



Bake through the Bible

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Bake through the Bible

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Dear Parents, Grandparents, Aunts, Uncles, Leaders of children's groups... and anyone wanting to share the wonderful truths of the Bible with a young child,

Welcome to *Bake through the Bible!*

The idea for this book came from wanting to teach our children the good news found the whole way through the Bible. We're mothers ourselves and know how hard this can be. But we have is a deep conviction that God has made himself known, and that the best and most important thing we can do for our children is to teach them truths about God found in the Bible.

But with young children it's not that easy to know how to do this. Though the pre-school age is a wonderful stage of discovery and development, attention spans can be short, and long periods of reading and listening can feel ambitious.

And so for the cooking! Our hope is that by twinning the teaching of a Bible truth with a hands-on activity, young minds will grasp something of the wonder of the Bible's message. Cooking together gives a natural context for discussion and questioning, and the final product will serve as a prompt for remembering the truth taught.

We hope that this book will help your child to know the God who loves them.

Bekah
Susie

Cooking with children

Many children enjoy cooking from a very young age. It has numerous educational benefits: it encourages communication, develops motor skills and gives opportunity to practise listening skills and following instructions. Nevertheless, it can be a daunting prospect. Some parents feel they aren't very competent themselves in the kitchen, while others feel their children have too short a concentration span for any kind of cooking to take place successfully.

We want to assure you that cooking is possible for everyone! Some children will help their parents with a recipe from start to finish. Others will help mix the ingredients for a few seconds before getting distracted, and then return later to lick the bowl clean.

The level of participation doesn't really matter. If your child has enjoyed the experience, you can consider it worthwhile. And you might find you quite enjoy it yourself!

We want the cooking activities to help reinforce the wonderful truths of the Bible. So if you can find just *one* way to involve your child with the baking—and then use the finished product to talk about the Bible truth it goes with—what a success! If your hot cross buns are flat, your jelly boats crooked or your sad pizza faces burnt—and yet you've both had fun and you've been able to share how wonderful God is with your child—what a success!

We hope the following tips will encourage you to bake through the Bible with your child.



Prepare your recipe

Look at the recipe and any time-saving tips, and decide how much you'd like to do.

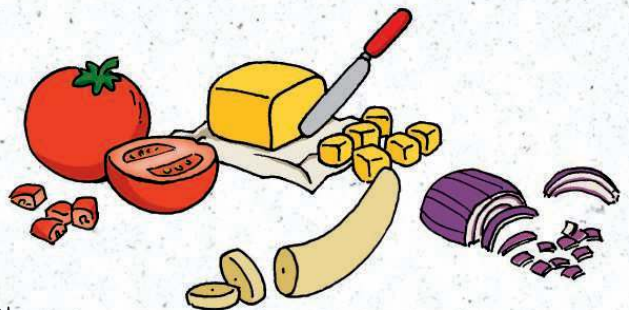
Decide which steps your child will help you with, and which you'll do before you call your child in to help you.

Work out when it will be best to do your recipe. Some recipes can be done in two parts, sometimes over two days.

Prepare your ingredients

You may want to involve your child in checking which ingredients you don't have and shopping for them. The shopping lists for each recipe are available to download—see page 60 for web details.

Decide whether your child can help you weigh out/cut the ingredients or if you should do it before they come in to help.



Prepare your kitchen

Move anything dangerous out of your child's reach. Also, look out for the "warning" symbol ⚠ used in some recipes to show steps that would be best done by an adult.



Find an apron or old clothes for your child.

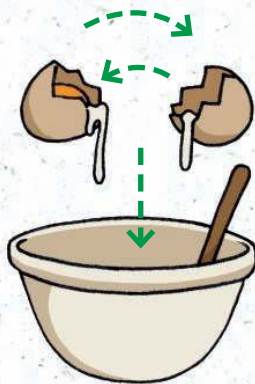
Consider sitting at the table, maybe with your child fastened in a booster seat, to encourage them to sit still.

As well as the equipment listed for each recipe, consider buying a small rolling pin (large ones can be dangerous if dropped or thrown), reusable non-stick lining parchment (to save time greasing and lining tins), and a portable timer (so your cookies won't burn while you're upstairs putting the washing away).

Be prepared for lots of mess. That way, you won't be frustrated when that bowl of flour falls onto the floor!



Baking tips

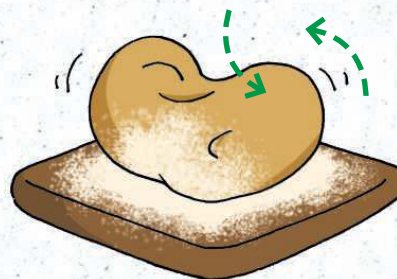


Separating an egg (p8, 13, 40)

Carefully break an egg in half over a bowl. Then pass the yolk from one half of the egg shell to the other, so that the white falls into the bowl but the yolk stays in the shell.

Kneading dough (p15, 45)

Sprinkle the surface and your hands with a little flour. Shape the mixture into a ball; then punch it to lose any air. Put your hand into the dough and push it forwards, then pull it backwards. Turn it around and push and pull again for about 10 minutes. Your dough should become soft and springy.



God makes everything

(Genesis 1: Creation)

There was once a time when our world wasn't here. And then it was, because God made it. Wow! God just had to say, "Let there be light", and there was. It was good! That was the first day of creating things.

On the second day, he made the sky. That was good too. On the third day, he made the land, sea and plants. On the fourth day, he made the sun, moon and stars. On the fifth day, he made all kinds of colourful fishes and flapping birds and tiny insects and amazing animals and wow! It was all good!

On the sixth day, God created in an extra special way. He made creatures who could get to know him and be his friends. And who were they? People, like you and me. God made the first man and the first woman. They were called Adam and Eve. When God looked at what he had made this time, he didn't just think it was good. He thought it was VERY good indeed.

On the seventh day, God rested and enjoyed everything he had made.

Pray: Lord God, help us to see and remember that you have made everything there is. Help us to be thankful to you for it. Thank you for making _____ Amen.

Creation cookies

It's amazing how many kinds of things there are in God's world! See how many different shapes you can make.

Ingredients (for 16 cookies)

- 300g/2 cups plain or all-purpose flour
- 150g/3/4 cup caster or superfine granulated sugar
- 250g/1 cup soft butter, cubed
- 1 large egg yolk (see page 7)
- 2 tsp vanilla essence
- 1/2 tsp salt
- Icing pens

Equipment

- Mixing bowl
- Wooden spoon
- Clingfilm/plastic food wrap
- Rolling pin
- Cookie or play-dough cutters
- Baking tray or cookie sheet, greased and lined with parchment
- Cooling rack

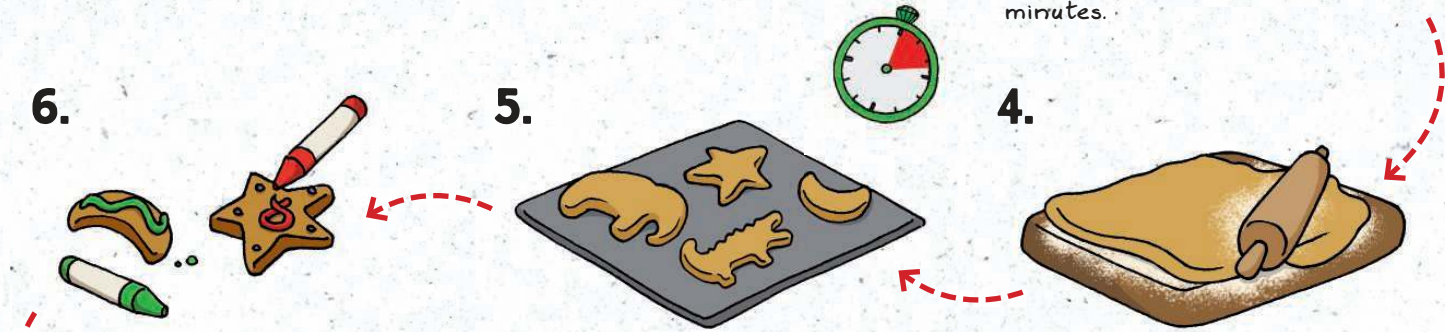
Time needed
.....
60 mins



1. Preheat the oven to 180°C/350°F/gas 4. Beat the butter and sugar together in the bowl.

2. Then add the vanilla essence and egg yolk and beat until smooth. Add the flour and salt and mix it all together.

3. Use your hands to shape the mixture into a ball. Wrap it in clingfilm/plastic food wrap and put it in the fridge for 30 minutes.



4. Sprinkle a clean surface with flour and roll the mixture until it is 1/2cm/1/4" thick. Cut out different shapes and put them onto the baking tray.

5. Put the cookies in the oven for 12 minutes. Then put them on the cooling rack.

6. Decorate your shapes using icing pens.

While you cook...

- What are some of the things that God made?
- What must God be like to have made the whole world?
- Why are people extra special?
- Why is it good to say "thank you" to God?

Time-saver
Use ready-made cookie dough



While you eat...
Talk about all the amazing things that God has made.