpse into the heart of my mom who, along with my amazing dad, faithfully loved us unconditionally, prayed for us daily, and supplemented our bodies with delicious meals. May this book bless and inspire you to savor every moment with your family around the dinner table tonight.

~ Jesica MacNaughton

TRAVEL STORIES

ITALY: The Land With No Bad Meals



While on a ministry trip in northern Africa, we crossed the Mediterranean to visit Ed's ancestral relatives in Gorzegno, Italy. Ed's mom was born there and left with her parents when she was two-years-old. It was an incredible time! All the living relatives were waiting for us by the Catholic Church in the main square of this picturesque village high in the mountain, north of Torino. Among a host of smiling grand uncles and grand aunts with their children and grandchildren was a 98-year-old sister-in-law to Ed's grandpa. It was very Italian!

Ed's grandparents grew up nearby and both sides of the family were well represented. Emotions were in full display as they met their Argentine descendants (us) for the first time. They showed us pictures of Ed's grandparents when they lived there and gave us a tour of their ancestral homes. Our grandkids were impressed with the sight of cows sleeping under the farm house!

Following the effusive welcome, with plenty of hugs and kisses, we went to eat, of course, in a typical Italian patio dotted with cypress and olive trees.

They brought dish after dish of homemade pasta, and wine from their own vineyards and wineries.

As the dessert was being served, Ed served the spiritual food. He told them how his family found the Lord in Argentina and how God miraculously healed him

of an incurable disease. All of them were touched and some were in tears. The next day they came to hear him at the church we were ministering in. They had never been to an evangelical church before, and they got to hear the gospel for the first time! It was a very memorable ministry and family time.

Italy is a country where we've never had a bad meal. Every region has its own culinary specialties. Italians take pride in their cooking, and they enjoy not only eating food but talking about it, too! Each dish is discussed in minutiae detail. In Napoli, we had so much pizza that we couldn't eat it for awhile afterwards, but it was great!

The fish we had in Venice was so good that now Ed (who is not a fish lover) eats it more often.

We sat on the Piazza San Marco savoring a real Italian cappuccino and watched the hundreds of pigeons take off and fly. In Venice, you can hear seagulls calling, gondoliers singing, vendors hawking goods, and tourists speaking a world of languages. What you won't hear are cars, buses or motorcycles since the city is built on the water.

The best thing to do in Venice is to tour the Grand Canal looking at the fabulous palazzos along its banks and to get to St. Mark's Plaza to explore this spectacular Duomo.

Then you are ready to go and eat again!

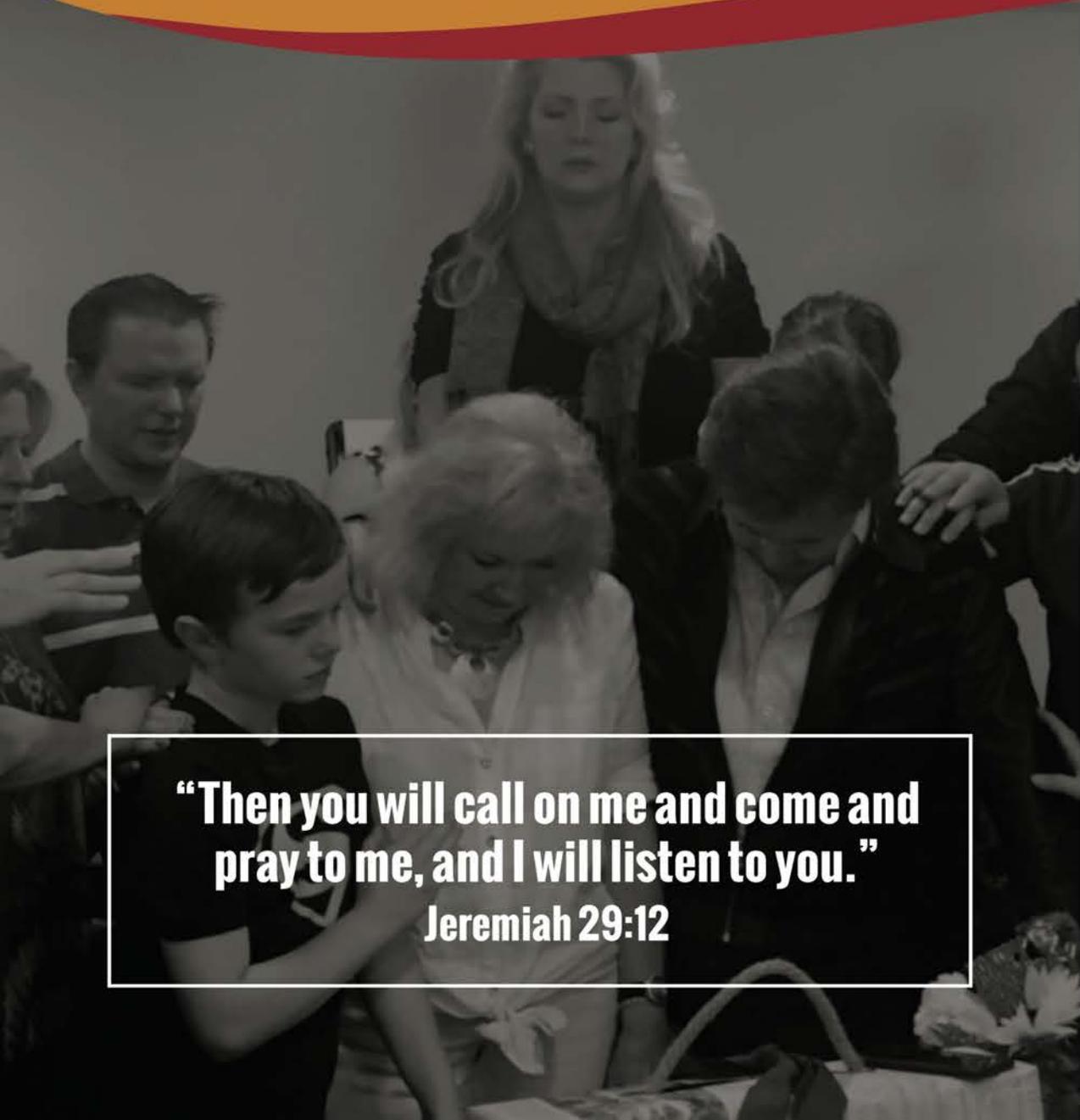
PASTA, PASTA!

The Italians can never have too much pasta, and they live long, happy lives.

I read in Sophia Loren's cookbook, *Recipes and Memories*, that any time she has some spare time and is by herself, she makes tomato sauce, freezes it, and when she is hungry she boils some pasta and has a quick and tasty meal.

She also writes that after the war, when she was trying to get started in movies, she didn't have a lot of money. So she and her mother would stay in cheap hotels and cook spaghetti and tomato sauce in the room!





“Then you will call on me and come and pray to me, and I will listen to you.”

Jeremiah 29:12

Slice of Life: **The Family that PRAYS Together** **STAYS TOGETHER**

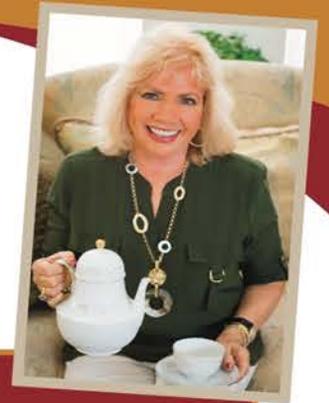
I have found that, after Jesus, the main ingredient to have a happy family is prayer.

Ed and I have always been intentional about making it a central part of everything we did as a family, allowing prayer to flow naturally through the day. We would pray spontaneously with our daughters at meal times, before leaving for school, while driving in the car, and before bed. These were short, simple prayers inviting the Holy Spirit into whatever we were doing, turning prayer into a lifestyle and not a task.

We also wrote the names of all our neighbors and placed them in a glass jar. At dinnertime we would each pick a name and pray for that family as part of saying grace for the food.

At bedtime, we would ask our girls for their prayer needs. I kept a journal where I wrote down their requests and also recorded the answers to those prayers. It is such a faith-builder today to look back and see the power and the faithfulness of God reflected in the miracles documented in that journal.

Prayer is powerful and an essential ingredient to a happy and blessed family. Our God is faithful and He hears and answers us. Therefore, never miss an opportunity to pray with and for your loved ones. Also, ask your children to pray for you. Make it a two-way street. Nothing, absolutely nothing, brings a family closer than coming together into God's presence.



In 2005, Ed was on a very intense ministry trip in Argentina. The day he was flying home, I was with one of our daughters and granddaughters in the car. She was 4-years-old at the time. All of a sudden, she cried out, “Stop the car!” We pulled over, not knowing what was happening. She told us, “We must pray for Lelo (Ed) right now: he needs help!” We interceded for him, and I looked at my watch, knowing Ed's plane had just taken off from Argentina.

The next morning, Ed told us how at exactly that time, the plane got out of control. Ed never gets scared, but he said that he was very concerned because he could see the plane diving and the pilot alerting the passengers about the danger. Ed prayed, “Lord, alert the intercessors; we need help!” Little did he know that our little but highly sensitive intercessor was already in the Spirit thousands of miles away. That is how it works when kids are trained to pray and they are connected to the Lord.



Breakfast

Traditional English Scones

Cinnamon Rolls (or Plain Dinner Rolls)

Cheese Souffle

Morning Smoothie

Company Eggs

Canadian Granola

Serves: 2

Cheese Souffle

Ingredients

2 tbsp butter
2 tbsp flour
¾ cup milk
¼ lb sharp Cheddar cheese, grated
1 tsp Worcestershire sauce
Pinch of salt and cayenne pepper
2 large eggs (extra egg white recommended)

Preparation

Pre-heat oven to 350°. In saucepan, melt butter over low heat and add flour. Stir with wooden spoon until blended. Continue cooking, approx. 2 min. Heat milk in a separate pan. Add milk to butter and flour mixture all at once and stir vigorously with whisk. Continue stirring and heating to thicken mixture.

Add cheese a handful at a time, stir until melted. Season to taste with salt, Worcestershire sauce, and cayenne pepper. Remove from heat and add egg yolks one at a time. Set saucepan aside and let cool. Beat egg whites until they stand in peaks but not to dryness. Cut and fold egg whites into cheese sauce with whisk.

Pour into lightly greased casserole dish (loaf pan works for this size recipe). Bake at 350° for 30-35 min.

Note: Recipe doubles beautifully. When doubling, bake for approx. 45-50 min.

Serves: 2

Morning Smoothie

Ingredients

1 banana
1 cup berries, fresh or frozen
(strawberries, blueberries, etc.)
1 cup coconut water
1 tsp vanilla
1 tbsp hemp protein powder

Preparation

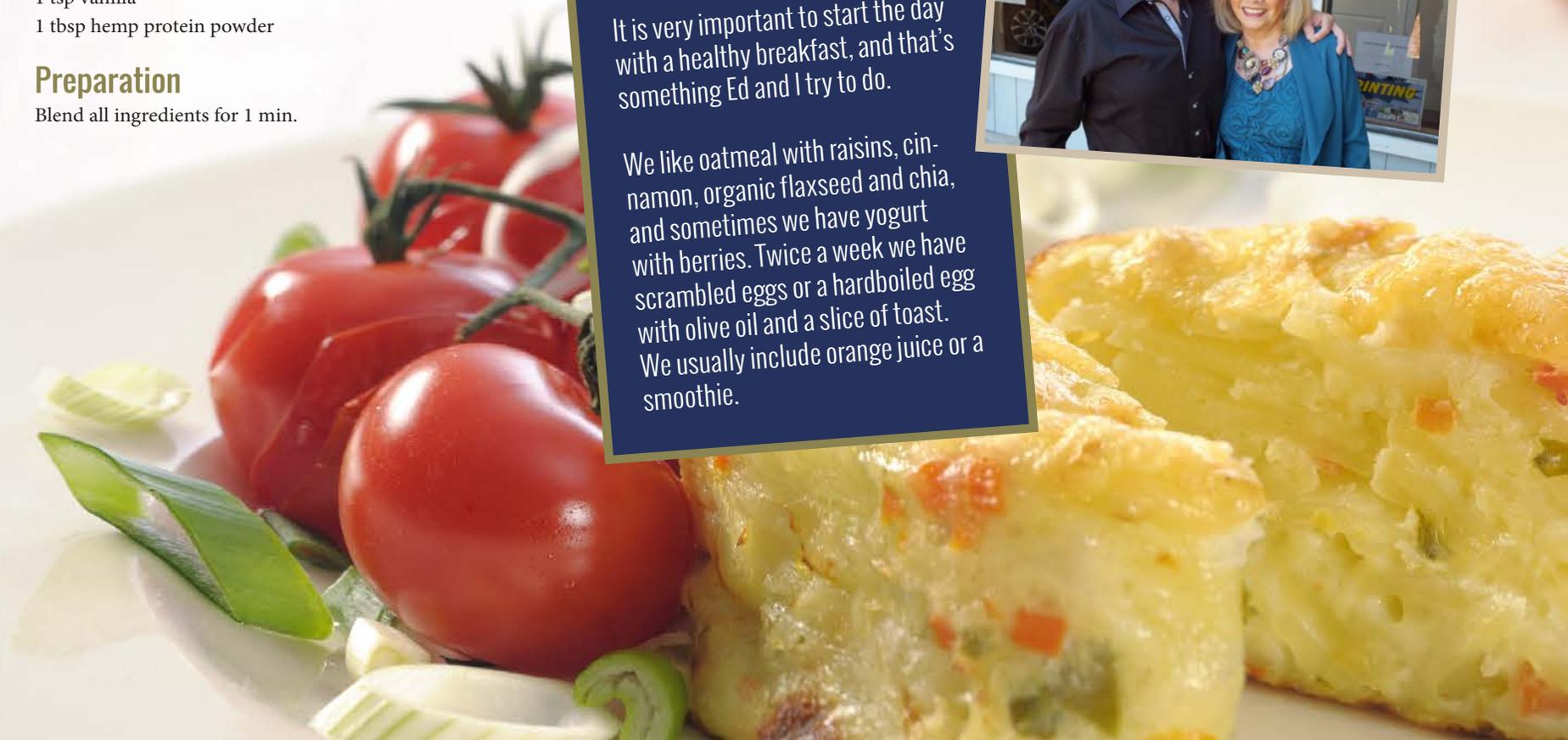
Blend all ingredients for 1 min.

EAT BREAKFAST LIKE A KING

There may be something to the old adage, "Eat breakfast like a king, lunch like a prince, and dinner like a pauper."

It is very important to start the day with a healthy breakfast, and that's something Ed and I try to do.

We like oatmeal with raisins, cinnamon, organic flaxseed and chia, and sometimes we have yogurt with berries. Twice a week we have scrambled eggs or a hardboiled egg with olive oil and a slice of toast. We usually include orange juice or a smoothie.



TRAVEL STORIES

FOOD IN ENGLAND



In England, we like to eat Fish and Chips, Sticky Toffee Pudding, and Trifle since they are so typically English.

We also love having high tea with thin cucumber, tuna and egg sandwiches, scones with clotted cream, lemon curd, jams, cakes and crumpets.

I've included a scone recipe in the Breakfast section!

On one occasion, we were staying in London close to the Ritz Hotel and decided to go there for tea. To our disappointment, they told us that there was a three-month waiting list! The porter who overheard this could also see our disappointment and pulled us aside. He whispered, "I know how sad you are. It's terrible not to be able to have a good cup of tea. Let me tell you that half a block from here there is a very cozy tea room similar to ours, and much cheaper..."

He showed us the way and we had the best cup-a-tea there thanks to a kind porter.

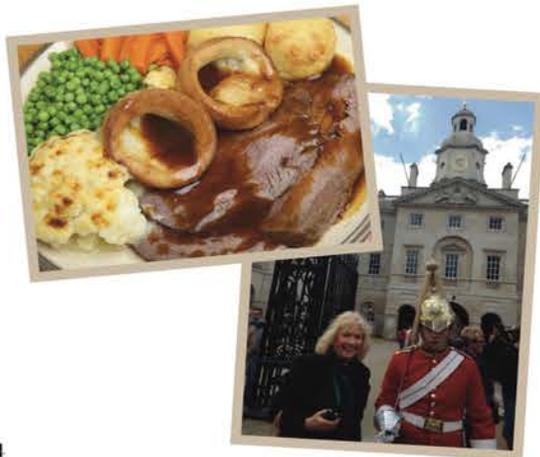
In England, we also enjoy Yorkshire Pudding. We had the best one at Lumley Castle in Durham with our friends Ken and Lois Gott and their family. Yorkshire Pudding is made of baked egg batter and is eaten with roast beef, roasted potatoes and vegetables with gravy poured over the pudding and meat. Mouth-watering!

Once we were ministering in Portsmouth, in the south of England, with some co-workers from Argentina.

One of them was experiencing severe culture shock. He could not believe that restaurants closed so early, so he went scouting for steakhouses and food that reminded him of what he was accustomed to eating back home.

Finally, he found one and said to us, "By the time the meetings end, all the food places are closed, so I'm going to stay and make sure we get in before they close and I will hold the table while you come."

And he did! When we finished the meetings he was waiting with a table for our group of twelve. He kept saying that it wasn't good to minister all day and not have a good meal afterward. We laughingly thanked him for keeping the restaurants open every night for us.





Appetizers

Spinach Dip in French Bread Round

Chili Queso Dip

Hot Spinach Dip

Seven Layer Bean Dip

Hummus with Crudités

Focaccia Bread (and Pizza Dough)

Serves: 10

Spinach Dip in French Bread Round

Ingredients

1 Round French Loaf for Bread Bowl
1 10-oz pkg frozen chopped spinach, thawed & drained
1 1.8-oz pkg dry leek soup mix
1 ½ cup sour cream
1 cup mayonnaise (brand of your choice)
Optional: chopped green onions, water chestnuts, garlic

Preparation

Cut top off the Round French Loaf and remove bread from inside, cutting the bread into cubes. Set aside and save the exterior Round Loaf to fill with dip later. Mix all dip ingredients together and chill for 6 hrs in refrigerator. Place inside the round. Use cubed bread for dipping.

Serves: 6-8

Chili Queso Dip

Ingredients

1 8-oz pkg sharp Cheddar cheese, grated
1 8-oz pkg Pub cheese, grated
1 8-oz pkg cream cheese
1 ½ pints sour cream
1 7-oz can or jar chili salsa (mild, medium or hot...your preference)
1 4-oz can diced green chiles (jalapeño)
2 oz chopped olives
2 oz chopped pimentos
1 medium onion, minced
¼ tsp garlic powder
½ tsp chili powder
Salt and pepper

Preparation

Mix first five ingredients thoroughly, add remaining ingredients and stir gently.

Great for Super Bowl Sunday!



HEALTHY ALTERNATIVE: You can replace frozen spinach with one bunch of fresh. Cook until wilted, drain and squeeze out liquid, then chop.

Evelyn's Tribute

I've had the privilege of ministering alongside my parents from a very young age and now working as the COO in their ministry as an adult. My husband and children enjoy participating in what we do also. There is a special generational blessing for your family, too!

In such context, allow me to share a page from my childhood that hopefully will encourage you.

Now that I am a wife and the mother of two very active children, in addition to being a full-time executive, I find comfort and strength in what I learned growing up, especially when I was sick.

Today, when my own family isn't feeling so well, I remember how my mom cared for me when I was a kid. I think almost weekly of how she would prepare meals, the spirit in which she did it, the love I felt from her as I ate them, and the emotional comfort they brought to me when I was ill.

The first thing mom would say as she brought us home from school sick was, "You're not going back to school until you are well," which would bring much needed emotional comfort. Then mom would follow with, "What do you want to eat?" At our house, the sick kid got to pick whatever meal they wanted, plus their favorite dessert.

Growing up, my mom literally made about 90% of our meals from scratch: pizza dough, cinnamon rolls, lasagna; you name it, she made it. She always added a

secret ingredient to her food...it was prayer. So many times I saw her in the kitchen praying over the food as she was preparing it. That one thing—prayer and blessing the food—made a HUGE difference.

Many times, our friends commented that something about our meal times felt different than those at their own house.

I think it was because mom made everything from scratch, but even more importantly, because she prayed over every meal.

When I was home sick from school, I often told my mom to make whatever she wanted for dinner, but I reserved the right to make my request for dessert! I always asked for Maicena Pudding (a type of custard made from cornstarch) and Rice Pudding. Yum! It still makes me drool thinking about it.

Now, as a busy wife and working mom who plays nurse to her family too, I often think of the way and the spirit in which my mom prepared meals. I honestly don't know how she did so much, and did it so well. My meals are not made from scratch as often as hers are, nor are they as elaborate (my son loves to remind



me at just about every meal that grandma's food tastes better), but one thing I hope to continue to carry on is her legacy to cover the meals with prayer and blessings. If you never make a single recipe from this book, but prefer to read through it as I often do with cookbooks and chalk it up to, "I'll cook that someday," I hope you will catch the spirit of celebrating your family through meals and remembering to pray as you prepare them.

Perhaps on certain days it's a prayer at the microwave while you "nuke" a frozen dinner, or as you bring home

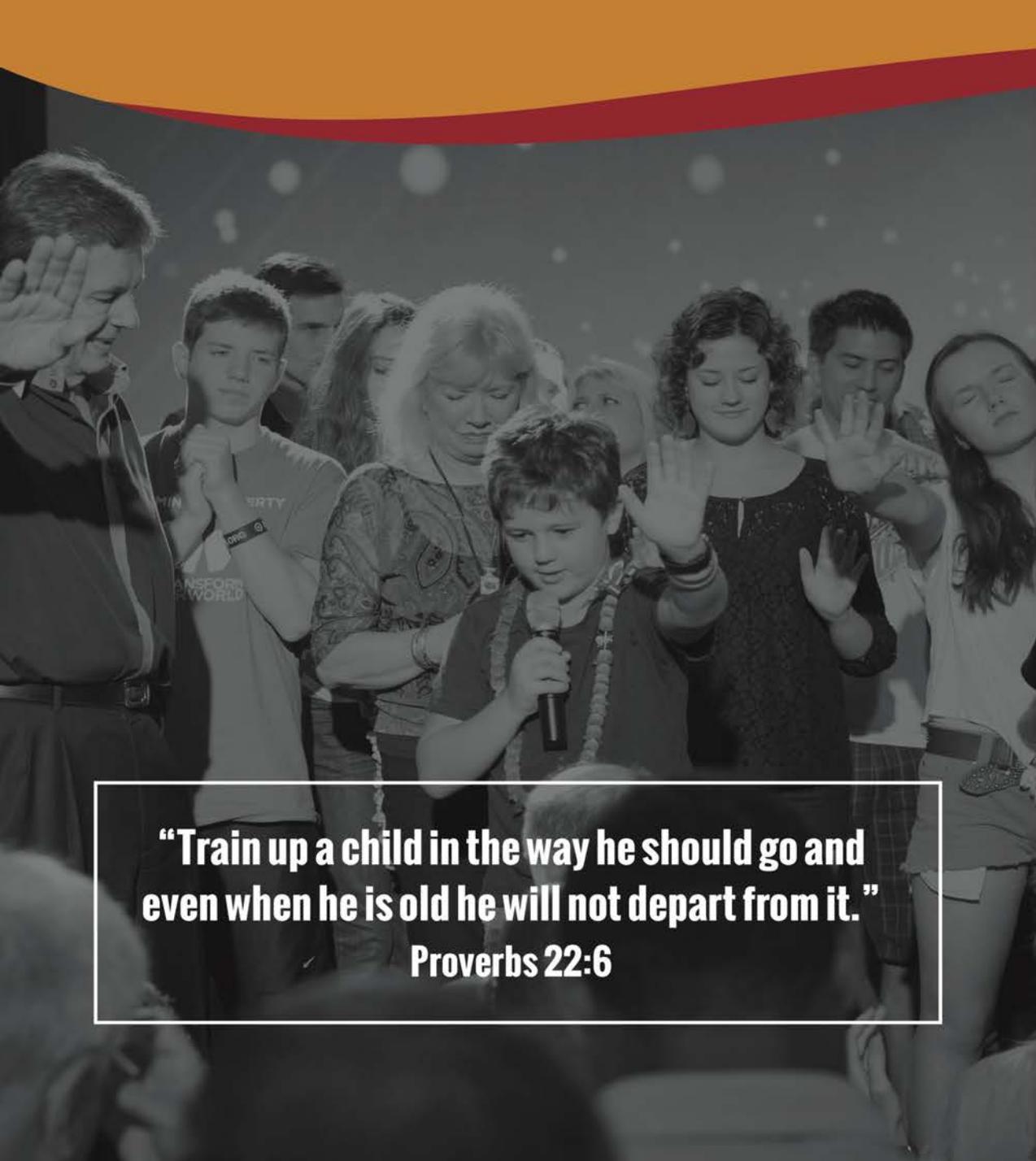
take-out, or when you cook one of your newly found favorites that takes just a little longer than you would like.

***Remember, prayer is the best ingredient.
Don't cook without it.***

Enjoy reading this book; I pray it will inspire and bless you.

~ Evelyn Silvoso Wallace





“Train up a child in the way he should go and even when he is old he will not depart from it.”
Proverbs 22:6

Slice of Life: **The Family that *MINISTERS* Together** **STAYS TOGETHER**



From the very beginning of our relationship, Ed and I began serving the Lord together. As teenagers, we started an evangelistic team in our native Argentina. Our team would set up on a street corner. I would play the accordion to draw attention, and Ed would preach the gospel.

Serving God as a young couple led very naturally to ministering together as a family when God blessed us with four daughters.

In fact, the six of us are the founding members of our ministry, which was literally started around our kitchen table in 1980.

In the early days of Harvest Evangelism, Ed would write the ministry newsletter and our daughters would photocopy it and set up the assembly line. They took turns folding the letters, stuffing the envelopes and adding postage and labels. As a family, we laid hands on the letters and prayed a blessing over those who would receive them. Doing a simple mailing together every month gave us an opportunity to serve the Lord and strengthen our family bonds.

When Ed preached at various churches, we would go with him as a team.

It was never what “Dad did,” but what “We as a family did.” We always cast the vision that ministry is something we did as a family.

Ed preached and we prayed for people afterwards. The girls also helped at the book table and with the slide-show presentations. It was always an exciting adventure!

Every year we did a mission trip together where our daughters served as translators, administrators, and team leaders. Two of them even met their husbands on one of those trips! It is such a joy to see how they now serve the Lord with their own children. “Cast your bread on the surface of the waters, for you will find it after many days” (Eccl. 11:1).

Always try to find ways to serve the Lord together as a family. Here are some suggestions: go on a mission trip, serve as a family at your local church, volunteer at a food bank, prayer walk your neighborhood.

Ministering together with your children is a powerful way to grow as a team and to train them in the ways of the Lord, because the family that ministers together stays together!





Soups & Salads

Caesar Salad Dressing

Waldorf Salad

Chicken Salad

Cranberry Cream Cheese Mold

Nice Pasta Salad

Caprese Salad with Eggplant

Mediterranean Chicken Salad

BLT Salad

Nicoise Salad

Spinach Salad

Cream of Asparagus Soup

French Onion Soup Gratinée

Corn Chowder

Leek & Potato “Comfort Soup”

Puchero



Serves: 4-6

Nicoise Salad

Ingredients

6 small potatoes, washed and quartered
1 lb fresh green beans, trimmed
3 tbsp red wine or rice vinegar
2 tsp Dijon mustard
Salt and freshly ground pepper to taste
6 tbsp good olive oil
1 head Boston lettuce, washed, dried and torn in medium to large pieces
2 large ripe tomatoes, washed and cut in 8 wedges
5 hardboiled eggs, peeled and halved
1 6-oz can albacore tuna, drained and in pieces
½ cup Nicoise olives (or your favorite ones)

Preparation

Place potatoes in cold salted water and boil just until tender; drain. Before cooking beans, get a bowl large enough to hold the beans generously, fill with cold water, add a few ice cubes and set aside. Place beans in boiling salted water for 2-3 min until bright green but still crisp or al dente, drain and immediately pour the beans into the ice water which will stop the cooking and keep them bright green. Combine vinegar, Dijon, salt, pepper and oil. Drizzle a little oil over the beans and potatoes and gently toss to coat.

Arrange on a platter first the lettuce, then the potatoes and beans. Next arrange the tomatoes and eggs around the edges. Top with the tuna and olives. Cover with dressing and sprinkle generously with salt and pepper.

I remember when we were in Nice (where this salad originated), in the south of France by the Riviera, and eating the best Nicoise ever.

We wanted to have it every day for lunch! Our daughter Marilyn brings it in Summer to accompany Ed's yummy barbecue in our backyard.

Marilyn's Tribute

For every fingerprint our children leave on our windowpanes, we imprint a thousand on their souls. This is the daunting and delightful privilege that Father God entrusts to parents to impart godly identity to their little ones.

By the Grace of God, I am blessed to have parents who chose to declare my identity to be that of a person of faith, hope, and love, which the Word declares will remain.

The seeds for becoming people of faith can be planted in children during the darkest hours, as was the case with me. When I turned 7-years-old, I learned that my Dad was going to die imminently from a rare and incurable disease. Shortly after getting the doctor's news, my Dad received the diagnosis from an infinitely greater source, the Great Physician. The Lord spoke to him that he would be completely healed.

What my Dad could not have known at that moment was that the Lord was not planning on an instantaneous healing, but rather a progressive one. It would not be until I was 14-years-old that my Dad's healing would be completely realized.

As my Dad's health deteriorated, I vividly remember asking my parents who would take care of us if he died. My parents confidently assured me that those concerns were unnecessary since he was not going to die.

A cynic would consider that denial, but I understand now that it was faith being expressed in its proper tense, the present.

Due to the grace of God, those words resonated in my spirit and dispelled all fear of death. The shield of faith was set in place and hope was deeply ingrained in my soul.

The attributes of love are beautifully detailed for us in 1 Corinthians 13. The Word says, "Now these three remain: faith, hope, and love, but the greatest of these is love." I find it amazing that the greatest one is also seemingly the least complex of the three. It doesn't involve any lofty concepts, just simple actions flowing from the Holy Spirit: patience, kindness, protection, trust, hope, perseverance, and the like.

Let me share the following story to highlight the simplicity of communicating love to daughters.

My husband Ken and I have been abundantly blessed with three precious girls. Even within our family unit, I daily observe the simplicity and simultaneously profound effect of love. Our eldest daughter is the consummate "Daddy's girl." Once when she was little, Ken came home and I was telling him how she had spent a long time dressing up to look pretty for him. I looked



up and noticed that she was listening as she headed out of the room. I saw her glance back over her shoulder to see if he would take the time to look at how pretty she was. I was relieved when, just before she reached the corner, he did in fact lovingly take the time to look back at her, causing her to break into a joyful skip out of the room.

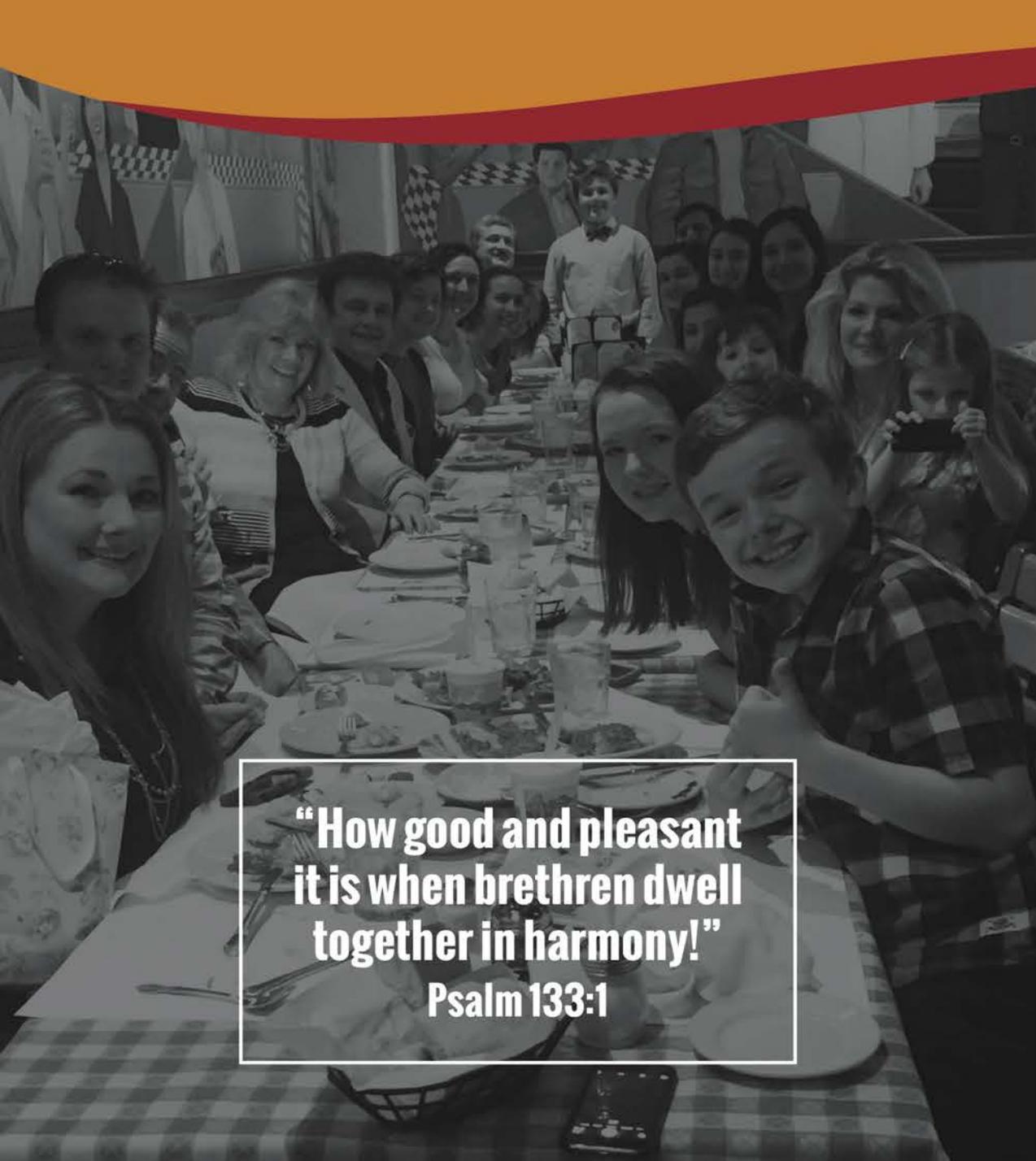
I have seen firsthand the fruit of a parent who has invested the time to call forth his daughter's godly identity.

The results can often surprise us, as I was surprised on the day when my daughter read despair on my face and immediately told me, "Don't worry, Mommy; God will save the day!" Yes, He is indeed the world's ultimate Super Hero, but sometimes only a child perceives and articulates this truth.

In those moments, when a little one confidently declares the Truth, one comes to understand why Jesus said we must be like little children to enter His Kingdom. It is in such moments that one can rejoice in the fact that it was the Heavenly Father's fingerprints which were transferred.

~ Marilyn Schuler





**“How good and pleasant
it is when brethren dwell
together in harmony!”
Psalm 133:1**

Slice of Life: **The Family that *EATS* Together** **STAYS TOGETHER**

Dinnertime was a very important part of the day for us when our daughters were growing up.

We always tried to protect that time where the six of us would sit around the same table, fellowship, and share a meal together.

The girls and I would set the dinner table and Ed sometimes would bring freshly clipped roses from our yard to put in a vase as a centerpiece. Setting a nice table makes such a difference in creating a warm and welcoming environment.

We made sure it was a place where everyone felt loved and we could enjoy a life-giving time.

One of our favorite things was the “affirmation game.” Everybody was asked to say one nice thing about everybody else. It was so edifying, and fun, too!

Ed always found jokes and riddles from the latest edition of the Reader’s Digest to share at the table. Often we would laugh so hard that our sides would hurt. Sometimes he placed a tape recorder under the table and after dinner he would play back our conversations. It was so fun, and some of the things we said were so hilarious that we would play it back and laugh again and again!



In this technological age it has become extremely challenging to guard family dinnertime from distractions due to so many digital devices vying for our attention.

Our daughter Jessica and her husband Benjy came up with a practical way to combat this! It is called “The Cell Phone Box.” As the dinner table is set, a designated family member gathers up the cell phones and digital devices, switches them “off,” and places them in the box away from the dinner table.

This has turned out to be a brilliant way to allow dinner table conversations to flow uninterrupted. In the ‘80s we did something similar by placing our landline off the hook and getting rid of our television set. Oh, how times have changed!

I encourage you to plan your family mealtimes to make them truly memorable. It is the only time of day when you have a “captive audience,” because everybody wants to eat!



Entrees

- Sausage Polenta**
- Pot Roast**
- Arroz Con Pollo**
- Italian Delight**
- Baked Chicken & Rice**
- Baked Rigatoni**
- Classic Chicken Divan**
- Argentine Empanadas**
- Quiche Lorraine**
- Crêpes with Mushrooms**
- Gorgonzola Cream Sauce**
- Milanesas**
- Isabella's Favorite Lasagna**
- Chicken Paprika**
- T Bone Steak**
- Shepherd's Pie**
- Grilled Salmon**
- Vegetable "Ratatouille"**
- Spaghetti "Al Pesto"**
- Meat Canelloni**
- Argentine Barbecue / Chimichurri**

Serves: 6-8

Argentine Empanadas

Ingredients

Dough ingredients:

6 cups white flour

2 eggs

1 cup milk

1 cup water (or substitute milk with 2 cups water)

1 tbsp salt

1 tbsp vegetable oil

Filling ingredients:

6 tbsp vegetable oil

1 large onion

2 lbs ground/minced beef

Optional: 1 cup raisins

½ cup chopped green olives

4 chopped hard boiled eggs

Salt, pepper, oregano, cumin, paprika to taste

½ cup broth as needed if filling is too dry

1 cup oil for frying

Option: Empanadas can also be brushed with olive oil and baked in the oven on a greased baking sheet at 350° until brown, about 15-20 min.

Preparation

Place flour on counter and fold in beaten eggs in center, then salt, oil, milk and water. Knead dough thoroughly. Roll dough flat with a rolling pin or pasta machine. Rolling the dough will help achieve a smooth and fairly thin dough, about ¼” thick. Lay dough flat on the counter and using round cookie cutter (or cup with wide rim) cut as many circles as possible.

Filling: in medium saucepan sauté the chopped onions with oil over medium heat. Once the onions are soft, add the meat and brown. Add raisins (optional), olives and eggs. Add salt, pepper and the rest of the seasonings. Place spoonful of meat filling onto each circle of dough. Fold the dough over to close the empanada and press edges. Heat vegetable oil in a deep frying pan. When hot, begin frying empanadas. Size of pan will determine how many can be fried at a time.

Remove empanadas from heat when golden brown. Serve hot and enjoy!



Karina's Tribute

I am so happy my Mom's longtime dream of writing a cookbook has become a reality. This book encapsulates the family themes when I was growing up which I now carry on with my husband, Gary, and our children Vanessa, Sophia, Isabella and Nathan.

Having lived out of state for a few years, I also learned the themes in this book are applicable not only to our biological family, but the family of Christ as well. Not everyone has the blessing of living close to their blood relatives, but certainly we can all put into practice having fun, sharing good food, praying together, and ministering to those friends who become our family in Christ.

I would like to share **Ten Lessons** my Mom modeled with her life that Gary and I carry on with our family.

The first three life lessons are things my mom discouraged us from participating in because they are not honoring to God. They eat away at the fabric of relationships and rob us of joy, peace and freedom...

Don't Gossip

The Bible has several verses about gossip, but one my Mom quoted often was Proverbs 26:20, "Without wood a fire goes out; without a gossip a quarrel dies down" (NIV). Growing up, the image of a fire dying out without more fuel was a good way to see the damage gossip causes.

Don't Criticize Church Leaders

If visitors began to criticize their pastor or their church, my Mom would say, "Let's pray for them." She would explain that we are all sinful people and it's only natural pastors or church leaders will make mistakes, but it's not our place to criticize them. Instead, we should pray for them and bless them.

No Sarcasm or Passive Aggressive Comments

Sarcasm and passive aggressive comments are something I don't remember ever happening in our family. Sometimes we were around people who were being sarcastic and we could see how hurtful it was. Proverbs 26:18-19 (NIV), "Like a maniac shooting flaming arrows of death is one who deceives their neighbor and says, 'I was only joking!'"

Both sarcasm and passive aggressive comments give the impression of humor, but beneath the surface they are dishonest. It's humor at the expense of someone else, and in the long run it erodes trust and respect.

The next three life lessons are things my Mom has always done that enrich those around her...



Regularly Share Faith Building Testimonies

Something my parents have done from my earliest memory is to share edifying testimonies, whether it was stories of missionaries, heroes of the faith, answers to prayer or something that happened in their day. Most often, these testimonies were shared around the dinner table as the main topic of conversation. This is something Gary and I still do with our children. With our daughter away at college, it's something we also share in our family group text. It's a way to continually build our faith and see all that God is doing in our lives.

Have a Lifestyle of Prayer

My Mom and Dad, along with both my grandmothers, truly live a lifestyle of prayer that is as essential to them as breathing. 1 Thessalonians 5:17 (NIV), "... pray without ceasing..." Prayer is an ongoing, never ceasing conversation with God throughout the day and night. It's something my sisters and I adopted at an early age and continue to this day. As a child, and then as a parent, there's such a comfort in knowing I can call my Mom night or day and ask for prayer and she faithfully prays.

Give Generously to Those Who are Less Fortunate

Proverbs 31:20 (NIV), "She opens her hand to the poor and reaches out her hands to the needy." The entire chapter of Proverbs 31 describes my Mom, and especially verse 20. She and my Dad have always shared with the less fortunate. They do so joyfully, gladly, and most importantly, generously.

The last four life lessons are part of what makes my Mom my Mom. They are ways

that bring peace and joy to the family and build strong relationships...

Encourage Imagination & Creativity by Trying New Things

My Mom is always learning and growing. Whether it's learning French, trying to recreate a recipe from a great meal she had at a restaurant, getting her degree in Interior Design as a brand new grandmother, keeping up with the quickly changing technology world, or adapting recipes to her grandchildren's dietary needs. She's an example of having an inquisitive mind and never being too old to learn something new. One day, she took my daughter Vanessa as a toddler to the park. They met another toddler named Allison who had just moved to California from England. When Vanessa and my Mom got home, they spoke in a British accent and had a proper English tea time in honor of Allison.

Celebrate Tea Time and Other Traditions

Since my Mom has British heritage, teatime is something we enjoy doing regularly. My sisters and I do it with our children as well. Many family gatherings will include china teacups, finger food, and lovely conversation. My daughter Sophia has hosted several themed tea parties for her cousins. It's a tradition that encourages practicing good manners both for old and young alike. One of my son Nathan's favorite traditions is spending Super Bowl Sunday at my parents' house and enjoying all the fun finger foods and munchies. Sometimes they are specialty foods my parents brought back from their travels. We always plan to eat dinner during halftime. The most memorable meal to date was Arroz Con Pollo (recipe on page 73). Every New Year's Day, for more than a decade, my family has met up



Side Dishes

Potato Gratin

Risotto

Dairy Potato Bake

Turkey Stuffing

Tuna Stuffed Tomatoes

Carrots

Serves: 4

Tuna Stuffed Tomatoes

A good side dish! Great for summer.

Ingredients

4 large tomatoes
2 cans (6 oz) tuna
½ cup mayonnaise
1 tbsp lemon juice
½ cup cooked rice
2 tsp finely chopped onion
½ tsp salt
½ tsp pepper

Preparation

Cut tomatoes in half. Scoop out pulp from tomatoes (you can save the pulp to use in sauce or in another meal). Drain tomatoes face down.

Combine remaining ingredients and mix. Then fill tomatoes and keep in refrigerator until ready to serve. Decorate the tops with mayonnaise and olives if you'd like.



Serves: 2-4

Carrots

Ingredients

2 cups carrots, cut up in small pieces
1 cup mayonnaise
3 tbsp horseradish
½ cup bread crumbs
½ small onion, grated

Preparation

Mix all ingredients together, place in a baking dish and cook at 350° for 20 min.



HEALTHY ALTERNATIVE: Instead of mayonnaise, you can use **vegenaise**, an egg-free mayonnaise that is very tasty.

“A cheerful heart is good medicine.”
Proverbs 17:22

Slice of Life: **The Family that HAS FUN Together** **STAYS TOGETHER**



You will never regret laughing and playing with your family, nor will they!

It is important to make time to play with and have fun with your family since kids like to hang around those who play with them and enjoy their company. Laughter is medicine to the soul and to the body, especially after a hard day. If you have fun with your children now, they will trust you with their problems later because laughing together builds bridges.

Birthday parties have been a great source of joy for our family.



We have hosted some really entertaining events over the years: lip sync competitions, Hawaiian-themed parties, and even a groovy '70s costume party. For one of the birthdays, we had a square dance. We all wore cowboy hats and boots and had a professional square dance “caller” to lead the festivities. It was a blast.

During another birthday, a “food fight” using chocolate candies broke out around the table with our girls and some of their friends. We were all laughing so

hard as we dodged the projectiles! Our dog enjoyed all the extra food that hit the floor that night. The most memorable times as a family are when we allow ourselves to be spontaneous.

Some of our fun family activities are: playing volleyball at the park nearby on weekends, bike riding on the Nature Trail, go-cart racing downtown, flying kites, and pool parties.

When we were looking for a house, we prayed for one with a swimming pool and the Lord answered our prayer. We appreciate so much having a pool during the hot days and a Jacuzzi on the cold ones. Some of our most enjoyable times happen “in the water.”

Playing with the kids helps strengthen bonds that are essential for a family to grow closer.

It's my hope and prayer that you will be able to make the time and find creative ways to have fun with your loved ones because the family that plays together stays together. Who wants to walk away from fun?



Our version of *The Brady Bunch*.



Desserts

**Norma's Famous
Chocolate Chip Cookies**

Fresh Lemon Bars

Apple Coffee Cake

Delicious Chocolate Pie

Flan "De Luxe"

Chocolate Cake in a Mug

Homemade Crêpes

Lemon Cake

Classic Peach Cobbler

Banana Nut Cake

Easy Cookies

Rice Pudding

Tiramisu



Norma's Famous Chocolate Chip Cookies

Ingredients

1 cup white sugar
1 cup brown sugar
1 cup butter, melted
2 tbsp water
2 eggs
3 cups rolled oats
1 ½ cups flour
1 tsp baking soda
16 oz chocolate chips (semi-sweet or milk chocolate)

Preparation

Heat oven to 350°F. In a large bowl, mix both sugars and melted butter together until blended. Stir in water and eggs until light and fluffy. Stir in oats, flour, and baking soda; stir in chocolate chips. Drop dough by rounded tablespoonfuls onto ungreased cookie sheet, about 2 in apart. Bake 10 to 12 min or until golden brown. Cool slightly; remove from cookie sheet to wire rack.

Our son-in-law Benjy's mother, Norma, was so fun and always brought delicious desserts to our family gatherings. This is her famous recipe.

Kelly is an amazing young lady who lived with us for three years. She used to make these often!

Fresh Lemon Bars (Kelly's Bars)

Ingredients

1 cup butter
½ cup powdered sugar
1 tsp vanilla
2 cups flour
4 eggs
2 cups sugar
Zest of one lemon
6 tbsp fresh lemon juice
¼ cup powdered sugar for topping

Preparation

Pre-heat oven to 350°. Generously grease a 9x13 pan. In mixing bowl, combine butter, ½ cup powdered sugar and vanilla and beat until fluffy. Gradually add flour, mixing until well combined. Spread evenly in pan and bake for 20 min.

While crust bakes, in a bowl combine eggs, sugar, lemon zest and lemon juice. Stir to blend (don't beat) and pour mixture over baked crust layer. Return to oven and bake until topping is set and lightly browned (18-20 min). Sift additional powdered sugar over warm bars to generously coat. Cut into bars. Remove when cool.





Beverages

El Mate

Russian Tea

Non-alcoholic Sangria

New Season Smoothie

A Green Drink

Makes: 2 quarts

Russian Tea

Ingredients

5 regular black tea bags
5-6 cups boiling water
½ cup sugar
1 tsp lemon or orange peel
12 allspice, crushed
1 whole cinnamon stick
1-2 tbsp whole cloves
¼ cup lemon juice
1 can frozen orange juice (6 oz)
2 cups pineapple juice

Preparation

Combine the first seven ingredients in large bowl and let steep at least 45 min. Strain spiced tea into a half gallon container and add the fruit juices. Reserve cinnamon stick and place in final tea mixture. Refrigerate. Warm before serving.

Makes: 2 quarts

Non-alcoholic Sangria

Ingredients

2 cups black tea (brewed and chilled)
1 cinnamon stick
½ cup sugar
3 cups pomegranate juice
1 cup freshly squeezed orange juice
1 medium orange sliced into thin rounds
1 medium lemon sliced into thin rounds
Optional: 1 medium lime sliced into thin rounds
1 apple, cored and cut into ½" chunks
3 cups carbonated water

Preparation

Combine all ingredients (except carbonated water) one hour in advance or chill overnight. Just before serving, stir in carbonated water and serve over ice.





Celebrations & Holidays

When you gather around the table, go beyond simply saying grace and add praise and worship to it, and while eating the food, do it joyfully since God has given everything for us to enjoy. And don't forget to praise the hands that prepared it.

One of the traditions that Ed instituted was that when the food was set on the table, he and the girls (and guests if they were present) would shout: "Viva la Cocinera!" and clap. This means, "Three cheers for the Cook!" in Spanish. I always enjoyed that.

For Easter, we usually prepare a tea party in the backyard so we can enjoy the beautiful spring weather. We read Scriptures and sing "He Lives," one of our favorite songs/hymns.

On Memorial Day and the 4th of July, the menu includes "Choripanes," a typical barbecued Argentine sausage served on French bread eaten as a sandwich. Then Ed places the wonderful cuts of beef on the grill and the ladies prepare a variety of salads and side dishes to accompany the meat.



In Argentina, barbecuing is a male thing. Men are very protective of that turf and they take pride in serving the "Asado," as it is called, sizzling.

For Thanksgiving, Christmas and New Year's, our celebrations are indoors since it's Winter in the Northern Hemisphere, but they remain centered around home-made food, fun, and expressions of our faith through song, prayer and testimonies.

On Thanksgiving, Ed always reads an inspirational story about the pilgrims with the kids sometimes dressed up in typical costumes. It's great to hear everyone share what



they are grateful for. For other celebrations, we do impromptu shows, sing, and dance...my favorite is when we all dance together to the lively Jewish songs.

Eating is a good way to keep up with traditions. Our children love traditions!

Psalm 34:8 says, "O taste and see that the Lord is good." God's recipe for happiness is guaranteed. The Psalmist urges us to try the Lord (like you would try a tasty dish), and see for yourself. We should also be more than eager to "taste" the Lord.

Marilyn wrote this in a cookbook she gave me for my birthday one year:



*Dearest Mommy,
You taught me to enjoy
cooking delicious food for
my husband, family and
friends (like you!). I love you
and praise the Lord for giving
me the best mami in the
world (I want to be more
like you).
Love,
Marilyn*





Love Part 2: From Ruth to Ed

and the two shall become one...



My beloved Eddie:

From the moment I met you, I knew that we were made for each other. The Lord brought us together for a marriage made in heaven. You are an example in every way. There are no words to fully describe all that you are because you are truly exceptional.

Your affection is so sweet. I could not live without it. I love every minute I share with you; I can never get enough. You are fun to be with. You are the best husband, a great father and grandfather. The more I know you, the more I admire you.

There is no perfect husband, but you certainly come very close to it! I love serving the Lord together with you and with our children and grandchildren. On our wedding bands we inscribed: "In God we will do

mighty works" (Ps. 108:13). We have seen this promise fulfilled indeed!

I have not met another servant of God like you, so humble and still effective; hardworking but always making time for others; busy but not hectic; anointed but not boastful. You are a true example of a servant-leader. You live what you preach. I am so proud of you and I know the Lord is, too.

Your companionship and friendship are priceless. Just the thought of you gives me instant joy and safety. How much more your company!

Today, I love you more than yesterday, but less than I will love you tomorrow. What an exciting prospect.

Yours yesterday, today and forever.

Ruthie





Ed's Tribute to Ruth: You are My Eternal Sunshine

After eloquently describing a Worthy Woman, Proverbs 31 states, "Her children rise up and bless her; Her husband, also, and he praises her by saying, 'Many women have done nobly but you excel them all.'"

Our four daughters have done so already, and now it is my turn to praise Ruth. It is patently obvious that she is beautiful, intelligent, articulate, elegant and spiritual. All of that is there for anyone to see. But she has another remarkable virtue that is not so obviously on display: an extraordinary inner strength that comes from a perfect combination of a tender heart and a soul made of titanium as it befits someone who is so splendidly regal. As a result, her grace under fire is stunning. Let me tell you about some "private stories behind the public person."

After studying in the USA, we returned to Argentina to launch our ministry at the height of the Dirty War, a national tragedy that took 30,000 innocent lives. The first day we moved into a house, a fierce machine gun battle erupted on our sidewalk. I threw myself over our girls while bullets flew and Ruth was right there next

to me, like a mother hen protecting her baby chicks at the risk of her own life.

Some time later, when she was held at gunpoint on the floor of a pharmacy, she had the presence of mind to surreptitiously take off her wedding ring and hide it so that something so precious to both of us would not be stolen. When our car was pinned down in a battle between police and guerrillas, she never panicked. When I received death threats from the right and from the left for preaching the Gospel and refusing to take sides, not once did she say, "Let's pack up and go." The night a posse waited in front of our house to take me while I was ministering in another town, with no phone available to call for help, she prayed for a miracle...and my car broke down preventing me from returning until they had left.

She survived leukemia and meningitis, and while I sat by her bed, holding her hand and praying, she constantly radiated strength to our girls and me. Like Gibraltar, she will never sink, but unlike the Rock, she can soar like an eagle with wings of faith. My heart

is fully entrusted to her. The last thing I do at night is reach for her hand and place it on my heart to hear her pray for me. And before dawn breaks, I reach for that hand again for her to pray for me. She is my best friend, my confidant, my counselor, my personal intercessor and the love of my life.

How central she is to who I am became painfully evident when she underwent a risky medical procedure that instead of three hours went on for almost eight due to complications. In the waiting room, I was a tower of strength—fielding reports, mobilizing prayer, and reassuring everybody. She came out well, but later that night, when I found myself "sleeping single in a double bed" because she had to stay at the hospital, it hit me like a ton of bricks that she could have died that morning.

I looked to her side of the bed which faces East, to the spot on her pillow where every morning I wait for the light of dawn to explode in a sea of gold after it hits her blond hair, and I was devastated by the thought that I could have lost her. That prospect was so overwhelming that I cried out to God, "It would be as if the sun were to never come up again, leaving me in unending darkness. Lord, comfort me, please! I cannot conceive life without her!" And God went on to say, "When someone you love so much comes to Heaven, you must look for the sun to rise on the West instead of on the East, because it will rise for sure, but from a different direction."

After pondering the divine metaphor for a while, I finally understood that the sweet moments we enjoy are

the projection of what is inside our hearts. The sun is the heart radiating and the moon in our mind reflecting it. At that moment, it dawned on me how important the memories that we build together are because memory is something that death can never kill.

Today, it is my privilege to praise her for everything that is so obvious to everybody, but also for that extraordinary inner strength that I get to admire up close that has made me the man I am today and encourages me to become a better one tomorrow.

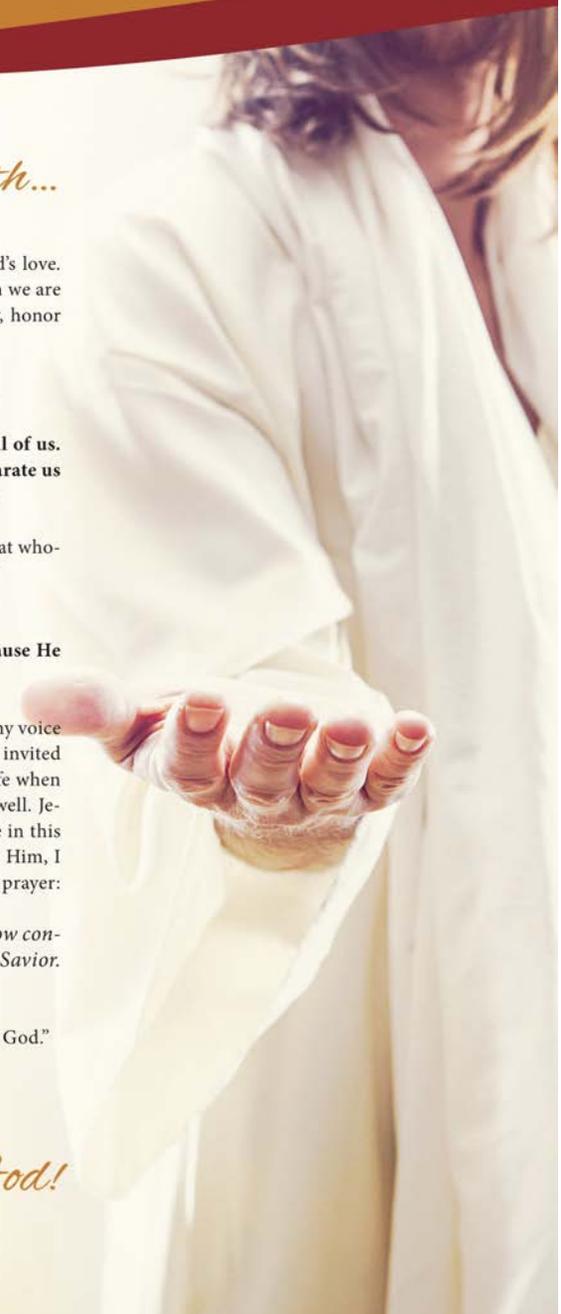
Yes, my dearest Ruthie, I rise up, along with our daughters, sons-in-law, grandchildren and spiritual children on every continent on earth, and I praise you as the most virtuous woman I know!

You are my sunshine indeed!

Yours forever,

Ed



A woman with long brown hair, wearing a white robe, is shown from the chest up. She is looking down at her right hand, which is held out and holding a small, round, light-colored object. The background is a soft, warm light. The top of the page has a decorative curved border in shades of brown and gold.

The Most Important Truth...

Every good thing you have seen in this book is the result of God's love. We are clay and He is the Potter who molds us and repairs us when we are broken because He is such a loving God. I give Him all the glory, honor and praise.

In closing, I wish to share what is to me the most important truth:

God loves people and families and He wants the very best for all of us. But the devil came to steal, to kill and to destroy in order to separate us from God. This is why God sent Jesus to rescue us (John 10:10).

“For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life.”
(John 3:16)

Whatever the devil has done to you, Jesus wants to undo it because He came to destroy the works of the evil one (see I John 3:8).

Jesus says, “Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in” (Revelation 3:20). The day I invited Him to come into my heart, my life changed forever. So did Ed's life when he did the same. We have seen our daughters experience this, as well. Jesus is the source of every good thing that I have been able to share in this book. If you have not done it yet, or if you have walked away from Him, I encourage you to invite Jesus to come into your life by praying this prayer:

*Lord Jesus, thank you for what you did for me on the Cross. I now confess my need for forgiveness and I receive you as my Lord and Savior.
Amen.*

“To all who receive Him, He gave the right to become children of God.”
(John 1:12)

If you did this, you have become a child of God.

Welcome to the Family of God!

~ Ruth Palau Silvoso