THE SURVIVOR CHURCH KITCHEN

Scaled-up Recipes
for Loving God and Our Neighbors

a free, phone-friendly pdf version

Kirk W. McCrea

Recipe Index

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Cover photograph by Kirk McCrea. The zero-50-100% use of barley flour in bread.

To my loving wife and son
who daily fill my heart with joy

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"This is the bread which comes down out of heaven, so that one may eat of it and not die. I am the living bread that came down out of heaven; if anyone eats of this bread, he will live forever; and the bread also which I will give for the life of the world is My flesh"
(John 6:50-51)

"Those whom I love, I reprove and discipline; therefore be zealous and repent. Behold, I stand at the door and knock; if anyone hears My voice and opens the door, I will come in to him and will dine with him, and he with Me. He who overcomes, I will grant to him to sit down with Me on My throne, as I also overcame and sat down with My Father on His throne. He who has an ear, let him hear what the Spirit says to the churches"
(Revelation 3:19-22)

INTRODUCTION

Another cookbook? That's the last thing which needs publishing. Recipes are on everything and everywhere, and just a few clicks away, wherever you are.

This cookbook, however, has a couple of "ingredients" that seem to be less well published: 1) scaled-up recipes (about 50 servings) for church breakfasts, potlucks, and dinners, and 2) suggestions for church-kitchen ministries if circumstances become less abundant than they currently are. In the ministry of the church kitchen, these two subjects reflect the dichotomy of Paul's famous passage:

"Not that I speak from want, for I have learned to be content in whatever circumstances I am. I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. I can do all things through Him who strengthens me." (Philippians 4:11-13)

My own purpose in writing this are threefold. First, as a manager for a community meal program, I need my own collection of scaled-up recipes that can easily be accessed on my phone (the entire book is a

small, downloadable pdf file). Most recipes are for about 50 servings; an amount that fits into one full-sized hotel pan or 1-2 full-sized aluminum trays. In addition, a serving size of 50 allows the recipes to be easily halved (25) or doubled (100), as needed.

Second, I wanted a collection of my favorite recipes. I never say that I am a good cook. More accurately (and unfortunately), I am a good eater and a good foodie, and I can therefore figure out what foods I like and how to make them.

Lastly (and most importantly), in my own "scaled-down" allotment, I shamelessly get to testify of what the Lord has shown me about Paul's "secret" (in the above verse) to being content in all circumstances. As unpleasant as some circumstances can be, I will happily boast that applying this secret always works, and I always find myself staying in (or coming back to) the perfect peace, purpose, and power of Jesus.

PART I

THE "PROSPEROUS, FILLED, AND ABUNDANT" CHURCH KITCHEN

"Not that I speak from want, for I have learned to be content in whatever circumstances I am. I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. I can do all things through Him who strengthens me." (Philippians 4:11-13)

Chapter 1
JESUS AND FOOD

Jesus, of course, started the first-ever church kitchen when He said, *"I feel compassion for the people because they have remained with Me now three days and have nothing to eat. If I send them away hungry to their homes, they will faint on the way; and some of them have come from a great distance"* (Mark 8:2-3). I would guess, however, that we are a society far from the idea of a megachurch-sized congregation trekking into the wilderness for three days, without food, to hear a prophet (not yet disclosed as the Messiah, the Son of God). I would guess that we are far from the expectation that the meeting organizer would *not* have provided any food for those three days. And I would guess that we'd still be astonished if the said-organizer feeds the entire congregation with no kitchen, a small donation, giving thanks, and the breaking of bread.

In this passage and elsewhere, Jesus demonstrates His provision of food for all of us. But apart from His food service, the Bible is peppered with analogies, inferences, and conclusions that are based on food and drink. All of them stress the contingency that both physical and eternal life are ultimately based on spiritual life. Just as we daily eat and drink to live

physically, daily belief and enactment on God's word allows us to live spiritually. Not having the latter leaves us at the mercy of only the physical life, with all its difficulties, limitations, and dead ends.

Obviously, just reading (and drooling) over a cookbook is different from preparing, serving, and eating food from it. Likewise, just reading (knowing or memorizing) the Bible is way different from living it. Although many people love the promises of God's word (analogous to salivating over a cookbook's recipes), examining the words around the promises will almost always reveal the ingredients and directions (examples and commands) for us to obtain those promises.

Many times, however, the recipes that Jesus gives us (in His Gospels and Revelation, alone) are unpalatable for what we might consider a "normal life," and we default back to the promises alone. Alternatively, we may distract ourselves with the "correct" interpretation of some biblical mystery or nuance. This leads to endless quibbling on such things as the correct way to baptize, the best way to have a worship service, the truth behind Christian holidays, or the premeditations of God's actions upon the earth. Analogous to cooking, this is akin to never making any recipe until every ingredient is home grown and processed, until all cooks in the world concede to using the same amount of one ingredient in one particular recipe, or until the knead-to-know proof on the molecular interactions between yeast and gluten are completely understood. The analogous effect on the church is what the Apostle Paul told the Galatians, *"A little leaven leavens the whole lump of dough"* (Galatians 5:9).

This is why Paul also tells us that, *"Knowledge makes arrogant, but love edifies"* (1 Corinthians 8:1b) and that,*"…the goal of our instruction is love…"* (1 Timothy 1:5a). Love itself, the love of God with everything we have and the love of our neighbor, *is* the process of spiritual cooking. And it is the cooking, not the knowing, which brings the promises we seek.

Furthermore, Jesus brings this type of cooking (loving) to everyone, each according to their given talents and abilities; in whatever level of strength, weakness, age, income, education, or circumstances when He says, *"Truly I say to you, unless you are converted and become like children, you will not enter the kingdom of heaven. Whoever then humbles himself as this child, he is the greatest in the kingdom of heaven"* (Matthew 18:3-4). His type of biblical cooking (loving) must always be approached at the level of a child's cooking set and oven, rather than at the level of some master chef in a 5-star kitchen.

Jesus, Himself, is the perfect example for us on the kind of cooking His Heavenly Father is looking for. Jesus is our Executive Chef and the Person-in-Charge of showing us how to love God and our neighbor in the way that God wants, and He is our example in how that kind of cooking ultimately provides us with the spiritual food that will make both our physical and eternal lives thrive.

"Jesus said to them, 'My food is to do the will of Him who sent Me and to accomplish His work'" (John 4:34)

In this verse, Jesus' "food" was to do God's good works. They were not even Jesus' good works, but His Father's work *through* Him. He never took credit for it, and always redirected the credit to His

Father. His Father took that glory and, in turn, glorified His Son with it. In the same way for us, God *will* take the glory in all good things and then share that glory with those who participated in them.

Jesus' food (and our food), however, is not convenience food, or unhealthy food. It must be daily sought after and worked for. But it is the only fulfilling food we will ever eat. To get it, we must first know that *"..MAN SHALL NOT LIVE ON BREAD ALONE, BUT ON EVERY WORD THAT PROCEEDS OUT OF THE MOUTH OF GOD"* (Matthew 4:4), and that we must, *"..not work for the food which perishes, but for the food which endures to eternal life, which the Son of Man will give to you, for on Him the Father, God, has set His seal"* (John 6:27).

This "work" for food begins with plowing fields and planting seeds. We can only learn about our Lord by yoking ourselves with Him in His work, *"Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. For My yoke is easy and My burden is light"* (Matthew 11:29-30). After this, we plant and Paul says, *"Now this I say, he who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully"* (2 Corinthians 9:6), and *"Do not be deceived, God is not mocked; for whatever a man sows, this he will also reap"* (Galatians 6:7).

We must sow in both word and deed, *"The sower sows the word"* (Mark 4:14), and *"For I was hungry, and you gave Me something to eat; I was thirsty, and you gave Me something to drink; I was a stranger, and you invited Me in"* (Matthew 25:35), and, *"For we must all appear before the judgment seat of Christ, so that each one may be recompensed for his*

deeds in the body, according to what he has done, whether good or bad" (2 Corinthians 5:10).

In addition, all letters to the churches in Revelation focused on the works of each church and their need to either repent from the bad ones, or better refine the good ones. Laodicea, the last church, was called to repent from complete apathy towards the good works that Jesus sought to do through them,

"I know your deeds, that you are neither cold nor hot; I wish that you were cold or hot. So because you are lukewarm, and neither hot nor cold, I will spit you out of My mouth. Because you say, 'I am rich, and have become wealthy, and have need of nothing,' and you do not know that you are wretched and miserable and poor and blind and naked." (Revelation 3:15-17)

After He explains that repentance includes a cost, He concludes with,

"Behold, I stand at the door and knock; if anyone hears My voice and opens the door, I will come in to him and will dine with him, and he with Me." (Revelation 3:20)

We must daily, hourly, and minute by minute open the door to let Him in; and then recognize that He, Himself, and everything He commanded and exemplified for us, is *Who* is for dinner. The pursuit of Him living through us *is* our food; the only real life.

"He who eats My flesh and drinks My blood abides in Me, and I in him. As the living Father sent Me, and I live because of the Father, so he who eats Me, he also will live because of Me." (John 6:56-57)

So, what does all this have to do with a cookbook and with serving the food made from it? A lot. Food must be prepared with love - complete love for our heavenly Father, and true love and mercy for our neighbor. In this way, it will not be twice blessed (as Shakespeare said), but thrice blessed: a blessing for those who eat it, a blessing for those who make it, and a blessing for our Heavenly Father. It must daily be Jesus, however, Who stands next to us, showing us what to combine, and how to stir and cook it, all the while protecting us from the fire that it must encounter to be made perfect.

"Oh, taste and see that the LORD is good; Blessed is the man who trusts in Him!" (Psalm 34:8, NKJV)

Chapter 2
FOOD AND SAFETY

The need for revision and revival of the church kitchen is very great. The world is turning away from and against the church more each day, and legal actions against churches and Christians are common. The spiritual goal of these attacks is to limit and hamper the ministries of the church. One such notable ministry is the preparation of food to congregants and the needy.

To illustrate the severity of this, let's look at food service and safety from a business sense. A typical restaurant usually wants a compliant level of safety for food acquisition, storage, preparing, cooking, and serving. This is because they, of course, don't want to make anyone sick. Furthermore, a documented case of food-born illness associated with a restaurant sets up excellent grounds for legal action, and worse, the loss of reputation among customers which can shut down a restaurant in days.

A church's food ministry or fellowship is no exception. But unlike the business of one restaurant which may be ruined, publicity of a food-related illness in one church could lead to legalities affecting the ministries of thousands of churches in a particular state, and possibly churches throughout the country. Outbreaks of food-born illness at various church

potlucks have already produced various watchdogs, government limitations, and even banning of potlucks altogether.

Personally, I love potlucks and I love making and bringing food that may be a blessing to others. But as a Person In Charge (PIC) of a local soup kitchen, I can see the vast difficulties (even impossibilities) of regulating and maintaining food safety from one's home, to one's church, and to the mouths of those eating it. This is where the church kitchen plays an active role in food safety.

The best solution would be for the cooks of the congregation to organize themselves, as best they can, to prepare and serve food from the church kitchen under the oversight of a PIC. A PIC is not necessarily a cook, but a point-person who has become certified in all things related to food safety; the safe acquisition, storage, preparation, and serving of food to groups of people. They monitor the safety aspects of food and the kitchen, and teach others how to keep it all safe, or at least as safe as possible.

Even under the most meticulous and strictest compliance of food-safety guidelines, however, there are never any guarantees for preventing food-born illness. But how much more difficult and risky when those guidelines are unknown and not put into practice at home or in the church kitchen?

That being said, it really is the Lord Who keeps us all safe, and it is He Who has kept humanity in existence, even before 1923, the first marketing of in-home refrigeration. But good stewardship of the food, tools, and skills the Lord gives us, the desire to bless and not burden others with illness, and the compliance with government standards are a comprehensive part of

the Christian life. It is a testimony of Christ in us, a "breastplate of righteousness," and a direct application of the scripture:

"Therefore do not let what is for you a good thing be spoken of as evil; for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit. For he who in this way serves Christ is acceptable to God and approved by men. So then we pursue the things which make for peace and the building up of one another. Do not tear down the work of God for the sake of food. All things indeed are clean, but they are evil for the man who eats and gives offense." (Romans 14:16-20)

A church with a PIC supervising any number of congregational cooks does four things: 1) manages the safety of food acquisition, storage, handling, preparation, cooking, and serving, 2) protects a key ministry of the church by demonstrating to the government and public that everything possible is being done to avoid illness, 3) teaches safe food standards for cooks and servers who love God and the church, and 4) potentially imparts more food safety in the homes and personal ministries of these servant-hearted people.

Here is a very short list (just examples) of food safety tips per my Christian/Microbiologist/ Epidemiologist perspective (that in no way replaces obtaining a safe food handling or food server certificate):

1. Pray over the food during preparation and before serving it (ask God's blessing on it).
2. Pray for ourselves and others to have wisdom to be safe food handlers and servers.
3. Of all the accrued scientific knowledge, frequent handwashing is still the number one method for prevention of infectious-diseases.
4. "We live in an ocean of microbes," said my microbiology professor in college. This means that we can only reduce the burden of them at any given time, for a short time.
5. Poultry should always be considered to carry the potentially deadly salmonella bacteria. These bacteria, however, are easily destroyed by heating to 165 °F for at least one minute (water boils at 212 °F). Apart from under-cooking food, the bacteria may exist on the outside of unprocessed eggs, and in the smallest amount of raw poultry drippings left on tables, hands, aprons, and cooking utensils. This may cross-contaminate other foods.
6. Any meat or dairy product may also have other, harmful bacteria which grow rapidly between 41 °F and 135 °F. Food, raw or cooked, should not sit out between these temperatures for more than an hour (total prep time for raw, and serving time for cooked).
7. In summary, the potential presence of harmful bacteria is controlled by 1) cooking food to a minimal temperature, and 2) by keeping track of temperature and time when prepping or serving. As alluded to in (5), cross-contamination (CC) of bacteria to "safe," ready-to-eat foods, like salads or cooked food,

is the hidden danger. For instance, raw meat thawing in the fridge above ready-to-eat foods are a source of CC. Bacteria present in meat or dairy are invisible on prep tables, cutting boards, utensils, hands, or aprons that have touched them. These contacts contaminate and grow on ready to eat foods.

8. Thus, raw foods that are the most potentially harmful go on the very bottom of fridges. Also, to reduce the risk of CC, prepare ready to eat foods (like salads) *before* prepping or handling raw chicken, meat, or dairy
9. Clean up between each food-type preparation with soap, rinse, and dilute bleach
10. Keep food outside of the danger zone (41-135 °F) by maintain temperatures during serving or by working in smaller batches to reduce the time food spends in the danger zone.

Being a good steward of food safety, however, should not be confused with being a food-safety Nazi. One can only do their best, with diligence, patience, and teaching, all the while recognizing that it is far from our own efforts that food is a blessing and not a curse. One may want to run a tight ship, but it is not done by throwing others overboard. If situations ever do become too much, it is often more of a joy (and more fruitful) to just be the background clean-up/prayer person in the kitchen. A lower position is always the higher position in the kingdom of heaven:

"But it is not this way among you, but whoever wishes to become great among you shall be your servant; and whoever wishes to be first among you shall be slave of all." (Mark 10:43-44)

Chapter 3
DEALING WITH PEOPLE

Most church kitchens should, more than anywhere, fulfill the saying that, "many hands make light work." Working together in a church setting should mean more opportunities for fellowship with each other in the peace and joy of the Holy Spirit. Kitchens, however, are notorious for tensions and attitudes, and they gave birth to the phrases, "too many cooks in the kitchen," and "if you can't stand the heat, get out of the kitchen."

In addition to cooking, food ministries provide many opportunities for fellowship among church congregants or among any who are being served. For instance, food should be a ministry to those who are in need – emotionally, physically, financially, and spiritually. Providing food to those in need extends the hands and love of Jesus in the most practical sense. In addition, it opens the door for the server to say that the food is given in Jesus name, and to testify how He has provided the inward and outward strength for one's own needs.

Although food served to those in need is usually received with much thanks, the circumstances of the need may result in that thankfulness being replaced by anxiety, bitterness, resentment, or anger toward the

people serving it. All "suffering need" is meant to work on the heart, not the stomach, and it is always the heart that Christians must engage. Food is only a comforting "band-aid" to some, but it may look as a mockery to those who feel as if they are bleeding to death. In addition, the frustrations of the immediate situation is often only the tip of the iceberg for compounding years of other frustrations (even since infancy and childhood) that can only be healed by Jesus. Manifestations include:

- Always critical of you or others
- Taking and not giving back
- Entitled to anything offered
- Wanting more than is offered
- Always wanting your ear for a life story
- Wanting to assume control – total or partial
- Wanting what they want the way they want it
- Having demanding idiosyncrasies that mean little to anyone else

In all these situations, whether among cooks, congregants, or those being served, the PIC can help to create and maintain, as far as possible, a good working atmosphere by bringing the right people (but not too many) together, and by always facilitating peace through prayer. The Lord says,

"Blessed are the peacemakers, for they will be called children of God." (Matthew 5:9)

The Lord, however, did not leave it to pastors and church leaders to be the only ones who administer His will and light in the world. He left it to all people who call on His name; and it is a birthright of being a

Christian [*"Test yourselves to see if you are in the faith; examine yourselves! Or do you not recognize this about yourselves, that Jesus Christ is in you—unless indeed you fail the test?"* (2 Corinthians 13:5)]. On our own small, weak, or otherwise insufficient level, we are to be the pastors, leaders, ministers, lamps, and founts of His character and conduct to anyone the Lord brings us.

Serving in a church kitchen and ministering to others is one of the best places to learn and adopt Jesus' ways; His ways of taking the last place, of putting others before one's self, of forgiving, of avoiding covetousness, and, in general, of lifting up others.

Thus, "dealing with people," according to Jesus, is way more about *our* reactions to people than about *their* behaviors. When we work on *our* reactions, Jesus will live through us, and there can be light and healing and purpose that others will experience. Some effects of this will be seen immediately and some will be seen over time. And, as noted earlier, these "character" ingredients of ours in food ministry are the only way to ensure that the food being prepared and served will be an enjoyment and blessing to others.

It would be great if *our* reactions could be one-time lessons that never have to be dealt with again, but that's why it's called *living a life* of faith. One could write a book, a series of books, or a library of books on this stuff. But there is only one book necessary to figure it out, the Bible; and only One person Who perfectly exemplified how we are to do it, Jesus; and only one person Who will daily teach us how to do it – Jesus.

It is far from a cookbook to detail Jesus' examples, instructions, warnings, and promises for dealing with people. All I can offer is what I have discovered by taking Jesus at His word, *literally*, and

applying it to myself, *personally*. After 26, lack-luster years of Christianity, reading His word this way has changed my Christian life, and for the past 12 years I have walked in the peace, purpose, and power of my Lord. Because so many "wonder of wonders" came from this, and because I scarcely hear any of it in mainstream Christian teaching, I wrote down the wonders as a testimony to Jesus' in another book, "*Hearing Jesus.*" I am including a summery for consideration.

1. Love our Neighbors as Ourselves

How this is done and what it looks like represents much of the New (and Old) Testament writing. It is expressed in different places as Jesus' second greatest commandment, as the main subject of the Sermon on the Mount, as the story of the Good Samaritan, in Romans Chapters 12-15, in I Corinthians Chapter 13, as "love your enemies," as "consider others more important than yourselves," as "what you have done for the least of these," and as "bear one another's burdens," just to name a few. Detail after detail is presented for the "how tos" and the "whys" and the "obstructions" of loving those around us. The obedience of this doesn't represent a slavery to law, but defines us as being God's children – our State of Union with Him. It is God's "righteousness" and "conduct" in the world, perfectly expressed in His Son, and continued thereafter through His true children.

"Loving our neighbor" is where I really started to learn about Jesus - His love, His patience, and His perspectives on people. In addition, I could start to see what His power, forgiveness, grace, patience, and perspective really meant to me. It is the difficulty of

loving others that made me realize what loving me must entail to Him. In "yoking" myself to the Savior, I started to see how He is still working, moving, and living in this world, and the wonderful part I am invited (commanded?) to play in.

2. Love God with Everything

The word, "everything" is essentially what the first commandment boils down to. That is,

"YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND, AND WITH ALL YOUR STRENGTH." (Mark 12:30)

This "first" commandment represents the "holiness" and "character" of Jesus toward His Heavenly Father, and thus, our holiness and character. It is to rid oneself of the worldliness, carnality, fleshliness, and natural self of this life, and to immerse everything we have for God. "Everything" here means that everything in our lives, and our very life, itself, is to be given over and expended. This, again, is not just for church leaders but for any who call themselves His children. In the pursuit of this, one finds death to self, but with the replacement by God, Himself, through His Holy Spirit, with all the joy, hope, and passion of life that one could ever want.

The greatest first (love God) and second (love your neighbor) commandments are linked. Jesus said, the second is *like* the first (Matthew 22:39). The first and second depend on each other and neither stands alone. To love God without loving one's neighbor is a false love of God (1 John 4:20), and to love our

neighbor without loving God is the true meaning of "filthy rags," "dead works," and of being the salt of the earth that has become tasteless.

Daily obedience to the two commandments (or a daily battle for them) are like the required opening of two valves that will access the living water of Jesus. The first commandment is the holiness/character tap, and the second commandment is the righteousness/conduct tap. We are positioned between the taps, and both must be opened for the living water to flow out to others, and to refresh us as it flows. Either valve left closed leaves the water to stagnate or dry up, altogether.

The daily battle to open both taps, however, is not burdensome, and just requires attention, seeking, confession, and an altered course. The results are often immediate (and refreshing!). Even the worst mistakes become opportunities for a good dousing later.

3. Judgment, Fear of God, and Repentance

Judgment, fear, and repentance are some teachings that have become or are becoming extinct in both society and the church. Yet, they still remain an essential ingredient to the fullest life possible in God. They do not comprise a *life* of fear and judgment (as Satan has so deceived the world) but are *ingredients* toward true life (and Jesus is life). They are a stepping stone, a hand rail, and a safety net that must routinely be kept in place to either direct us to God's grace or recover us back into it.

For many truly born-again Christians, these were the beginning factors of a new life in Jesus. Yet afterword, they quickly went out the door and were replaced by other teachings.

But as much as the Bible teaches that the fear of the world is to be avoided, it teaches that the fear of God is to replace it. Jesus summed it up as,

"Do not fear those who kill the body but are unable to kill the soul; but rather fear Him who is able to destroy both soul and body in hell." (Matthew 10:28)

Obviously, this fear is not the "healthy respect" of God so frequently taught today; it is not something given when driving behind a big truck. Rather, this is the type of fear that most children are supposed to have when they disobey their parents. When used correctly, however, children do not live in fear but in love; fear being simply a supplement to moments lacking in love.

The Bible teaches that perfect love casts out all fear. A perfect "love-for-God" to cast out "all fear-of-God" would be great (Jesus had it), but it is unlikely anyone has that perfect love (or would be able to recognize it even if they did). I can personally testify to displacing this perfect love with my own self-love that is present in me every day, hour, and minute. It constantly distracts me from Jesus, and appears either as the white-out-fog that blinds me while standing over the precipice of temptation, or the ton-of-brick feelings that precede any impatience or anger.

So, during those difficult moments it would be great to consider the love of God over the love of myself and graciously step out of the fog and back into the light, or out from under the ton of brick emotions but I am usually far from that platform of reason. It is often in those moments when I use the lessons I have been taught countless times for decades: that staying in God's ways is always a blessing, and going away from them always brings me trouble (either short or long

term). The disciplining hand of God has taught me a lot, and the fear of God becomes my best ally, a handrail in the fog while standing on a precipice of temptation, or a hardhat that deters the ton-of-brick reactions to life. And even if I fail miserably, the fear of God goads me to quickly humble myself, make amends, and get my eyes refocused on Jesus. Once the situation has been avoided or corrected, the "compelled by love" part becomes the regained joy of my life.

Therefore, the fear and love of God are perfectly complementary, the same as they are in any good parent-child relationship. God provides authority with love for teaching and keeping us in His way, and thereby out of the mouth of death that comes from both our flesh and the world around us.

4. Become like Children

The nature and character of children as applied to adults is another theme that runs throughout the New Testament. A central decree by Jesus on this is,

"Truly I say to you, unless you are converted and become like children, you will not enter the kingdom of heaven." (Matthew 18:3)

It is clearly one thing to be converted – a one-time event – verses the process of *becoming* like a child. How does that work; to grow *out* of adulthood and back *into* childhood? While being born again is certainly conversion, growing as a Christian is growing back into childhood. The *nature* of children is therefore a life-long aspiration and goal. In the light and knowledge of Jesus, children are the role models for us in this world.

Just a quick reflection of children raises the questions of how are they provided for? Do they (usually) worry about food, cloths, and shelter? How do children look at real-life evil? What are their judgments between right and wrong? What is their level of malice, gossip, indignation, and contempt for others?

Infants and children do not understand such things and they only adopt that which they see and hear from parents, friends, and media as if it were good. Born-again Christians, however, whose eyes are consistently on and learning from Jesus, will likewise adopt what they see. They do not worry about provisions and life, they do not judge evil, and they do not hate those in the world around them. They know that their Heavenly Father will take care of all those things (and people) in His way and in His time.

Children grow as parents teach them about life. But what parent teaches by saying to their child, "you're not perfect, just forgiven," "you are perfect just the way you are," "don't do anything challenging and let me do it," and "don't worry about your behavior because I love you unconditionally?" Although these are the basis of many Christian messages, our Heavenly Father will still be a Father to everyone, regardless.

The idea of grace and expected growth (works) for a spiritual child needs to be addressed. Using the Apostle Paul as an example of a spiritual child, God gave Paul much grace for the ministries and suffering that he went through. But that grace was given for sufficiency in the pursuit of God's kingdom; in the weakness, suffering, and endurance that it required. It was not given for the pursuit of living one's own life; in spending copious hours each week in entertainment,

dining out, or for working as hard as possible to bring personal or family security.

Paul never admitted to being perfect, by any means, but he strove for His God, Who is perfect and Who called him to also be perfect. The ultimate fruition of perfection is to yield one's life unto death for their Savior. But imperfection is just as important, not for getting comfortable in it, but in working with it and through it. For instance, if a child never learns to spell by making mistakes and working at it (and becoming hardened to the shame of not knowing), he or she will not even be able to look up words in a dictionary. In contrast, the imperfect spelling of a word, with some knowledge of different possibilities, has great power (as this never-a-strong speller routinely uses in the writing of this manuscript).

Therefore, any kind of child-like start and continued pursuit of Jesus is life. Not starting at all, or discontinuing the pursuit of Jesus because you *are not* good enough (or *are* good enough) is illiteracy and uselessness in God's kingdom. The servant who buried his talent in a hole until his master came back is the example of this – and it did not go well for him (Luke 19:11-27).

But the continual striving toward Jesus allows oneself to see themselves as only a child through the eyes of the Heavenly Father's, and that is extremely comforting. And seeing others the same way (no matter how close or far they might appear to be from the Father) is also comforting, as it becomes clear that God can and does take care of anybody at every level.

In terms of "dealing with people" in the kitchen, which is the better mental picture with which to love others: a room full of anxiety/proud/attitude-driven

cooks or a room full of children playing tea time, line cooks, or waiters under the guidance of their heavenly Father? No matter how crazy it looks, one person with this latter picture can clear a room of sourness (like a wave of living water) with any of the following: prayers to the Prince of Peace, decisive waiting on Him, with loving words to others, by the name of Jesus, with forgiveness, or by strengthening of "hands-that-are-weak."

5. Jesus is God.

These points must all be concluded by what appears to be the most obvious thing: Jesus is God. This should produce a long and short, "duh, we know that." But believing the statement and believing it to live by are two different things. Taking what He says literally and directing it right at ourselves puts Christianity (and our lives) on a whole different playing field. It entails believing Jesus' commands to act on what He said, and the consequences for not acting on it.

For instance, if Jesus says that *"Blessed are the merciful for they shall receive mercy"* (Matthew 5:7), then He puts a condition on His mercy – so be it. If Jesus says, *"For if you forgive others for their transgressions, your heavenly Father will also forgive you. But if you do not forgive others, then your Father will not forgive your transgressions"* (Matthew 6:14-15) – so be it.

His commands and ultimatums do not negate His blood shed on the cross to pay for sins, and they do not win us favor to be born-again children of God. Rather, they are (as mentioned above) a trademark, a birthmark, and a signature of being His child. His character and conduct (or at least the daily pursuit and

struggle for them) are simply who we are in Him – like any normal parent/child relationship. The daily (and minute by minute) application of them causes us to step from our own ways to His ways (and it is not often pretty – like a child; but maybe cute, like a child).

There seems, however, to be a huge resistance to this way of reading of God's word. Either it is simply dismissed or ignored, or it is excused by such ideas of "taking scripture out of context," or "that's not what He meant," or "it's just allegorical," or perhaps worst, "that no longer applies after Jesus went to the cross."

In response, I would say that Jesus' commands are not taken out of context of scripture, but out of the context emphasized by much church doctrine, which is often based more on Paul's teachings. Negating all of Jesus' words, commands, and earthly ministry because He hadn't yet gone to the cross is the pinnacle of this kind of biblical understanding. All scripture is absolute truth, but it all channels through Jesus and His words. Jesus is not a supplement to Paul, but Paul is a supplement to Jesus. He is at least the partial fulfillment of, *"I have many more things to say to you, but you cannot bear them now"* (John 16:12). Paul provides us with all the details and mysteries on why the temporal mana (the law) is inferior to the eternal, heavenly mana (Jesus). But it is Jesus Who told us how to collect that mana, and how it would impact us and in dealing with people in His peace, purpose, and power.

Chapter 4
SCALED-UP RECIPE TIPS AND MEASURES

Servings per Recipe

As mentioned in the Introduction, the recipes in this book each make about 50 servings, and they can be easily halved or doubled, as needed.

In addition, about 50 servings of food fit into a full-length, medium-sized hotel pan with 5" sides. This pan size comfortably heats 12 quarts of food (like stew or casserole) without bubbling over. 12 quarts equals 48 cups of food, or 1 cup/serving. A full-length, shallow-sized pan with 2.5" sides (including disposable aluminum pans) holds half of this and can be used for side dishes to make about 48, ½ cup servings. Likewise, many desserts made in a shallow hotel or aluminum pan can be nicely cut to 6x8, or 48 pieces.

Most recipe ingredients in this book are about 4x the amount used for typical family recipes and are useful for serving at church gatherings such as potlucks, breakfasts, or picnics. In addition, large-scale cooking may provide leftovers that can be a blessing to servers or cooks who didn't have time to eat, or as a blessing for others at a later time.

The upscaled and modified recipes in this book originate from family recipes, standard recipes, or created recipes. I would like to say (it would have been

easier) that upscaling recipes is as easy as multiplying by 4, but problems arise. Flavoring, thickening, ingredient adjustments, and the handling and cooking of large food volumes are all factors that differ from smaller batches.

And of course, these recipes can be just a starting place for one's own ideas and creations, for those who really like cooking. God gives different gifts and insights to each person.

Large-Batch Equipment Suggestions

Thermometers. A good digital immersion thermometer is a must. Its first priority is to determine if time-temperature control for safety (TCS) foods are cooked to minimally safe temperatures. Its second priority is to monitor and maintain food temperature while preparing or serving (outside of the 41-135 °F range). And its third use is to measure the temperatures of ingredients for preparation (like yeast activation).

Pots, Pans, and Trays. Many (but not all) recipes containing meat and vegetables utilize a two-step cooking method of browning or sautéing ingredients on the stove, transferring and combining everything into a hotel pan, and then completing the cooking process in an oven. Scaled-up recipes are not quick; I usually start cooking 3-4 hours before a meal or make dishes a day or two earlier.

As already mentioned, a 5" hotel pan can easily heat 12 quarts (3 gallons) of food. It will also hold 14 quarts when very full, or 16 quarts when to the brim. A shallow hotel pan with 2.5" sides, or standard aluminum pan, will hold half of this. If large-scale cooking will be done at least monthly, it is worth buying one or two medium (5") and shallow (2.5")

stainless-steel hotel pans. Steel is actually a wonderful metal to clean as just a little soaking and some large-meshed steel scrubbers can easily remove food, and you don't have to worry about scratching it. In bad baked-on-cheese cases, you can even use a metal spatula to scrape the food off.

Disposable aluminum pans will also work, but they should be doubled up when holding anything that weighs more than brownies. Having them crimp up and slip out of your grip, upside down onto the floor, makes one grumpy for a while.

One or two large commercial pots are also useful. A 16-qt. stainless steel pot will be adequate for most recipes in this book, but a larger 20-24 qt. pot can be easier to stir when they contain 12 qt. or more of food (with smaller pots, the depth of food being stirred may approach the length of the spoon).

The transfer of food between pots, hotel pans, or to colanders is often necessary, and this should always be done using a small, 1 or 2-qt. pot with a handle rather than trying to lift and pour food or liquid directly from a large container. Hot food, scalding liquid, and steam are very dangerous, and a burn reflex could cause one to drop the entire container, resulting in far greater injury.

A nice alternative to colanders is a deep-fry strainer. This is a long-handled ladle with a bowl-sized strainer at the end. Aside from its main use to remove deep-fried food from oil, it is perfect for scooping out browned hamburger, or cooked pasta and vegetables. In this way, oil can be reserved for sautéing vegetables, or hot water reserved for making extra vegetables or pasta if more people than expected show up.

Although an entrée may be in made in one hotel pan, the combination of ingredients for it may require two pans to avoid spilling ingredients over the sides. After mixing, the contents are placed into one pan.

Large baking trays (16x24") for biscuits, rolls, garlic toast, cookies, or pizza are very useful. Baking sheets that are dark (rather than grey or steel), however, will absorb more heat and sometimes toast (or burn) the bottoms of their contents before the tops are done. Turning down the oven temperature by 25 °F results in the same thing, only it takes longer.

Mixing Bowls. A commercial-sized, counter-top mixer with a whip, batter, and bread hook attachment is a worthwhile investment. Attachments for these mixers, used for slicing or grating food, can be very handy, but are not required for the recipes here.

Large metal bowls, graduated plastic bowls, and large plastic salad bowls are used for premixing or holding ingredients until needed for cooking or serving.

Measuring. The need to measure all kinds of food quantities will arise. Graduated mixing bowls, 1-2-quart plastic measuring beakers, and sets of engraved-metal (so they don't wear off) measuring cups and spoons will be useful. As a reminder, there are 4 quarts in a gallon, 4 cups in a quart, 16 tbsp. in a cup, and 3 tsp. in a tablespoon. Most measures in this book refer to "volume." (Thus, dry ingredients are measured using liquid-quart containers).

Some ingredients in this book may be in pounds or ounces. Pounds of meat refer to uncooked package weights. Other lb. or oz. weight measures, like for butter (1 lb. equals 2 cups) or powdered sugar, will also refer to convenient store package weights. A food scale can be useful, but is not necessary for the recipes here.

Utensils. Large, good-quality chef's knives and an electric sharpener are essential. Some sharpeners are part of electronic can openers, which can also be useful with up-scaled recipes. Of course, the knives should be used with sturdy, large-surface fiberglass cutting boards that are white (so you can see discoloring).

Large, stainless steel spoons are essential for stirring and mixing. If necessary, stainless steel spoons can be quickly cleaned, sanitized, and used again during the same cooking session. I like wooden spoons but they should not be used when cooking for many people as there is risk of food soaking into the wood, allowing bacteria to grow there. In addition to spoons, different sized plastic spatulas (single mold) are useful for dessert recipes, and metal spatulas are essential for a griddle, and for serving food from hotel pans.

Tongs are very useful for serving food. If possible, obtain ones that have flat, cleanable insides rather than those that are crimped along the shank.

Ovens and Stoves. A commercial-sized oven usually has the capacity to bake at least two, full-sized hotel pans on one oven rack. In contrast, a standard home oven has space for only one pan. A commercial-sized range also provides double the heating capacity, bringing a 16-qt. pot to boil in about 15 minutes compared to twice as long on a typical home range.

Juice Coolers. A large, 5-gallon water or juice cooler will provide 80, 8-oz. servings of beverage. Thus, 4 gallons will make 64, 3 gallons will make 48, and 2 gallons will make 32, 8-oz. servings. Refrigerate the cooler containing water or the beverage overnight or, alternatively, make the beverage to 4 gallons with tap water and add 1 gallon of ice before serving. If adding sugar, it takes about 1 cup of sugar to sweeten 1

gallon of water (this may sound like a lot, but in comparison there are about 1.5 cups of sugar/gallon in soda pop and 2 cups/gallon in sweet tea).

Holding Temperatures. While serving, food should be maintained at or below 40 °F if cold and above 135 °F if hot. Equipment for serving food varies widely, but apart from having to purchase specialized equipment, a simple cooling unit can consist of one hotel pan filled a third of the way with ice so that another pan, with cold food, can set on top of it. For warming, food can be pulled out of a warm oven immediately before serving, and a thermometer used to verify that its surface stays above 135 °F. Alternatively, a make-shift steam table can be made on the stove-top by placing a deep hotel pan filled one quarter of the way with simmering water, and another pan containing hot food, placed top. Whether cold or warm, keep the food covered to hamper temperature exchange with the air, and monitor frequently with a thermometer. Food can also be served while not held at safe temperatures (allowed to go into risky temperatures), but it must be served within one hour, and the remainder discarded.

<u>Large-Batch Ingredient Suggestions</u>

Health. The recipes in this book lean toward rich, full flavors that will hopefully bless numerous people in fellowship. Such fellowship events should be considered occasional events that would not significantly impact a healthy diet, which must be pursued everyday throughout one's life. This "foodie" author, however, readily admits that while an occasional eating-out or indulgence should not really hinder a lifetime-diet effort, the real danger lies in the ability of these occasions to produce a subtle mental

drift that slowly allows more food and unhealthy food back into a diet. Eventually, few of these drifts turn into a steady current. But that's a subject for another book.

Preparation Time. Perhaps not surprisingly, preparation and cooking of scaled-up recipes takes two to three times longer than making a family-sized recipe. Unless you have people helping you with the meal, it is worth using as many conveniences as possible. For instance, a bag of pre-chopped onions from a restaurant supply store is invaluable, and 1 qt. portions can be measured for immediate use or frozen and then cook-thawed as needed. Similarly, pre-shredded cheeses are a must when more than one quart of cheese is needed. Cheeses also freeze nicely, and can be thawed just hours before using.

Meat Flavoring. Many recipes in this book use a meat-flavoring base, such as chicken or beef, rather than broth or bullion. These bases come as either dry room-temperature or refrigerated pastes. They are much more convenient for long-term storage than broths, and much easier to add than an equivalent number of broth containers (or bullion cubes). I always have a couple containers of chicken and beef base that I use directly from the freezer. I thaw them for a few minutes and scrape or spoon off what I need (usually ¼ cup). They dissolve easily in any hot or boiling liquid. Once added, the temperature of the food should go to at least 165 °F at some point in the cooking process (again, water boils at 212 °F).

The directions of most food bases state that 1 tbsp. flavors 1 qt. volume of food. Therefore, the approximate 12-qt. recipes in this book would require about 12 tbsp. (or ¾ cup) of base. Most recipes, however, use only ¼ cup of base per recipe. This is

because the bases are used as enhancers rather than as the main source of flavor. Every dish has other flavors that contribute. It should also be noted that bases contribute a significant source of salt.

How Much Salt? The quantity of salt in recipes deserves a little detailed discussion. Most sources recommend a teaspoon of salt to flavor a 1-quart volume of food or soup. Therefore, the average 12-quart size recipes in this book would require 12 tsp. (4 tbsp. or ¼ cup) of salt. Since the meat bases in in many recipes (¼ cup) contributes about 1.72 tbsp. of salt, and many recipes also add 1 more tablespoon, the total salt in an average recipe is 2.7 tbsp. per 12 qt. Although this is less salt than recommended for flavoring, it leaves room for the salt that is present in many commercial or canned foods.

Garlic. An enormous jar of minced garlic in the fridge should be in active use, with one or two others on standby. Many recipes use minced garlic, and I tend to add it toward the end, so as not to cook out the flavor.

Herbs and Spices. If food is prepared in the kitchen multiple times a month, it may be useful to buy the large, restaurant-sized jars of herbs and spices at a restaurant supply store. In addition, I like to have onion or garlic powder on hand in case I do not have the fresh ingredients available.

Canned Ingredients. Some recipes call for multiple quarts of vegetables or tomato sauces. If using canned vegetables, large #10 cans contain about 6 ½ lb., 104 oz., or 3 to 3 ½ qt. of food, give or take some. Since most household cans of food contain about 15 oz. (~½ a quart), a #10 can represents 7 household cans. Depending on the recipe, a trip to a restaurant supply store may be convenient.

Notes on canned ingredients: 1) tomato sauce can be made from tomato paste by mixing 1 cup of water with ¾ cup of paste, 2) the leftovers of many canned items can be frozen for later use, and 3) seriously consider getting an electronic can opener.

Vegetables. Fresh-cut vegetables are always the nicest to cook with and eat. It takes about 3 medium (tennis-ball) sized onions or bell peppers to make one quart of these chopped vegetables. In addition, one pound of fresh mushrooms makes about 1 ½ quarts of sliced mushrooms.

Fats and Oils. It is useful to have five "fats" available in the kitchen: butter, olive oil, vegetable oil, vegetable shortening, and deep fry oil. The recipes do not usually include oil as an ingredient for sautéing, browning, or frying, but ½ to 1 cup for one or more quarts of food is typical, and the type of oil added is left up to preference.

Of course, oil for sautéing can be replaced with cooking spray, and cooking spray is very useful in coating a hotel or aluminum pan before oven baking. However, I often forget to spray a pan and find that it is no big deal to clean afterwards.

I also buy stocks of unsalted butter (4-8 lbs. at a time) when the prices are lower (any of the 10 months before Christmas) and freeze them. One pound of butter equals 2 cups and the recipes may use these units interchangeably. Butter can be sold in 1 lb. blocks or in 1 lb. packages containing 4 sticks, with each stick representing ½ cup. In this book, butter is most often associated with deserts or with making a thickener (roux, see below).

Batches of Roux. Roux is the easiest and most convenient way to thicken food in these recipes.

Batches of roux stored in the freezer can be easily cut up and used to make sauces, or to thicken a stew.

Fats from Meat. This section feels more like a confession rather than a cooking suggestion. Most of the time (when cooking for others rather than myself), I do not drain (or only partially drain) the fat from cooked meat. Fat released from meat really contains two components: meat juices and fat. Unfortunately, these are key meat flavors, and I am loathed to do all the work of cooking while dumping key flavors in the trash. Spaghetti sauce and Sloppy Joes are good examples of draining fat. I leave some or all of the fat in spaghetti sauce, but drain it completely from Sloppy Joes to increase the thickness of the meat filling. Soups are another issue. For instance, making a chicken soup from whole boiled chicken will leave an unsightly amount of fat in the soup and this should be partially or completely removed.

When fat is removed from cooked meat, it should be drained or separated before other vegetables or seasonings are added – otherwise those flavors are also discarded with the fat. Fat obtained from cooked bacon, sausage, poultry, hamburger, or ribs is an excellent ingredient for making the thickener, roux. Reminders to "save the fat" are present in some recipes.

Rice. Compared to noodles, potatoes, or even rolls, rice may be the least expensive "starch" to serve with meals or to use as an ingredient. I tend to use regular, long-grained rice rather than par-boiled rice, but par boiled will clump up less. In general, one cup of dry, long-grain rice will yield about 2-3 cups of cooked rice (4-6 servings). The cooking ratio is usually about 1 cup of dry rice to 2 cups of water. Begin cooking the rice as soon as it is wet. Do not stir rice

while cooking. Just bring it to boil, then let is simmer under low heat until done. Burning on the bottom (burnt rice) is more of a problem when other ingredients like butter and/or cheese are added. If using butter or cheese in rice, cook the rice first and then add the butter or cheese. Continue heating or cooking in a covered hotel or aluminum pan in the oven. Distributed oven heat will burn less than a pot, and it is easier to scrape out and clean an open, rectangle pan. Extra rice also freezes well. If reheating quarts of cooked but dried-out rice, add a cup of water, unmixed, cover while reheating, then stir in any extra water.

Beans. One pound of dry beans equals 2 cups dry or about 5-6 cups cooked. So, to make a side-dish of baked beans in a shallow hotel pan (containing about 6 qt. of beans, remembering that other ingredients will add volume), it will take 4 lbs. of dry beans (1 lb. making 1 ½ qt. of cooked beans).

Starting with dry rather than canned beans is by far the cheapest way to go, despite the overnight soaking and the 1 to 1 ½ hour simmering time. #10 cans of beans, however, can still be a very convenient substitute, and 2 #10 cans of premade "baked" beans can be easily doctored up with some fried bacon and onion, chicken base, brown sugar, and mustard (excuse the spontaneous recipe, I must be hungry).

Coffee. Ok, on to coffee. Coffee to water ratios are a tricky subject and everyone has their own preference. I use ½ cup of coffee for an 8-cup coffee maker, but recommendations range to more than twice that. A water-coffee ratio chart provided on the next page for a large 100-cup percolator coffee urn. Again, I make 50-60 cups in this using 2 to 2 ½ cups of coffee rather than the suggested 3-4 cups.

Water	Coffee
100	6
80	5
60	4
40	2.5

Tips for Freezing Food

Some people like freezing food and some don't. Because I am too conservative about wasting food, and because I like the convenience, and because I think most foods taste fine after freezing, I will discuss it.

As mentioned above, I routinely freeze meat bases, cheeses and butter, and I often bag and freeze premeasured quarts of chopped vegetables (like onions, peppers, mushrooms, celery, and carrots) to thaw for later cooking. Tomato sauce, or even extra ketchup (from a refill can) freezes and thaws well.

As a reminder, vegetables must be measured before freezing because 1 qt. of chopped, frozen vegetables becomes less than 1 qt. after thawing. In addition, frozen chopped vegetables are not adequate for non-cooking recipes (such as salads).

Frozen vegetables can be thawed prior to cooking, or thawed while sautéing in a pot. Although they will be watery, they should not be drain. In this case, true sautéing is not really taking place, but precooking is. The goal is to thaw and soften the vegetables before they are finished cooking with other ingredients.

Another example of using frozen vegetables is in making zucchini bread. I will sometimes shred the large "bam-bam" clubs that are only available in the fall, and freeze the appropriate recipe amounts until needed. The thawed zucchini with its liquid (it looks

horrible) is added right into the batter and bakes up nicely. But, again, it comes down to whatever aesthetics one can handle. For instance, some people freeze extra bananas for making banana bread – yuck.

Most people are aware that breads and rolls freeze well when they are fresh. Breads and rolls can be thawed a couple hours before serving and steamed to reheat. Hotdog or hamburger buns, however, may not come out with the nicest appearance since they have a delicate crust that gets damaged by freezing.

Many people freeze cookies and cakes. Cakes need to be thawed the day before while cookies can thaw in the same day (and the chocolate chip cookies provided here also taste great cold or frozen).

Cooked foods, if safely prepared and cooled, can be kept refrigerated for seven days (that includes the day of preparation). Many prepared foods can also be stored safely in the freezer for some months. Any diminished food quality that occurs during that time is not equivalent to food safety (provided the freezer did not die at some point). To freeze large amounts of leftovers, I transfer food to a full- or half-sized aluminum pan, wrap it in cling film, then with foil, and label it with the contents and date.

Prepared frozen foods can be thawed overnight in the refrigerator or even heated directly in the oven (minus the cling film). This latter approach takes longer to reheat but it is a good safety measure that minimizes the dangerous time-temperature zone for food safety.

Tips for Large-Scale Cooking

General Method. As described above, many of the recipes containing meat and vegetables will begin by browning the meat in a large pot with oil, removing it, and then sautéing the vegetables in some of the same oil. Sautéing the vegetables after browning the meat utilizes the flavor-packed meat oil, and the liquid from the vegetables effectively deglazes the pan of its *suc*, the rich "caramelized" meat flavor. In addition, excess oil from frying the meat may also be collected, clarified (by heating) to remove excess water, and used later for thickening sauces (in a roux, see below). Never cook the meat and vegetables together and then drain it all – this is the same as cooking out all the flavors in order to throw them away.

The meat, vegetables, and other ingredients are then transferred to and combined in a hotel pan for final cooking (uncovered) in the oven at 325-375 °F. An oven is often used for the final cooking because the large food volume requires longer, more gentle heat over more surface area than in a pot. Once in the oven, little needs to be done (except an occasional stirring, temperature monitoring, or a final topping added). After it is cooked sufficiently (about 1 to 1 ½ hours to reach a minimum internal temperature of 165 °F, and the top is sufficiently browned or bubbly), it is usually fine to cover the pan and turn down the heat to 200 °F until the food is served. This also leaves time for other meal preparations.

Soups. In the case of soups, I like to avoid overcooking meat. There is a nice texture and flavor in meat that can be lost with boiling. Therefore, soup recipes will initially brown the meat (or roast large

amounts to minimum temperature), remove it, and then add it back when the soup is done.

Taste-testing a soup is useless until the whole thing is assembled and finished cooking. Before testing, remove a bit and cool it. High temperatures mask the flavor of food.

The final volume of a soup is not rocket science. I tend to cook everything with minimal water, and adjust the volume to what seems "soupy" enough at the end. The flavors are amenable to dilution.

When to Add Salt. Meats do very well when salted before browning or roasting. Vegetables, however, do not. With vegetables (and beans), salt should be absent or scarce (e.g. no meat bases or added salt) until they are fairly-well cooked. Salt changes the osmotic properties of water which reduces the vegetable's ability to soften. In the presence of salt, onions will cook out like wet paper, and beans will still crunch after cooking for 2 hours.

Thickening. In normal, family-sized recipes, thickening can be as easy as heating a couple tablespoons of flour with the same amount of oil for a minute or two and then adding other ingredients. Likewise, cornstarch or flour stirred into a little milk can be added during cooking. Thickening scaled-up recipes, however, takes more consideration and effort, but it is not that bad once you've done it, and it is kind of fun – like mad science.

A roux (pronounced roo) is simply flour cooked in some type of fat, but on a much larger scale with a little different method. The simple, overall method to making and using a roux is to cook flour and fat, put it in a quart-sized freezer bag, then freeze it until needed. They last a year in the freezer, and can be added,

frozen, to thicken any combination of hot water, broth, or milk to make a sauce. They can also be directly added to stews for thickening.

More specifically, a simple roux is made with 2 cups (1 lb.) of melted fat (butter, meat fat, olive oil, etc.) mixed with 3.25 cups (1 lb.) of flour in a sauce pan and gently cooked with constant stirring for 5 minutes. [See the recipe for more specifics.] This amount of roux will thicken about 4-6 qt. of liquid. The resulting sauce is then used in a 12 to14-quart recipe. Half a batch of roux is sometimes used, or just cut-up pieces of frozen roux (to thicken a stew) can also be used.

Notes on Roux

1) Butter is most often used to make a roux, but fat can be obtained from different meats such as sausage, bacon, turkey, or chicken. Chicken or turkey fat is plentiful if collected from a roasting bag but it must be put through a fat-separator cup to remove the broth. Many recipes in this book call for 8 lb. of ground beef. Lower beef quality will produce a lot of fat that can be supplemented with olive oil to make the needed 2 cups. Whichever fat is used, label the roux accordingly.
2) Rather than adding cold roux to hot liquid, it is possible to make the roux in a large pot, and then immediately start adding cold liquid (broth, milk, water) that will make the sauce. This is more labor intensive, however, as the thickened flour becomes hard to stir. The Sausage Gravy recipe utilizes this method.

3) The fat or oil used for the roux can be clarified. To some, this can mean removing every molecule of water or protein from the fat, but I don't go that far, aiming instead for a reasonable reduction. For instance, I routinely make roux with normal, unclarified butter, and find that the small amount of milk in it is absorbed into the roux.
4) Yes, a pound of fat sounds unhealthy. But spread throughout a 12-quart recipe, it comes to 0.67 tbsp. of fat per 1-cup serving. That is about 7.7 g of saturated fat which is 38% of the RDA for saturated fat (and 12% for RDA total fat). The take-home message? Eat a light breakfast and dinner on potluck days.

Steaming. Breads, buns, and rolls can be warmed and/or revived prior to serving with a steaming pan. To make a steaming pan, take a kitchen scissors or small knife and stab through the *inside* bottom of a full aluminum pan to make about ten holes (leaving the rough metal on the outside bottom). Next, fill the steamer pan with rolls, bread, or whatever requires steaming and cover with aluminum foil. Place about an 1 inch of water in a medium-sized hotel pan and place the pan on the stove. Carefully set the aluminum steamer pan into this and turn on a burner to bring the water to boil. Steam for 5-10 min. (sandwiches with meat and cheese will take longer to heat than rolls). Also, be careful not to move the assembled steamer since its hot, and because water will splash up through the holes and soak at least 5 rolls. To reduce this risk, a metal cooling rack can be placed inside the steamer tray to stack the food on.

After steaming, be careful of escaping steam when removing foil. These disposable steam pans can usually be washed and used again, but be careful of the sharp holes on the bottom of the pan. I am also recently reminded that steaming breakfast sandwiches with cheese can be messy, and it is best not to use a metal cooling rack with these, and that one can always just make a new steam pan.

Food Volume. If the need ever arises to adjust a recipe, the depth of the total food or the thickness of its layers within the pan may be important. For instance, how deep do you want the entire casserole or stew, or the layers of lasagnas, cakes, whipped cream, fillings or graham cracker crusts? A typical aluminum pan provides 3-inch internal depth while a shallow hotel pan provides 2 ½ inches. The deeper, medium hotel pan has a 5-inch internal depth. In each of these pans, 1 quart of food will make about ¼-inch of layered food. Therefore, it takes about 4 quarts of food to make a 1-inch layer of food in a full-sized pan. For instance, the Graham Cracker Crust in this book has about 5 total cups (1 qt., 1 cup) (providing about a ¼ inch layer), and the Whipped Cream recipe starts with about the same but is whipped to almost twice the volume (making a ½-inch layer). Of course, volumes in the final product will vary due to water loss from heating.

<u>Tips for Baking Breads and Rolls</u>

In this day of overabundance, making breads or rolls seems unnecessarily complicated and time consuming. But they worth a try sice after one attempt, most people will find that it really isn't so difficult, and that the amazing smells and freshness makes one wonder what else they've been missing all their life.

Preheating. Preheating the oven for baking breads, rolls, or desserts is essential since a lot of chemistry happens in the first 10 minutes of baking. In contrast, lasagna is not so finicky if the oven is not immediately at temp.

Flour Types. Different flour types give different baking results. All flour has some amount of protein (gluten) that, with prolonged mixing in a moist environment (dough), denatures and adheres to itself, creating small chambers between the adherent proteins which then fill with gas (from yeast metabolism or carbonate chemistry), resulting in a leavened product with various combinations of firmness and fluffiness. Add some tiny beads of fat and/or sugar crystals that melt into these microchambers and you have some wonderful, mind-bending, weight-gaining creations.

Thus, the length and manner of mixing is also a factor in the firmness and fluffiness of all baked products. Breads are pretty standard in being kneaded for 10-15 minutes (depending on the leaven), but the specific method and length of mixing for biscuits, pie crusts, cookies, and cakes can make a big difference in the final product.

The amount of gluten in flour varies. Bread flour is a high-gluten flour; cake (or pastry) flour has the least gluten, and all-purpose flour is in the middle. In addition, cake flour is more finely ground. All-purpose flour, however, works great for most recipes.

Leavens. There are a lot of different yeasts to choose from. The most common household yeast is granulated dry that comes in 2 ¼ tsp. packages. If you use a lot of yeast, then a jar of dry yeast is more convenient and the proper amount can be measured. These yeasts have a long shelf life in the fridge.

Dry yeast is activated by sprinkling a package or two over warm (100-110 °F) water, and allowing it to moisten and become frothy. After kneading it into the dough, yeast requires 30 to 60 minutes to rise the first time, and then another similar rise after the dough is shaped and placed in its pan. The two rises are important for the structure of the gluten, and to decrease the chances of massive air pockets appearing in the final product. An exception is "Batter Bread" (see Casserole Bread recipe) that rises only once.

Another type of dry yeast, rapid-rise yeast, is often used in bread machines but can be used for any yeast-containing recipe. It bypasses two steps: activation and the first rise. Therefore, the yeast is added dry to the dry ingredients, and the first rise is replaced by a 10-min. "rest" period. The yeast still needs a warm environment, however, so the water or liquid in the recipe must be prewarmed to 125-130 °F (warmer as it will cool from the other ingredients).

Although the best results will come with using the type of yeast called for by a given recipe, normal yeast and rapid-rise yeast can replace each other, just by treating the yeasts differently as stated above.

Rapid-rise yeast specific for pizzas and flatbreads is also available and helps by making a more relaxed dough that can be rolled out without shrinking back, and by not allowing the dough to rise to bread-like levels beneath the pizza ingredients.

Kneading. In mixing and kneading dough, do not add all the flour from each bread recipe at once. Allow the dough to first mix as sticky and then add a little flour while it kneads, just until it loses its stickiness but not more. Continual kneading will also make the dough less sticky.

Risings. For the first rise, cover with a towel or wrap in cling film then let rise in a warm environment. Alternatively, coating a bowl with oil and then turn the dough in it to seal in moisture so that it does not dry out on the surface. The first rise should double in size (about 40-60 minutes).

Baking Time. Simple breads and rolls are finished baking when they turn a deep golden brown on the top and sides. Brushing with an egg wash (1 egg, 1 tbsp. water, beaten) just before baking will produce a richer brown.

Dessert Tips

Just making cakes, pies, cookies, and other treats is a cut above the generic tastes of any store-bought desserts. Everyone has an "experience" when eating homemade desserts that contrasts the absent-mindedness (or avoidance) of eating manufactured ones. Even a homemade dessert that turned out poorly still has "love for others" written all over it. And if nothing else, the dessert recipes in this book should provide some good bake-sale material. Here are just a few things to consider.

Butter. *Unsalted* butter is used in almost all baking and dessert recipes. This is important for flavor. Remember that margarine contains salt, and substituting this for butter may result in too much salt.

Creaming Method. As stated above, the method and length of mixing is critical in baked goods. Most dessert recipes in this book that use flour and eggs utilize the "creaming method." This involves essentially beating the butter and sugar for shorter or longer times, drizzling in pre-beaten eggs until just blended, and then sifting in pre-whisked dry

ingredients in 3 increments, each until just blended. Some recipes may alternate dry ingredients with 2 additions of milk, again, beating minimally each time.

Cookies. Differences between cakey cookies and thinner (more chewy, buttery) cookies is in the length of time that the sugar and fat are mixed. The less time, the less cakey (but that does not mean hard and crunchy – that is a baking temp/time issue).

Watching the cookies bake is not a waste of time. Take them out when just becoming light brown on the edges and even slightly under-baked in the middle. They will keep baking on the hot pan as they cool prior to being moved to a cooling rack. This contrasts other baked goods such as biscuits, rolls, and scone that should be removed quickly from trays.

Nuts and fruit. I am biased to either some here and none there. I like pecans and almonds, but not walnuts and shredded coconut. Thus, the word "optional" may appear. Please keep this in mind and change according to your tastes.

Dessert Volumes. Many cakes and sheet desserts are made in shallow hotel pans and the amount of ingredients have been adjusted to create layers with appropriate depth within the dessert.

Serving. Sweet breads or pan desserts made in a shallow hotel pan can be cut into 6x8, or 48, pieces. Alternatively, they can be cut into "slices" by dividing the pan lengthwise by thirds or quarters and then cutting ½" -inch slices across the width.

Soft desserts like pies or puddings are always difficult to serve with a nice appearance, even out of household pie plates. This difficulty is amplified when serving 48 pieces from a large hotel pan. However, some signature quality of "homemade" is in that "not

perfect" dessert appearance. If desired, most pie recipes will work fine if split into 4 pie plates, and this can be convenient for using premade crusts. The pies can be cut in 8, 10, or 12 pieces (a difficult sliver) producing 32-48 pieces. The larger the pieces, of course, the less servings. In any form you choose, serving the dessert cold, keeping a knife clean (and dipped in hot water) while cutting, and using a sharp spatula on the bottom will help in keeping up appearances.

Muffins. Paper liner or no paper liner? It depends on the presence of fruit or chips that will stick directly to the pan walls, interfering with the muffin's ability to leave the pan intact. In those cases, a liner is essential. Recipes usually call for filling ¾ full. Although this produces a nice round muffin, filling to the brim will make a real muffin top (but will increase the bake time and lower the total yield). Sprinkling with sugar just before baking will make a crunchy texture on top, and using coarse, raw sugar will enhance this. A streusel topping also works well.

Frosting/Icing. In this book, the term "frosting" is used for thick, fluffy coverings that remain soft on desserts, while "icing" is used for thin, dense coverings that dry harder (like a glaze).

The amount of frosting/icings in these recipes are enough to frost the tops (and sides) of a cake in a shallow hotel pan. Most cakes are not put on displayed so I only frost the tops and serve from the pan, but it is possible to remove a sheet cake by gently prying the edges and bottom with a spatula and then flipping onto a large cooling rack. From there, the cake can be flipped back onto a display tray and frosted.

PART II

THE "HUMBLE-MEANS, HUNGRY, AND SUFFERING-NEEDS" CHURCH KITCHEN

"Not that I speak from want, for I have learned to be content in whatever circumstances I am. I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. I can do all things through Him who strengthens me." (Philippians 4:11-13)

Chapter 5
WHY "SUFFERING-NEEDS?"

The recipes in Part III of this book, below, can be useful for preparing dishes in a church kitchen. The abundance and variety of foods, together with Christian fellowship, are blessings that the Lord has provided to many of His people for centuries. This is certainly in keeping with the "prosperous-abundant" living that Paul describes in the scripture passage above.

Fortunately (or unfortunately), Paul also reveals to us the portion of his Christian life which was lived in suffering need. He had to "learn" the secrets of living in both prosperity and suffering, just as the Lord said he would, "*for I will show him how much he must suffer for My name's sake"* (Acts 9:16). And before Paul, we are told that our Lord, although sinless and perfect, still *"learned obedience through the things which He suffered"* (Hebrews 5:8b). If this type of learning was on the menu for the Christian life, starting with our perfect Savior and continuing with His imperfect Apostles, then what does that mean for us?

The Israelites were given a perfect explanation (and hope) for their sufferings and hardships just before they went in to conquer the Land of Cana:

"All the commandments that I am commanding you today you shall be careful to do, that you may live and multiply, and go in and possess the land which the LORD swore to give to your forefathers. You shall remember all the way which the LORD your God has led you in the wilderness these forty years, that He might humble you, testing you, to know what was in your heart, whether you would keep His commandments or not. He humbled you and let you be hungry, and fed you with manna which you did not know, nor did your fathers know, that He might make you understand that man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD. Your clothing did not wear out on you, nor did your foot swell these forty years. Thus you are to know in your heart that the LORD your God was disciplining you just as a man disciplines his son. Therefore, you shall keep the commandments of the LORD your God, to walk in His ways and to fear Him." (Deuteronomy 8:1-6), and

"Beware that you do not forget the LORD your God by not keeping His commandments and His ordinances and His statutes which I am commanding you today; otherwise, when you have eaten and are satisfied, and have built good houses and lived in them, and when your herds and your flocks multiply, and your silver and gold multiply, and all that you have multiplies, then your heart will become proud and you will forget the LORD your God who brought you out from the land of Egypt, out of the house of slavery." (Deuteronomy 8:11-14), and

"Otherwise, you may say in your heart, 'My power and the strength of my hand made me this wealth.'" (Deuteronomy 8:17)

Even the blessing of manna, a daily necessity of life for the Israelites, had to become a way of seeking after Him. Although He provided it, each day the families had to rise up before the sun, kneel on the hard ground, and lean forward to collect it off of the ground. And although it was delicious, it was the only thing to eat throughout the day, every day, and every day after that. Variety was not part of the package; and those complaints were not well received.

All suffering need for all people has a purpose (and a hope). It is part of the process of finding life in Jesus and, once found, of finding more life in Jesus. It is discussed throughout the New Testament and summarized as:

"And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope; and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us." (Romans 5:3-5)

<u>Role of the Church Kitchen</u>

So, what does all this have to do with church kitchens? Lots and lots. The acquisition, preparing, cooking, and serving of food is a very important ministry and blessing that brings the love of Jesus to any number of people: believer or not, wealthy or not, educated or not, and grateful or not.

During periods of suffering need, God has routinely used the church and its kitchens to remind people that He is still there, still working, and still living through His body, the church. For instance, of all that happened during the Great American Depression in the early 1930s, an image of the soup line (run mainly by churches) stands out the most. And it will always be that way - the light of the church always stands out in the darkest hours.

The sharing (or surrender) of one's meal with someone who has none (or to someone that demands it) is a poignant illustration of God's sacrificial love, and the Lord said that it will not be forgotten,

"And whoever in the name of a disciple gives to one of these little ones even a cup of cold water to drink, truly I say to you, he shall not lose his reward." (Matthew 10:42), and

"Then the King will say to those on His right, 'Come, you who are blessed of My Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry, and you gave Me something to eat; I was thirsty, and you gave Me something to drink; I was a stranger, and you invited Me in; naked, and you clothed Me; I was sick, and you visited Me; I was in prison, and you came to Me.'" (Matthew 25:34-36)

Food has always been a big tool in God's kingdom to bring both His word and deed to the church and the world. Spiritual and physical food (eternal and temporal food) always go hand in hand to show the life-giving necessity of both. At a minimum, spiritual and physical food can be connected by asking God's blessing and giving thanks before eating it. This can be expanded with opportunities to say that it is given "in

Jesus name," to witness of Him in one's own life, and to provide devotionals on His teachings and ways.

The Churches' Battle Plan

If we are talking "suffering need," then the greatest need will be seen during the Great Tribulation. Sadly, during this time, Jesus said,

"At that time many will fall away and will betray one another and hate one another." (Matthew 24:10)

But in contrast, He also specifically taught us that,

"After these things I looked, and behold, a great multitude which no one could count, from every nation and all tribes and peoples and tongues, standing before the throne and before the Lamb, clothed in white robes, and palm branches were in their hands"… "These are the ones who come out of the great tribulation, and they have washed their robes and made them white in the blood of the Lamb." (Revelation 7:9, 7:14b)

Thus, the worst time imaginable for any ministry will also be one of the greatest harvests of souls ever seen. The ability to keep ministering food (and Jesus' love and teachings that goes with it) to just one or to thousands certainly promises to be fruitful.

But the obvious questions are how to keep going in ministry when there is so much going against it, and how to keep loving when there is so much hate against the love, and how to "endure to the end" when things seem endless?

Whether it's the Great Tribulation or any other suffering need, specific troubles that a church kitchen might face would be the complete or almost complete lack of food, raids on the food pantry, people who take

overwhelming advantage of the situation, people who are hateful and hostile in the face of giving, violence, betrayal, natural disaster, and even death. So, who can be prepared for, or stand firm in such things?

Although I give myself a resounding, "not me!" the real answer is anyone who can read, hear, believe, and act on the things that Jesus said. And Jesus said a lot about these things, about how to be prepared for them and how to engage them. Matthew Chapters 5-7 provide our Lord's most concise summary on the church's battle plan. Here, I can only elude to these things in Chapter 3, Dealing with People; and in Chapter 14, Survival Guide for Guests.

However, the point of these chapters is not to present just some other teaching (although hopefully of Jesus), but to become minute-by-minute disciples of Jesus, Himself. He is the only one Who is with us in every situation and in every reaction that we have to those situations. No book, no pastor, and no church is inside our hearts at our darkest moments, and when we need a light to know the right thing to do. He, alone, will guide us, speak to us, and show us His way.

During either "abundance" or "suffering need," there is always a minute-by-minute need to change course, get off a particular boat, or regain our balance from stumbling. Jesus is the only one Who can do this through His redirection (which is always in line with what He said and exemplified for us), and through His forgiveness if we stumble. But no matter how bad it looks, walking His path, following Him, and pulling the plow with Him are always where real life is found, with its real peace, purpose, power, and protection.

Put simply, the church's battle plan is to follow the Leader.

Chapter 6
SKIMPY RECIPES

In order to be ready for the worst, Jesus said that we must routinely practice what He preached in the Sermon on the Mount. Working in a kitchen and serving others provides ample opportunity to integrate Jesus' teachings in order to realize how much practice they require, to see how He did it, and then to see what happens when we do it.

In doing what He said, we also see both the spiritual deprivation of the world around us and within ourselves. We see that the deprivation is a void that requires regular filling by Jesus, and is as vital as bread and water are in a day. And the real miracle is to watch that void being filled every day, throughout the day.

In addition to providing internally, He will provide outwardly. Most cooks have never routinely needed to cook for many people with next-to-nothing ingredients or other resources. Yet, this may be required during times of "suffering need." Although it may seem impossible, the Lord will provide each of us with the volume of ministry that He desires, for the length of time that He desires it, and with the available resources He desires to give. So, whether the ministry is thriving or devastated, there will always be the opportunity for loving others and following Jesus. The

greatest example is Jesus, Himself, Who continued to minister to people even while hanging on a cross.

Although cooking for times of deprivation will be like cooking for the impossible, the Lord will provide the food (whatever the bare minimum), and the strength of body and mind to get it served. But still, it will take daily flexibility and determination. If it is just one person that gets your meal for that day, then that will be the ministry for that day, and the Lord will bless it to bigger and bigger things.

"He who is faithful in a very little thing is faithful also in much; and he who is unrighteous in a very little thing is unrighteous also in much. Therefore if you have not been faithful in the use of unrighteous wealth, who will entrust the true riches to you?" (Luke 16:10-11)

Skimpy Soups

It will be the cook's job to stretch the food; to make very little into something for very many. Just one cup of the smallest *something* a day is far better than the absolute *nothing* a day, day after day. And even one sip of water will work the same way for thirst.

Although I'm sure this will be far from the reality of it, let's dissect some basic recipes and try to make some flavor and comfort out of hardly anything.

With nothing else, here is the heart and comfort of any soup recipe for 50 people:

6 qt.	Water
1 qt.	B
1 qt.	C
1 qt.	D
2 qt.	E
2 qt.	F
½ cup	G
1 tbs.	H
½ to ¾ cup	Salt

You may notice some delinquency in the ingredients. Most soup recipes for hard times have ingredients that are extremely variable, difficult to come by, and altogether absent. Therefore, improvisation is the first ingredient for survival church-kitchen cooking. To improvise, one has to know how to find and keep flavor at the expense of ingredients.

To someone who hasn't eaten in a day or days, a watery, salty broth with very little of this or that (the B-H ingredients) will be insanely comforting. This is why simple bullion becomes a "comfort food" when someone is sick. A warm salty flavor is the basis of "chicken soup for the soul."

Let's take a simple example. There is only one 50-oz. can of condensed tomato soup. In normal circumstances one would simply place this in a pot with one can of water. Heating the whole thing makes a nice tomato soup. The main flavors in this mixture are pretty much just tomato and salt. If there are many people, but there is no more condensed soup, many quarts of water can be added with 2 tsp. salt/qt. water (½ tsp. per cup). The tomato flavor will be less but still there, and the salt will keep it like the warm-comforting experience that soup should be. If some spices like pepper or some

seasonings like oregano or onion powder are available, a tbsp. of each (H ingredients, above) will further increase the flavor and experience.

In addition, any kind of stock (bullion) makes a soup even if nothing else goes in it. Given that cheap butcher bones for making stock are likely unavailable, having some jars of chicken and beef bases in the cupboard or freezer could certainly bless many. These things are very high in salt and have a long shelf life – especially in the freezer. In the world of over-abundance, salt has become an enemy, but in a world of deprivation, salt is a great friend, and it has been that way for most of human history.

This brings home Jesus' words to us,

"You are the salt of the earth; but if the salt has become tasteless, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled under foot by men." (Matthew 5:13)

Our ministry remains salty and flavorful to the world (and to ourselves) only as long as we keep Jesus in it. When His name is removed, when we no longer confess Him, or when we live an unholy life while in ministry, the true salt of our ministry is taken away, and we are left at the mercy, support, and approval of others, rather than of Jesus. Instead of being the servants of Jesus (with His riches), we become only the servants of others and their trampling whims.

In contrast, keeping Jesus in name and in holiness results in a ministry that is noticeably rich and comforting to others and ourselves. Although the physical needs may still be there, He provides daily

(even moment by moment) relief and refreshment to everyone involved.

But back to the almost blank recipe above. Now let's improvise for chicken or turkey soup:

Chicken or Turkey Soup

6 qt.	Water
1 qt.	B - Chopped onion
1 qt.	C - Chopped celery
1 qt.	D - Chopped carrots
2 qt.	E - Cut up chicken or turkey
2 qt.	F - Pre-cooked rice or pasta
½ cup	G - Chicken base (or equivalent stock)
1 tbsp.	H - Each of pepper, thyme, and rosemary
2 tbsp.	Salt

Ok, no onions? There may be onion salt or powder. No celery? There may be celery salt. No carrots? There may be carrot juice or some other kind of vegetable or vegetable juice. No fresh meat? There may be cans of chicken that can be finely minced to provide a hint of meat texture throughout the soup. Any type of meat available can be used – again, minced to spread out the texture. Any pork or pork-containing meat goes well with poultry – bacon, ham, or even hotdogs, sausages, or lunchmeats. Browning minced meats in a frying pan will increase their texture.

Vegetables can also be minced or pureed to spread them out. For instance, if you only have one #10 can of green beans to put in a soup to feed hundreds of people, take the time to dice up (or blend) the beans. It is more appealing to have some pieces of vegetable in a cup or bowl than just one green bean. Also, use the

juice from the can that is usually drained and discarded – any flavor counts.

Dissolving starches such as rice or old bread by lengthy cooking in soup is a time-tested way to make a soup more hearty. The Congee recipe in this book dissolves rice in boiling water at a 12:1 ratio to make a thin rice porridge that can be seasoned any number of ways to become the ultimate Asian "chicken soup." Likewise, old bread added to simmering soup thickens it substantially, and this is popular with many tomato or cream soup recipes. Potatoes work the same way, especially with the starchier potatoes like Idaho or Russet, which will completely dissolve with enough boiling. Onions contain a lot of sugar and will almost dissolve away completely in an hour of boiling, spreading their flavor. All these starches provide a sweetness to the soup that goes well with its saltiness.

It is still important to remember that salts or food bases (that contain a lot of salt) should not be added until the beans, vegetables, or rice are cooked and soft. Salt added too early will prevent the vegetables from softening. And who wants chewy soup? In addition, add spices, herbs, and garlic toward the end of cooking as some flavors will cook-out if boiled too long.

Don't be afraid to turn "solid" meals such as stews or casseroles into soup that can serve way more people. For instance, a #10 can of beef stew or ravioli can be made into any consistency of soup. Empty the contents on a cutting board or in a bowl and mince the ingredients (or blend them). Then add it to a pot with water, more salt, or whatever ingredients are on hand to make a thin, but tasty soup.

At any rate, it is that kind of improvising when hundreds, or perhaps thousands of people may be waiting for even the smallest thing to eat and there is a vast shortage of ingredients.

Skimpy Breads

Although bread (in some places) seems almost as abundant as water, times of deprivation will prove otherwise. During the Great Tribulation, the Bible says that the flour needed for one loaf of bread will cost a day's wages,

"And I heard something like a voice in the center of the four living creatures saying, 'A quart of wheat for a denarius, and three quarts of barley for a denarius; and do not damage the oil and the wine.'" (Revelation 6:6)

So, if any wheat flour *is* available, and for the sake of traditional bread lines, the simplest "rising" bread recipe combines 2 cups warm water, 2 tsp. dry yeast, 2 tsp. salt, and 4-5 cups of flour that is all kneaded for 10-15 min., allowed to rise once or twice for at least 30 min., and baked hot at 400 °F. (If available, 1-4 tbsp. of butter, oil, or milk can be added).

If yeast is unavailable, baking soda and/or powder will also work. 1 tsp. of baking soda (or a tbsp. baking powder) can replace the yeast to make soda bread. The most basic (and traditional) soda bread is 4 cups flour, 1 tsp. soda, 1 tsp. salt, and 1 ¾ cups buttermilk, mixed minimally, formed into a round loaf, and baked at 375 °F). In this type of bread, there is no need to extensively knead the dough, just enough to distribute the ingredients and form a round loaf. The dough will be stickier and it should not be induced to rise except during baking. Buttermilk is useful (but not

required) to help activate the soda, but any acidic milk such as yogurt, or milk with a tablespoon of lemon juice will work. Also, 1-4 tbsp. of sugar per quart of flour can be added, if available.

An alternative to oven baking is a griddle or frying pan. The dough is made into a ball and then flattened to about 1" thick. It is then laid on a low-heat griddle for about 10-15 min. per side (using two spatulas to flip it). Bannock (campfire bread) is of Celtic origin and works very well with any kind of flour. The Selkirk Bannock and Soda Bread recipes are usually baked as round loaves, but can be halved, flattened out, and baked in two griddles.

Since the Revelation verse, above, states that barley is three times cheaper than wheat flour, barley flour can supplement wheat flour. Barley flour, made from dehulled or pearl barley, rises way better with soda than yeast, and about 2/3 barley flour with 1/3 regular flour works well. The most basic Barley Bannock recipe is to whisk 2 cups barley flour, 1 cup all-purpose flour, 4 tbsp. sugar (if available), 1 tsp. salt, and 1 tsp. soda in a bowl. To this add 1 ½ cups of buttermilk (if available), or milk (even water) acidified with a tbsp. of vinegar. Stir and knead a few times to form dough into a ball, and bake at 375 °F for 50 min.

Biscuits, if possible, are an easy way to make small servings of bread, but the secret of biscuits is the distribution of "fat" within the dough that then melts and leaves fluffy, tasty air pockets while baking. This is why cold butter is cut up to such small size in the flour before making it into a dough. In the event of no butter or solid shortening, however, oil could be frozen and cut up into *chilled* flour, and then quickly formed into biscuits and baked.

Of course, the famous "unleavened bread" originates from our elder spiritual family, during their time of flight from Egyptian slavery. There are a variety of "flat breads," although not all flat bread recipes completely lack a rising ingredient. The simplest non-rising bread may be 2 cups of flour, ½ tsp. salt, ¼ cup soft butter or oil, ¾ cup milk or water. All this can be mixed and kneaded 2-3 min., rolled out in thin circles, and fried, hot, in oil on each side. The dough lasts in the fridge a few days, and the prepared bread (like most) freezes well.

This may all seem overwhelming if there are so many people who need food but so little to give. However, don't panic and ask God for wisdom and the technical gifts that He gives each person. He gives spiritual gifts, but He also gives trade gifts, as shown during the Israelites' building of the tabernacle where people with different talents came forth to accomplish different aspects of the project. Therefore, He provides both the spiritual and physical-ability part of life. Why shouldn't He? Where else do we get anything that we have? Did evolution and natural selection provide the diversity of community talent, too?

*"**For the choir director. A Psalm of David.** The fool has said in his heart, 'There is no God.' They are corrupt, they have committed abominable deeds; There is no one who does good. The LORD has looked down from heaven upon the sons of men To see if there are any who understand, Who seek after God. They have all turned aside, together they have become corrupt; There is no one who does good, not even one. Do all the workers of wickedness not know, Who eat up my people as they eat bread, And do not call upon the Lord? There they are in great dread, For God is with the righteous generation. You would put to shame the counsel of the afflicted, But the LORD is his refuge. Oh, that the salvation of Israel would come out of Zion! When the LORD restores His captive people, Jacob will rejoice, Israel will be glad."* (Psalm 14)

***A Psalm of David.** The LORD is my shepherd, I shall not want. He makes me lie down in green pastures; He leads me beside quiet waters. He restores my soul; He guides me in the paths of righteousness For His name's sake. Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You have anointed my head with oil; My cup overflows. Surely goodness and lovingkindness will follow me all the days of my life, And I will dwell in the house of the LORD forever."* (Psalm 23)

Chapter 7
SURVIVAL GUIDE FOR GUESTS

This chapter is a short survival guide for times of "suffering need." If using a pdf version of this book, the guide is designed to be printed for distribution to congregants or guests (a pdf version is freely available from www.kingsbooktable.org).

Because God gives physical life in order to find spiritual life in Him, there are two different survival guides: spiritual and physical Each has 10 guidelines containing short descriptions.

When printing with basic pdf software, use the "booklet" function and 4 pieces of 8.5x11" paper per copy. Tell the pdf software to print pages 75-88. This will create a little pamphlet with pages 1-14 that has an unnumbered cover page (the next page) and a blank back-cover page. In addition, make sure the pdf software printer setting is for double sided, then print away. Fold over or cut from the top page of the stack (the middle of the booklet) and staple or bind somehow. Place them out during a meal for people to take freely.

GUIDELINES FOR SURVIVAL IN TIMES OF DISTRESS

This brief pamphlet contains two survival guideline sections, spiritual and physical, each with 10 general principles for seeking the most preservation during the worst times imaginable.

GUIDELINES FOR SPIRITUAL SURVIVAL

1. **Humble Yourself Before God**
2. **By the Day, Hour, Minute**
3. **Become Like a Child**
4. **Fight the daily Battle for Holiness and Righteousness**
5. **Stop Judging Others**
6. **Forgive Everyone**
7. **Mercy and Compassion Toward Others**
8. **Bear One Another's Burdens**
9. **Confession of Jesus**
10. **Give All to Jesus**

1. Humble Yourself Before God

Difficulties even to the point of death are an integral part of God's plan for all people to provide a continual set of forks-in-the-road leading to either themselves or to Him. God told the apostle Paul to stop kicking against the goad. That is also our first, and continual task.

Reject anger toward God for your circumstances, and reject worry which represents a lack of faith in Him. Humble yourself before Him, accept the circumstances, commit to serving Him and the "neighbors" He brings you, then watch Him live through you with all His fullness.

2. By the Day, Hour, Minute

Suffering and humility has its time and place: to bring us to Jesus, to keep us in Jesus, and to make us like Jesus. Once we are in Him (born again), we

are like fish out of water in this world, but like children in His kingdom. It takes constant retraining, learning to "breath" through Him alone. He is the one Who said to take life one day at a time, and Who gave the analogy of Himself being daily food and drink for us to consume – not as a sacrament – but in consuming Him, His ways and commands, in order to breath and live. Our daily "revival" comes from doing what He said, even though it often goes against what the world around us says.

3. Become Like a Child

Our Lord stated that only those who are "converted and become like children" will inherit His kingdom. Conversion is a point-in-time thing; becoming like a child is a process.

1) *Provision*. A child learns that their Father provides everything for him or her, yet also withholds it through His wisdom. 2) *Innocence*. The "knowledge of good and evil" is replaced by the innocence of love for God and love toward others, in both compassion and action. 3) *Imitation*. Children watch intently how their Father (through His Son) behaves, and learn that life is found in behaving like Him. 4) *A Father's love*. Although mistakes are abundant, humility, together with His forgiveness instantly restores everything, and we keep going.

4. Fight the daily Battle for Holiness and Righteousness

Every child of God must learn two interdependent things: holiness and righteousness.

Holiness is inward *character* toward God found in the first commandment, *"'YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND.' This is the great and foremost commandment"* (Matthew 22:37-38). Letting go of the love of this world is a large part of holiness, but any void from that is replaced by following the righteousness of Jesus.

Righteousness is outward *conduct* toward the world – toward our neighbors – and is found in the second commandment, *"The second is like it, 'YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF'* (Matthew 22:39). To love our neighbor "as yourself" turns our self-preservation and self-centeredness into role models for how we are to love others.

5. Stop Judging Others

Children do not see others through knowledge and judgment. Judgment of others completely inhibits our ability to love God and our neighbor. Even Jesus gave the *right* of judgment only to His Father, saying, *"Why do you call Me good? No one is good except God alone"* (Mark 10:18).

Any judgment of others must be a mirror for ourselves. As we see others, God sees us. Only then we can daily take the log out of our own eye before removing the spec from our brother's. Yet, we must still warn of both specks and logs (and His judgment) – but we do not exclude ourselves apart from His daily forgiveness and grace. *"Therefore, confess your sins to one another, and pray for one another so that you may be healed"* (James 5:16a).

6. Forgive Everyone

"Father, forgive them; for they do not know what they are doing" (Luke 23:34), and His first martyr echoed, *"Lord, do not hold this sin against them!"* (Acts 7:60). Forgive anyone who has hurt you (physically, feelings, or just indifference). During the insult, forgive; and when you remember the insult, forgive. Forgiveness needs two parts, the action of doing it, and a measure of love for the offender. That measure of love can be just a prayer for the blessing of Jesus in their lives; and if in person, to somehow bless them directly.

7. Mercy and Compassion Toward Others

"Blessed are the merciful, for they shall receive mercy" (Matthew 5:7) is both a conditional statement and major component of the Lord's righteousness through us. Forgiveness, mercy, and compassion are hallmark features of a new life in Christ. The ability to do them comes from the power of the Holy Spirit together with our willingness to do them. They are *God's* good works through us, not *our* good works. *"For if you love those who love you, what reward do you have? Do not even the tax collectors do the same?"* (Matthew 5:46) and, *"But when you give to the poor, do not let your left hand know what your right hand is doing, so that your giving will be in secret; and your Father who sees what is done in secret will reward you"* (Matthew 6:3-4) and, *"But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for He Himself is kind to ungrateful and evil men"* (Luke 6:35).

8. Bear One Another's Burdens

"Bear one another's burdens, and thereby fulfill the law of Christ" (Galatians 6:2). *"Owe nothing to anyone except to love one another; for he who loves his neighbor has fulfilled the law"* (Romans 13:8). *"Let us not lose heart in doing good, for in due time we will reap if we do not grow weary"* (Galatians 6:9).

At no time will this step be more necessary than when we are in "survival" mode. That is, when it seems that we have nothing for ourselves, and have nothing to give others. We do, however, still have breath, and whatever seemingly small thing we still have can be used to help or bless others. Any of our time or possessions must be used for others (or whoever God puts in our path) to "love them as we would love ourselves." Only then will we see God's abundant provision and miracles, experience a loss of worry for our own needs, and know the contentment of His peace in "all circumstances."

9. Confession of Jesus

"Therefore everyone who confesses Me before men, I will also confess him before My Father who is in heaven. But whoever denies Me before men, I will also deny him before My Father who is in heaven" (Matthew 10:32-33). Confess Jesus now and until the end. The simplest of confessions is all that's required: "I believe in Jesus," "I follow Jesus," "I love Jesus," "Jesus is my God." Some people are "called" as evangelists, but everyone is called to be a witness of Jesus. The very name of Jesus has power.

10. Give All to Jesus

Although the world is shaking their collective fist at Jesus, *"This expression, 'Yet once more,' denotes the removing of those things which can be shaken, as of created things, so that those things which cannot be shaken may remain. Therefore, since we receive a kingdom which cannot be shaken, let us show gratitude, by which we may offer to God an acceptable service with reverence and awe; for our God is a consuming fire"* (Hebrews 12:27-29).

And now He calls His children to live a life that has become dismantled in every imaginable way, yet doing so with faith in the one Who is never shaken. There is nothing much left *but* faith – and faith in His promises by way of faith in exercising His commandments.

"For whoever wishes to save his life will lose it, but whoever loses his life for My sake, he is the one who will save it" (Luke 9:24). The hymn, "I Surrender All," has been sung in comfortable church settings by "well-to-do" people since it was written. But it is a mockery apart from seeking a life as described and demonstrated by Jesus. Remember the "Death Crawl" scene in the *Facing the Giants* movie? It's more like that – and it's awesome!

GUIDELINES FOR PHYSICAL SURVIVAL

1. **Triage Survival by the "Rule of Threes"**
2. **Breathing**
3. **Hypothermia or Hyperthermia**
4. **Water**
5. **Food**
6. **Lost**
7. **Flight or Fight**
8. **First Aid**
9. **Dealing with Suffering**
10. **Dealing with Death**

1. Triage Survival by the "Rule of Threes"

"The Rule of Threes" means to prioritize survival by the amount of time it takes to succumb to each of the following difficulties. People can survive 3 minutes without air, 3 hours in uncontrolled body temperature, 3 days without water, and 3 weeks without food. Thus, in the anxiety or panic that may occur during adverse situations, one must constantly evaluate these priorities by the minute, hour, day, or week and then deal with them one by one. Although the times may be shortened by compounded problems such as illness or injury, their priorities remain the same.

2. Breathing

Apart from the obvious loss of oxygen in water or closed-off environments, respiratory distress can occur by many less obvious situations including massive blood loss, heart failure, strangulation,

smoke, heat, severely polluted air, or worsening of underlying health conditions.

First aid and/or getting clear of the insult limiting respiration is imperative. Also, panic by the individual must be avoided as it uses up more oxygen and produces bad decisions.

3. Hypothermia or Hyperthermia

These are often unrecognized fast killers. One can die within three hours of the body being subjected to uncontrolled heat loss (hypothermia) or heat gain (heat exhaustion). Once the processes have begun, the individual is more impaired in their ability to help themselves. Therefore, preventative awareness and avoidance are key.

In hypothermia, it is essential to get warm, hydrate with warm water, get dry, add dry loose layers of clothing, and decrease air circulation. The opposite is true for hyperthermia: get cool, hydrate with cold water, keep wet, remove clothing, and increase air circulation. These are all essential for either prevention or first aid.

4. Water

If all other conditions are reasonable, it is estimated that people can live three days without any water at all. But even a little water each day can extend this time, while hypo- or hyperthermia, exertion, sickness, or injury can greatly reduce it. Drinking salt water is lethal for dehydration.

Normally, people need 0.5 gallon/day. Water purity, depending its availability, should be considered in order to avoid gastrointestinal diseases which would affect long-term survival

under already adverse conditions. Water can be purified by 1 minute of boiling, or by the addition of various water purification tablets. Household bleach can also be used. First, filter water through loose fabric. Then add bleach dropwise at 5 drops per quart or 10 drops per ½ gallon. For larger volumes, add ¼ tsp. to 1 gallon, 1 tsp. to 5 gallons, or 2 tsp. to 10 gallons. Let stand one hour before drinking.

5. Food

It is estimated that people can live for about three weeks without *any* food. Although enduring chronic starvation may be miserable, it is the lowest priority for short-term survival, and can be offset indefinitely by even an occasional ingestion of calories or vitamins. Digestion, however, requires water and will take it from the body as needed. Thus, in the event of insufficient water, food should be avoided (unless it is full of water).

Food safety is more dangerous than starvation, as food-borne illness will escalate every other problem of survival. Any food containing meat or dairy can spoil fast and may already contain bacteria whether cooked or not. These cooked foods, called time-temperature control for safety (TCS) foods, must be preserved well and cooked hot before eating.

Frozen foods last for more than a year. Canned foods can be used 7 years past their expiration dates. Judgment must always be used. For instance, canned vegetables are going to preserve past their expiration better than canned TTR products. Dented cans are potentially more risky. TTR foods

sold in plastic or waxed cardboard and stored at room temperature *are not* considered canned.

Heating of properly stored TTR foods should be greater than 165 °F for 5 minutes. Water boils at 212 °F. So, well-preserved foods simmered or boiled for 2 minutes should be safe. In survival mode, consume any liquid used for boiling, too.

6. Lost

Apart from prioritizing the Rule of Threes for physical survival, there is situational survival. Here, lost means absence from a life-supportive society (e.g. in the wilderness) or still being within a society that is not life-supportive.

If lost away from people and rescue support is possible, then staying near where you became lost, blowing a whistle, making a smoky green-wood fire, using a reflective mirror aimed at overhead aircraft, and/or finding an open space to mark your location with a house-sized 'X' would all be methods for getting help. If no rescue will be coming, then you must get out by walking. A road, creek, or river will eventually lead to people but it could take some days. Walking this way will require a lot more water and the ability to keep warm at night. Don't travel during bad weather.

If lost among people who cannot help you, stay where you are, find appropriate cloths/shelter, water, and food, and help others who need it. Alternatively, you can try to find or communicate with others that may help you.

Regardless of the location, you can survive being lost indefinitely if you carry out the first five guidelines, above, according to their priority (and

manage them day to day). Fight back any panic or irrational actions, get your breath, protect your body temp day and night, obtain water, and find food over the long term. With these priorities, you can begin to find others that may be supportive or trustworthy.

7. Flight or Fight

At some point, anyone may encounter dangerous or life-threatening situations or people. In these situations, the only options are fleeing, hiding, or fighting, and the decision for which depends on the person, the situation, and one's world view.

Throughout history, these options have all been enacted, for better or worse, by millions of people. Personally, I have only one role model. This person did not flee or hide but, instead, fought bravely to the point of death, using weapons that have since *prevented* the spilling of rivers of blood, *healed* nations, and *healed* entire family lineages, all through individuals equipped with the same weapons, even to the point of death. Those weapons and the effects they have are listed, above, in the Guidelines to Spiritual Survival. It is always a fight to the death for the one holding these weapons, but also a breathtaking discovery of the only abundant life, both now and forever.

8. First Aid

At the most critical level of survival, first aid revolves around breathing and blood. A loss of air, or lack of blood flow within the body to deliver that air, are the basis of all death. It may come through

acute factors like drowning, hemorrhage, heart attack, shock, etc., or through chronic factors like trauma, infection, or disease.

It is beyond the ability of this guide to list all first-aid measures and their contingencies, but it is certainly possible for anyone to start considering them now with whatever resources are available, talking to others about them, and observing any situations for helping others.

9. Dealing with Suffering

Suffering can be managed and endured, and pain can be managed and endured. Many societies have existed for centuries in such states. Most current societies, however, have been trained only in excess, comfort, and entertainment, and the sudden loss of these things will invoke panic and chaos. But, one day at a time, individual panic can be controlled, and situations can be accepted and dealt with. Even during many of the "worst" moments, forcing oneself to wait for 15, 30, or 60 minutes will usually see drastic relief. Likewise, days, weeks, and months can also be endured when compared to years, decades, and a lifetime.

And at the level of a lifetime and thereafter, the Apostle Paul, with countless beatings and life-threatening situations behind him, said, *"Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day. For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are*

temporal, but the things which are not seen are eternal" (2 Corinthians 4:16-18).

10. Dealing with Death

People strive against death at every corner. God, however, strives for life in every person. Only in Jesus, however, is there life. It starts within this temporary life, which is always surrounded by death. Although the smallest faith can produce an eternity of life, that same faith, in the face of death, is amplified beyond imagination.

This blink-of-an-eye, physical life is just a proving ground for each person to come to real life in Jesus. Although each life may look different, we must each first attend to how God sees us. We do not have to beat back death, but simply strive for more of Jesus – Who is life. In this way, the real death (separation of us from God) is powerless. In the wake of that pursuit, we will also carry others into life, each with their own story of what God did for them. And each, with their own wake (big or small) will carry others. That is faith, hope, and love.

PART III

RECIPES

Chapter 8
ENTREES FOR BREAKFAST

All recipes in Chapter 8 are for about 50 servings (unless otherwise noted). The serving sizes may be as *each, pieces, slices, ½ cup, or 1 cup*, depending on the recipe.

Just as ingredients are required for a complete recipe, Jesus' commandments to us are the ingredients required for a complete life, both spiritually and physically. How each person uses His ingredients (implements His commandments) will vary like one cook from another. Yet, ignoring or dismissing just one ingredient will greatly change the outcome.

The good news is that, unlike the tenuous outcome of cooking, the mixing of His commandments into our lives, at any level or ability, will always bless our heavenly Father, us, and those around us.

Thus, many recipes in this chapter contain ingredients for good recipes and Jesus' ingredients for a good life (scripture verses).

"The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly." (John 10:10)

Amish Friendship Bread (No Starter)
Breakfast Entrees Index

2 qt.	Flour
1 tsp.	Baking soda
2 tbsp.	Baking powder
2 tsp.	Salt
2 tbsp.	Cinnamon
3 cups	Oil, vegetable
4 cups	Sugar
9	Eggs
3 cups	Milk
1 tbsp.	Vanilla
15 oz.	Instant vanilla pudding
As needed	Cinnamon-sugar

Preheat oven to 350 °F
Whisk dry ingredients (first five) in a bowl
Blend oil and sugar in a counter top mixer until fluffy
Add eggs and milk and stir until smooth
Sift dry ingredients into batter in three additions, mixing briefly each time
Add pudding and mix
Pour into well-greased shallow hotel pan
Sprinkle cinnamon sugar on top of batter
Bake for 1 hour (toothpick test)

"And who of you by being worried can add a single hour to his life?" (Matthew 6:27)

Belgian Waffles
Breakfast Entrees Index

6	Eggs, large, separated
1 ½ qt.	Sour cream
3 cups	Milk
1 cup	Butter, unsalted, melted
1 ½ qt.	Flour
¼ cup	Sugar
2 tbsp.	Baking powder
2 tsp.	Baking soda
1 tbsp.	Salt
2 tsp.	Vanilla
1 tsp.	Nutmeg

Separate egg yolks and whites. Be careful that no part of yoke goes with the white
In their own bowl, beat the egg whites until stiff
Mix the yolks and the remaining ingredients in a large mixer
Fold egg whites into this
Makes about 24, ½ cup round waffles

"For not one of us lives for himself, and not one dies for himself; for if we live, we live for the Lord, or if we die, we die for the Lord; therefore whether we live or die, we are the Lord's." (Romans 14:7-8)

Breakfast Sandwiches
Breakfast Entrees Index

30	Eggs
30 each	Bacon or sausage patty
30	Biscuits or croissants
1 stick	Butter, unsalted, melted
25-30	American cheese, sliced

For 30 sandwiches

Fry eggs to desired yoke setting. Salt and pepper them after they are cooked

Fry or bake bacon or sausage until done (or warm up precooked)

Slice biscuits or croissants in half and brush one side with melted butter

Tear cheese in pieces that will cover one side of a biscuit or croissant

Cut or tear a fried egg, and meat to cover the cheese

Add the other half of biscuit and place in oven for 5 min. at 250 °F to melt cheese

"It was given to her to clothe herself in fine linen, bright and clean; for the fine linen is the righteous acts of the saints." (Revelations 19:8)

Donuts (Salvation-Army Girl)
Breakfast Entrees Index

2 qt.	Sugar
¾ cup	Lard
9	Eggs
3 lg. cans	Evaporated Milk
3 lg. cans	Water
4 ½ qt.	Flour
6 tbsp.	Baking Powder
2 ½ tbsp.	Salt
3 tbsp.	Nutmeg

This is the original ancient recipe
Modifications: Lard = Shortening
Cream sugar and lard together
Beat eggs, add evaporated milk and water
Add liquid to creamed mixture
Mix flour baking powder, salt and nutmeg in large sieve and sift into other mixture
Add enough flour to make a stiff dough
Roll and cut
Five pounds of lard are required to fry the doughnuts
Yield: Approximately 250 doughnuts (that's what it says! – but one attempt was way less :)

"Why do you call me, 'Lord, Lord,' and do not do what I say? As for everyone who comes to me and hears my words and puts them into practice, I will show you what they are like…" (Luke 6:46-47)

Egg-Sausage Casserole
Breakfast Entrees Index

5 lb.	Sausage
1 qt.	Onions
1 qt.	Green pepper
2 cups	Mushrooms
3 tbsp.	Chicken base
1 tbsp.	Salt
1 tbsp.	Pepper
1 tbsp.	Dried mustard
24	Egg
2 qt.	Milk
1 qt.	Shredded swiss or cheddar
32 slices	Bread, buttered

Brown the sausage, drain and set aside (alt. use chopped ham)
Sauté onion, pepper, and mushrooms in same pot
Add chicken base, salt, pepper, and mustard to vegetables and dissolve and mix
Combine sausage with vegetables
In a separate bowl, beat eggs then mix in milk and cheese
Fold egg mixture and sausage-vegetable mixture together and
Cut buttered bread to 1-inch squares, Fold into eggs
Place in one or two hotel pans or full aluminum trays (less depth will make a crispier casserole)
Bake at 350 °F for 1.5 hours. 165 °F internal temperature is minimal, but longer cooking will make a nicer texture

Egg Skillet
Breakfast Entrees Index

48	Eggs, large
2 cups	Water
2 qt. (or 2 lb.)	Bacon, sausage, ham, or steak, diced and cooked
1 qt.	Onions, chopped fresh
1 qt.	Bell Pepper, orange, red, or yellow, chopped fresh
1 qt.	Mushrooms, sliced
1 tbsp.	Pepper
1 qt.	Cheddar cheese, shredded

Crack eggs in bowl
Add water and whisk until yokes are just broken
Fry the desired meat in a pot until crisp. Remove
Use fresh-cut vegetables, and sauté onions in the meat oil until just soft, add bell peppers and mushroom and cook until soft
Add meat back to veggies and toss with pepper
Coat 1 or 2, 12” non-stick skillets with cooking spray. Heat and add 2 cups of beaten egg to each pan
Turn heat down, gently cook until almost done
Sprinkle 2 cups of meat-veggie mix over the eggs
Loosen egg around edges and underneath, and slide the entire thing onto a large baking sheet. Guide the leading edge with a spatula during transfer
Sprinkle with < 1 cup of cheese and heat at 275 °F for 10 min.
Cut into 6 or 8 wedges, depending on servings desired. Makes 5 skillets for 30-40 wedges

French Toast
Breakfast Entrees Index

30	Eggs
2 cups	Milk
50-60 slices	French or Italian sliced bread
As needed	Cinnamon-sugar
As needed	Shortening

Crack eggs into bowl. Remove shell pieces at bottom by ladling yokes and whites to another bowl
Whisk eggs until frothy
Add milk and whisk again
Use a porous, crusty bread (like French or Italian) that will trap butter and syrup
Dip bread into mixture briefly on both sides and lay on hot griddle with plenty of melted shortening
Sprinkle the top with cinnamon or cinnamon-sugar as desired, then flip. Can keep warm, uncovered, in low-temp oven
If you don't want to deal with condiments, spread soft-whipped margarine or melted butter on toast and gently heat a qt. of syrup to ladle on toast

Muffins, Banana-Cinnamon
Breakfast Entrees Index

7 cups	Flour
1 ½ tbsp.	Baking soda
2 tsp.	Salt
2 tsp.	Cinnamon
2 cups	Oil, vegetable
2 ¾ cups	Sugar
8	Eggs
1 tbsp.	Vanilla
3 cups	Banana, very ripe, mashed
As needed	Cinnamon-sugar

Preheat oven to 375 °F
Whisk together dry ingredients in a bowl
In a mixing bowl, beat oil, sugar, and eggs until uniform
Gently stir in vanilla and bananas
Stir in dry mix until just moist. Do not overmix
Spoon batter into muffin trays, filling each to ¾ full
Sprinkle tops generously with cinnamon-sugar or ½ batch of Streusel Topping
Bake about 20 min. (use toothpick test)

"Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

(Matthew 6:19-21)

Muffins, Blueberry
Breakfast Entrees Index

1 qt.	Sugar
1 lb.	Butter, unsalted, room temp
8	Eggs, large, slightly beaten
1 tbsp.	Vanilla extract
2 qt.	Flour
2 ½ tbsp.	Baking powder
1 tbsp.	Salt
2 cups	Milk
1 lb.	Blueberries (16 oz.)

Preheat oven to 375 °F
Cream together sugar and butter
Beat in eggs and vanilla for 2 min.
Whisk flour, baking powder, and salt in a bowl
Beat dry ingredients into mixture, alternating with milk over 3 additions. Beat minimally each time
Remove from mixer and fold in blueberries (can use fresh or frozen; frozen will thaw while baking)
Place liners in muffin pan
Fill cupcake liners about ¾ full (completely full will make nice muffin tops, but less muffins)
Sprinkle generously with sugar or ½ batch of the Streusel Topping recipe
Bake for about 20 min. (use toothpick test)

"So we have the prophetic word made more sure, to which you do well to pay attention as to a lamp shining in a dark place, until the day dawns and the morning star arises in your hearts." (2 Peter 1:19)

Pancakes
Breakfast Entrees Index

1 ½ qt.	Flour, all purpose
¾ cup	Sugar
3 tbsp.	Baking powder
2 tsp.	Salt
8	Eggs, beaten
5 cups	Milk
2 tsp.	Vanilla extract
¾ cup	Butter, unsalted, melted

Add the dry ingredients to a large mixing bowl or counter-top mixer and mix together

In another bowl, whisk the eggs, then milk, vanilla and butter

With mixer on, pour liquid ingredients into flour mixture, mix just until incorporated (do not overmix, batter will be lumpy)

Immediately start making 5-6" pancakes on hot griddle with generous shortening, until bubbling and drying edges appear; then flip. Adjust griddle heat as needed

Serve immediately, or store in low-temp oven until ready (cover loosely or vented)

If you don't want to deal with condiments, spread soft-whipped margarine or melted butter on cakes and gently heat a qt. of syrup to ladle on cakes

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"Jesus said to them, 'Come and have breakfast.'" (John 21:12a)

Sausage Gravy
Breakfast Entrees Index

5 lb.	Sausage, ground
1 qt.	Onions, chopped
As needed	Oil, vegetable
2 cups	Flour
1 gallon	Milk
¼ cup	Chicken base
1 tbsp.	Salt
1 tbsp.	Pepper

Brown the sausage, and remove sausage, leaving the fat
Sautee the onion in the sausage fat for 2 min. Remove to sausage, again leaving the fat
Make a quick roux with the sausage oil: Add vegetable oil to approximate 2 cups of total oil in pot. Add flour and cook 5 min. with constant stirring. Some sticking may occur as the pan will have remnants of previous ingredients
Add 2 cups of milk, stirring until thick, smooth, and heated. Continue adding milk to desired thickness
Stir in the chicken base
Season with salt and pepper
Add back the sausage and onions
Use to smother warm, fresh biscuits cut in half

"So faith comes from hearing, and hearing by the word of Christ." (Romans 10:17)

Scrambled Eggs (Texas Style)
Breakfast Entrees Index

60	Eggs, large
2 cups	Water
¼ cup	Butter, unsalted
1 qt.	Onions
2 cups	Bell Pepper
2 cups	Mushrooms
1 tbsp.	Paprika
2 tsp.	Salt
2 tsp.	Pepper
2 cups	Cheese, shredded

Crack eggs in a bowl, then spoon into a full hotel pan to leave any shell pieces on bottom
Add water and whisk just until yokes are broken
Bake at 325 °F for 30-40 min., stirring occasionally to blend cooked eggs
Meanwhile, sauté onions in butter until just soft, add bell peppers and mushroom and cook until soft and the water has evaporated
Alternatively (not shown), 1 qt. of chopped ham, ground sausage, or chopped bacon can be fried before the onions
Stir in seasonings
When eggs are starting to gel, add vegetable mix and desired shredded cheese and stir until combined
Bake 10 min. longer until eggs are done (165 °F)

Waffles

Breakfast Entrees Index

6 cups	Flour
¼ cup	Baking powder
2 tsp.	Salt
1 ½ cups	Vegetable oil
3 tbsp.	Sugar
6	Eggs
5 cups	Milk
2 tsp.	Vanilla

Combine the flour, baking powder, and salt in a mixing bowl or counter-top mixer and mix

In a separate bowl, whisk oil, sugar, eggs, milk, and vanilla

Pour liquid ingredients into flour portion while mixing. Mix until just blended. Batter will be lumpy

Makes about 12 cups for 12, 8"- square waffles (about 24 servings of 2, 4"- squares)

Waffles can be stored in low-temp oven until served (cover loosely or vented)

If you don't want to deal with condiments, spread soft-whipped margarine or melted butter on waffles and gently heat a quart of syrup to ladle on waffles

Chapter 9

ENTREES FOR POTLUCKS, LUNCHES, AND DINNERS

All recipes in Chapter 9 are for about 50 servings (unless otherwise noted). The serving sizes may be as *each, pieces, slices, or about 1 cup,* depending on the recipe.

A friend has said that, "food is a spiritual weapon." The parallels between physical and spiritual food certainly are. The very smell of ether food can affect the whole body, and the reaction to it depends on what a person is hungry for:

"But thanks be to God, who always leads us in triumph in Christ, and manifests through us the sweet aroma of the knowledge of Him in every place. For we are a fragrance of Christ to God among those who are being saved and among those who are perishing; to the one an aroma from death to death, to the other an aroma from life to life. And who is adequate for these things?" (2 Corinthians 2:14-16)

This contrast of reactions to physical and spiritual food can often be felt when the food and spiritual ingredients are put together in the recipes that have scripture verses.

Beef and Potato Bake
Meal Entrees Index

	Potato Crust
~6 qt. (4 lb.)	Hash browns, frozen
¼ cup	Vegetable oil
2 tsp.	Pepper
1 tbsp.	Seasoned salt
	Meat Filling
1 qt.	Onion, chopped
8 lb.	Ground beef
¼ cup	Garlic, minced
1 tbsp.	Thyme
1 tbsp.	Basil
1 tbsp.	Salt
1 tbsp.	Pepper
¼ cup	Beef base
1 cup	Flour
2-3 cups	Water (as needed)
2 qt.	Mixed vegetables, frozen
1 qt.	Cheddar cheese, shredded
1 qt.	Fried onions

Potato Crust:

Combine hash browns (cubed or shredded), oil, salt and pepper in bottom of hotel pan. Spread and tap down on bottom

Bake at 400 °F for 15-30 min. until browned

Alt. brown frozen potatoes on large griddle, pat down in hotel pan

Meat Filling:

Brown the beef in a large pot, drain in colander
In the same pot, sauté onions with no added oil
Add back the drained meat, then add garlic, seasonings, beef base, and flour. Mix well and heat through. Alt. replace beef base and flour with 4 pkg. brown gravy mix
Add 2-3 cups of water to produce a thick sauce (sauce will also thicken during oven time)
Add mixed vegetables, simmer for 5 min.
Spread meat mixture on top of potato crust and bake at 350 °F for 1 hour
Top with cheese and fried onions
Heat 10 min. longer

"Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect." (Romans 12:1-2)

Beef Stew
Meal Entrees Index

8 lbs.	Beef, cut into 1-inch cubes
2 tbsp.	Pepper
2 tbsp.	Thyme
2 tbsp.	Rosemary
2 qt.	Onions, chopped large
2 qt.	Carrots, sliced large
¼ cup	Garlic, minced
2 ½ qt.	Water
¼ cup	Beef base
2 tbsp.	Salt
½ batch	Roux, cold or frozen
5 lbs.	Golden Potatoes, washed, cubed
½ - 1 cup	Flour or water, as needed

Working in batches, brown the meat in a large pot using ½ cup of oil over high heat. Remove the meat to a hotel pan and continue with more meat and oil. Sprinkle seasonings over meat

Sauté the onions and carrots in the same pot until they begin to soften

Add the garlic, water, beef base, and salt and bring to a simmer. Add the mixture to the meat in the hotel pan and fold everything together

Place in oven at 350 °F for 1 hour

Stir in chunks of roux throughout the stew

Add cubed potatoes (washed or peeled as desired). Cook the stew for 1 to 1.5 more hours, stirring occasionally

Beef Stroganoff
Meal Entrees Index

8 lb.	Beef, cubed
2 qt.	Onions, chopped
2 qt.	Mushrooms, sliced
2 qt.	Water
½ batch	Roux, made with butter or olive oil, cold or frozen
¼ cup	Beef base
1 tbsp.	Salt
1 tbsp.	Pepper
1 cup	Sour cream
5 lb.	Egg noodles

Keep this simple
Toss the meat with salt and pepper
In a large, very hot pot, sear batches of the meat in olive oil. Avoid "boiling" the meat. Transfer meat to a bowl and repeat with more oil
After the meat is done, sauté the onions and mushrooms in the same pot. Transfer to meat
Add water to the pot and bring to boil. Add the roux and stir in while heating for 10 min.
Stir in beef base, salt, and pepper into sauce and simmer for 5 min.
When the sauce is at desired thickness, add back the meat and vegetables. Heat to simmer
Prior to serving, stir in and gently warm the sour cream
Serve ½ cup beef on ½ cup of cooked noodles

Brats and Sauerkraut (in two full trays)
Meal Entrees Index

50	Bratwurst
2 #10 cans	Sauerkraut
1 qt.	Sliced or chopped onions
1 cup	Dried dill weed
¼ cup	Minced garlic
1 tbsp.	Pepper
4 tbsp.	Chicken base
1 qt.	Water

Empty the 2 cans of sauerkraut into a colander and rinse extensively
Taking a handful of kraut at a time, squeeze the water out with both hands as much as possible and place in a hotel pan (it will still retain plenty of "sour")
Add the onions, dill, garlic, and pepper to the kraut and mix together
Separate half into each of two full trays, spread out, and place 25 uncooked brats on top of each
Heat the water to dissolve the chicken base and pour half into each tray
Bake at 350 °F until brats are done. Don't stir anything
Serve a brat with some of the sauerkraut

"But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (Matthew 6:33-34)

Brunswick Stew
Meal Entrees Index

8 lb.	Chicken, boneless breast or thigh
½ cup	Olive Oil
1 qt.	Ham, chopped
1 qt.	Onions, chopped
1 qt. (2, 15 oz. cans)	Tomatoes, diced
2, 6 oz. cans	Tomato paste
3 lb.	Lima beans, frozen
3 lb.	Corn, frozen
¼ cup	Garlic
4	Bay leaves
1 tsp.	Red pepper flakes
1 qt.	Barbeque sauce
¼ cup	Chicken base
1 tbsp.	Salt
1 tbsp.	Pepper
2 tbsp.	Worcestershire sauce
1 cup	Parsley, fresh, chopped

Cut chicken into strips and bake at 350 °F in hotel pan for 45 min. Do not drain.
Add ham and next ingredients, through the red pepper flakes, stir, and bake for 30 min. longer
Add remaining ingredients except parsley, stir, and bake for 30 min. longer
Stir in parsley before serving

"Blessed are the merciful, for they shall receive mercy." (Matthew 5:7)

Chicken Alfredo
Meal Entrees Index

5 lbs.	Chicken, breast, boneless
1 qt.	Onion, chopped
1 qt.	Mushrooms, sliced
2 lb.	Spinach, chopped, frozen
2 lb.	Bacon, sliced
	Alfredo Sauce
1 gallon	Milk
1 batch	Roux recipe, cold or frozen
1 qt.	Water
¼ cup	Chicken base
¼ cup	Garlic, minced
1 tbsp.	Salt
1 tbsp.	Pepper
6 cups	Parmesan cheese, shredded
5 lbs.	Fettuccini, linguini, or egg noodles

Bake chicken breasts in oven with onion and mushrooms until chicken has reached at least 165 °F (but do not over bake)

Let cool, retain juice and fat, and cut meat into ½" strips. Add meat back to the juice

Cook frozen spinach in a small pot according to package instructions until tender, drain, add to chicken and keep warm in oven

Cut across the sliced bacon to make 1/2" strips

Fry bacon in large pot until crispy. Add bacon to chicken and vegetables (optional: save the bacon fat for a roux made here or for later)

Alfredo Sauce

Heat the milk to a simmer, add in premade, cold, cut up roux

Stir with gentle heat for 10 min. until dissolved and thickened

Add water. Roux will be thin but will thicken with time and heat

Optional. If more roux is desired, add a 50 oz. can of condensed cream (mushroom or chicken) soup and ½ can of water

[*Alternative*: make a roux from the bacon fat
Add olive oil to bacon fat to make 2 cups
Add 3.25 cups flour and cook 5 min.
Make sauce by adding cold milk in 2-3 cup increments, stirring until heated through]

Stir in chicken base, garlic, and seasonings
Stir in parmesan cheese until melted
Add chicken with juice and vegetables into roux, heat until simmering, then serve over cooked noodles

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"And He also went on to say to the one who had invited Him, 'When you give a luncheon or a dinner, do not invite your friends or your brothers or your relatives or rich neighbors, otherwise they may also invite you in return and that will be your repayment. But when you give a reception, invite the poor, the crippled, the lame, the blind, and you will be blessed, since they do not have the means to repay you; for you will be repaid at the resurrection of the righteous.'" (Luke 14:12-14)

Chicken Pot Pie
Meal Entrees Index

10 lb.	Chicken, boneless, skinless
1 qt.	Onion, chopped
1 qt.	Mushrooms, sliced
1 qt.	Celery, chopped
1 qt.	Green peas
1 qt.	Carrot, sliced
3 lb.	Potatoes, peeled, cubed
½ batch	Roux recipe, cold or frozen
¼ cup	Chicken base
1 tbsp.	Salt
1 tbsp.	Pepper
4	Commercial puff pastries or pie crust recipe

Cut chicken (like thighs and breast) into ½" cubes; add to a pot with all vegetables (can substitute peas and carrots with a 40-oz. bag of frozen)

Fill with water to about ¾ of ingredients; cover, bring to boil, then simmer for 30 min., stirring occasionally

Use a small pot to transfer everything to a colander placed over a new pot. Drain all the liquid into the new pot. Place the drained meat and vegetables back into the original pot

To the new pot containing the broth, add frozen roux cut into 1" cubes with continuous heating and whisking for about 5 min.

Continue heating at a gentle simmer for 10 min., whisking often

Remove 1-2 cups of sauce and dissolve the chicken base, salt, and pepper in it. Add this to the meat and

vegetables. Next, add just enough of the thickened sauce to the meat and vegetables to coat the ingredients. The goal is to have a chunky filling. Gently fold everything together

Roll out 2 pie crusts and place each on bottom of two shallow hotel pans or aluminum pans. Sides are not necessary. Score the crust

Spoon ½ of the meat and vegetables on top of each crust; bake for 30 min. at 350 °F

Roll out 2 more crusts and place on top of each mixture, score the crust, and bake 30 min. longer until crusts are light brown

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"But I have this against you, that you tolerate the woman Jezebel, who calls herself a prophetess, and she teaches and leads My bond-servants astray so that they commit acts of immorality and eat things sacrificed to idols. I gave her time to repent, and she does not want to repent of her immorality. Behold, I will throw her on a bed of sickness, and those who commit adultery with her into great tribulation, unless they repent of her deeds. And I will kill her children with pestilence, and all the churches will know that I am He who searches the minds and hearts; and I will give to each one of you according to your deeds." (Revelation 2:20-23)

Chicken, Onion-Mushroom
Meal Entrees Index

8 lb.	Chicken, boneless, breast and/or thigh
1 qt.	Onions, chopped
2 qt.	Mushrooms, sliced
2, 50-oz. cans	Condensed cream soup
½ can	Water
¼ cup	Chicken base
4 pkg.	Dry-onion soup mix
1 qt.	White grape or apple juice
1 tbsp.	Pepper

Cut raw chicken into 1" strips, place in full hotel pan, and bake for 30 min. at 350 °F. Do not drain
In a pot, sauté onions until soft, add mushrooms and cook until soft
Add condensed cream soup (like chicken or mushroom) with ½ can water, chicken base, onion soup mix, juice, and pepper
Stir and heat thoroughly
Pour over chicken, bake for 1 hour at 350 °F
Serve over cooked rice or egg noodles

"His mother said to the servants, 'Whatever He says to you, do it.'" (John 2:5)

Chicken, Grilled-Rosemary
Meal Entrees Index

20 to 25 lb.	Chicken pieces
2 ½ cups	Brown sugar
1 qt.	Cooking wine (32 oz.)
2 cups	Lemon juice
2 cups	Vegetable oil
½ cup	Salt
¼ cup	Rosemary
3 tbsp.	Worcestershire sauce

Place chicken pieces in large containers or trays for marinating (boneless chicken may also be used)
In a bowl, combine and stir remaining ingredients
Pour over chicken (does not have to cover as chicken can be turned and marinated on other side) and refrigerate overnight
Remove chicken and save marinade as this will be used for the sauce
Grill chicken until the minimal internal temperature of 165 °F is reached for the largest pieces. Alt. Chicken can be broiled
Bring the marinade (sauce) to a rapid boil for 2-3 min.
Serve the chicken over rice, top with sauce
Can increase servings by cutting boneless grilled chicken into strips

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"Sitting down, He called the twelve and said to them, 'If anyone wants to be first, he shall be last of all and servant of all.'" (Mark 9:35)

Chicken Tagine
Meal Entrees Index

8 lbs.	Boneless chicken thighs and/or breasts
½ cup	Vegetable oil
6 cups	Onion, chopped
6 cups	Bell peppers, multicolored, chopped
6 cups	Mushrooms, sliced
1 #10 can	Chick peas, drained, rinsed
¼ cup	Garlic
4 tsp.	Pepper
4 tsp.	Cinnamon
4 tsp.	Ground ginger
4 tsp.	Crushed red peppers
1 qt.	Water
¼ cup	Chicken base
1 tbsp.	Salt

Cut chicken into cubes or strips and roast in a hotel pan with oil at 350 °F for 45 min. Do not drain

In a large pot, sauté the onions, bell peppers, and mushrooms until soft

Add the chick peas and garlic. Sprinkle with seasonings, add water, and combine all

Bring to a simmer for 20 min. then add chicken base and salt and heat until base is dissolved

Fold the vegetables into the chicken and place back in oven for 45 min.

Chili
Meal Entrees Index

6 lb.	Ground beef
1 qt.	Onions, chopped
4-6 each	Peppers (poblano, green, or sweet bell), chopped
2 #10 cans	Chili (navy, white, or kidney) beans
1 #10 can	Tomato sauce
1 qt.	Water
½ cup	Minced garlic
¼ cup	Beef base
1 cup	Sugar
1 cup	Chili powder
1 tbsp.	Salt
1 tbsp.	Pepper

Brown hamburger. Do not drain.
Add onions and peppers and cook 2 min.
Add remainder of ingredients and combine
Simmer for 1-2 hours, add water as needed

"John said to Him, 'Teacher, we saw someone casting out demons in Your name, and we tried to prevent him because he was not following us.' But Jesus said, 'Do not hinder him, for there is no one who will perform a miracle in My name, and be able soon afterward to speak evil of Me. For he who is not against us is for us. For whoever gives you a cup of water to drink because of your name as followers of Christ, truly I say to you, he will not lose his reward.'" (Mark 9:38-41)

Egg-Salad Sandwiches
Meal Entrees Index

4 dozen	Eggs
1, 30 oz. jar (or 1 qt.)	Salad dressing, tangy
3 tbsp.	Mustard
1 tbsp.	Salt
1 tbsp.	Pepper
100 slices	Bread

Boil eggs in large pot with water just covering for 1 min.
Turn heat off and let the eggs set for 10 min.
Place the pot under a running cold-water tap to cool. Fill pot 1/3 full of ice and soak for 20 min.
Dry and peel the eggs, making sure any tiny shell pieces are removed. Wash and examine each egg
Break up eggs in a bowl with a pastry knife
Mix in the salad dressing, mustard, salt and pepper
Spread about 3 tbsp. on one piece of bread, top with another and serve

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"For it is written, 'AS I LIVE, SAYS THE LORD, EVERY KNEE SHALL BOW TO ME, AND EVERY TONGUE SHALL GIVE PRAISE TO GOD.' So then each one of us will give an account of himself to God." (Romans 14:11-12)

Fish Stew
Meal Entrees Index

1 qt.	Onions, chopped
½ cup	Garlic, minced
1 bunch	Parsley, chopped
1 tbsp.	Oregano, dry
1 tbsp.	Thyme, dry
1 qt.	Tomatoes, diced
8 oz.	Tomato paste
1 qt.	White grape juice
2 cups	Clam juice
1 lb.	Clams, minced
1 lb.	Shrimp
1 lb.	Imitation crab
2-3 lb.	Fish fillets, chopped
1 tbsp.	Salt
1 tbsp.	Pepper
1 bottle	Sweet chili sauce

Sauté onions and garlic
Add parsley, oregano, thyme, tomatoes and paste, simmer for 10 min.
Add grape juice, clam juice, clams, fish, and simmer for 5 min.
Add remaining ingredients and heat briefly

"It is not this way among you, but whoever wishes to become great among you shall be your servant, and whoever wishes to be first among you shall be your slave;" (Matthew 20:26-27)

Goulash, American
Meal Entrees Index

8 lb.	Beef, ground
1 qt.	Onions, chopped
1 qt.	Green pepper, chopped
2 qt.	Tomato sauce
2 qt.	Tomatoes, diced, undrained
¼ cup	Garlic, minced
4 tbsp.	Italian seasonings (or 2-oregano, 1-basil, and 1-thyme)
1 tbsp.	Pepper
1 tbsp.	Salt
¼ cup	Beef base
1 cup	Brown sugar, packed
2 lb.	Macaroni, elbow

Brown beef in large pot, remove beef (if desired, separate fat to make a roux for another dish)
Sauté onion and green pepper in pot for 3 min.
Add tomato sauce and diced tomatoes, garlic, and seasonings, and pepper; simmer for 15 min.
Add back beef, and beef base, salt, and brown sugar
Cook the macaroni in a separate pot for 5-10 min. stopping when just underdone
Drain pasta well and combine with meat mixture in a hotel pan. Cover and heat in oven at 350 °F for 1.5 hours

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"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them." (Ephesians 2:10)

Gumbo

Meal Entrees Index

4 lb.	Chicken, whole or quartered
4 lb.	Smoked sausage
40 oz. bag	Okra
1 qt.	Onions, chopped
1 qt.	Celery, chopped
1 qt.	Green pepper, chopped
1 lb.	Cajun roux, store bought
¼ cup	Chicken base
¼ cup	Garlic, minced
1 tbsp.	Salt
1 tbsp.	Pepper
1 tbsp.	Thyme
2 tbsp.	Cajun seasoning
½ cup	Sugar (optional)

This is a good recipe to use leftover chicken, bbq chicken, pork roasts, sausage, etc. Add at the end

Place chicken in a large pot and cover with water. Bring to boil and simmer for 1.5 hours

Halve the sausages and then slice. Brown in a different pot, and remove to a large bowl

Add the okra to the same pot and cook until water evaporates and until okra begins to scorch pan, remove to sausage bowl

Sauté the onions, celery, and green peppers in the okra pot until soft, add to the sausage-okra bowl

Remove chicken, cool. Debone and mince the meat

Scrape the roux out of its jar into a bowl. Add about ½ cup of the chicken stock to it and work the liquid into the roux, mashing the roux. Continue to add

more stock to soften and dissolve the roux until it is loose. Add roux to entire stock and heat/stir until completely dissolved

Add the browned sausage, sautéed vegetables, and deboned chicken to the stock

Add the chicken base, garlic, and remaining seasonings (and sugar, optional); heat until base dissolves

Add up to 2 qt. more water to desired consistency and taste

"But I have a few things against you, because you have there some who hold the teaching of Balaam, who kept teaching Balak to put a stumbling block before the sons of Israel, to eat things sacrificed to idols and to commit acts of immorality. So you also have some who in the same way hold the teaching of the Nicolaitans. Therefore repent; or else I am coming to you quickly, and I will make war against them with the sword of My mouth." (Revelation 2:14-16)

Jambalaya
Meal Entrees Index

2 qt.	Rice (uncooked)
4 qt.	Water
4 lbs.	Chicken pieces (bone in or out)
2 lbs.	Smoked sausage, diced
2 lb.	Bacon or ham, diced
1 qt.	Onions
1 qt.	Celery
1 qt.	Green pepper
1 #10 can	Diced tomatoes, with juice
6 oz. can	Tomato paste
¼ cup	Garlic
1 tbsp.	Basil
1 tbsp.	Thyme
4	Bay leaves
1 cup	Sugar
¼ cup	Chicken base
¼ cup	Creole seasoning

Cook rice in 4 qt. water
Jambalaya is a great dish to use any type of leftover poultry or pork
Pre-roast chicken at 350 °F for 1.5 hours until light brown (do not drain)
Fry sausage, ham (or bacon) in a large pot until crisp, remove from pot, leaving the oil
Sauté onion, celery, and green pepper in the same pot
Add remaining ingredients, through sugar, to pot
Simmer for 10 min. Add base and creole seasoning, heat until base is dissolved

Using 2 trays for mixing. Roughly split the rice, chicken and its juices, sausage-ham, and tomato-vegetable mixture between the trays

Fold contents of both pans and then combine into one pan

Heat in the oven at 350 °F for 1.5 hours, cover if too much browning on top

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"But when Jesus saw this, He was indignant and said to them, 'Permit the children to come to Me; do not hinder them; for the kingdom of God belongs to such as these. Truly I say to you, whoever does not receive the kingdom of God like a child will not enter it at all.' And He took them in His arms and began blessing them, laying His hands on them." (Mark 10:14-16)

Lasagna (Sausage and Roasted Vegetable)
Meal Entrees Index

	Roasted Vegetables
3	Onions, chopped
3	Bell Peppers, colored, chopped
1 lb.	Mushrooms, sliced
2	Zucchini, medium, sliced
2	Yellow squash, medium, sliced
½ cup	Olive oil
2 tbsp.	Garlic
2 tsp.	Basil
2 tsp.	Oregano
2 tsp.	Pepper
	Meat Sauce
5 lb.	Ground sausage or beef
2 qt.	Tomato sauce
1 qt.	Tomatoes, diced
6-oz. can	Tomato paste
¼ cup	Garlic, minced
2 tbsp.	Basil
1 tbsp.	Oregano
2 tsp..	Pepper
½ cup	Sugar
	Cheese Filling
6	Eggs
1 ½ qt.	Ricotta cheese (about 45 oz.)
1 qt.	Parmesan cheese, grated
2 qt.	Mozzarella cheese, shredded
	Assembly
2 lb.	Lasagna pasta (about 32 pieces)
2 qt.	Mozzarella cheese, shredded

Roasted Vegetables

Add all ingredients to a hotel pan and roast vegetables at 400 °F for 1 hour. Cool and drain off any liquid

Meat Sauce:

Brown the sausage or beef completely; drain in a colander (save the fat to make a roux for a later recipe)

Add the meat and all meat sauce ingredients back to the pot. Simmer for 10 min.

Cheese filling:

Beat the eggs in a large bowl

Stir in the cheeses for the filling until smooth

Assembly:

Boil lasagna in a large pot until soft. Drain well

Use 1 cup of meat sauce to coat bottom of hotel pan

Lay lasagna across width of pan (about 8 noodles)

Dot 3 cups of cheese mixture on noodles followed by 3 cups of vegetables, and 3 cups of meat sauce. Repeat 3 more times, adding any additional sauce to top layer

Bake at 350 °F for 1 hour; add mozzarella cheese and bake 30 min. longer

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"Therefore be careful how you walk, not as unwise men but as wise, making the most of your time, because the days are evil. So then do not be foolish, but understand what the will of the Lord is." (Ephesians 5:15-17)

Meatloaf

Meal Entrees Index

10 lb.	Ground Beef
12	Eggs
5 cups	Bread crumbs
1 qt.	Chopped onion
1 qt.	Milk
¼ cup	Worcestershire sauce
2 tbsp.	Salt
1 ½ tbsp.	Pepper
1 ½ tbsp.	Sage
1 ½ tbsp.	Ground mustard
	Sauce Topping
2 cups	Ketchup
1 cup	Brown sugar
2 tbsp.	Onion powder
2 tbsp.	Garlic powder
1 tbsp.	Salt
1 tbsp.	Pepper

Combine all ingredients except those for sauce topping in a large bowl or mixer
Knead until mixed
Place in full tray, pat down flat
Bake for 1-1.5 hours at 350 F. Do not drain fat
Run a knife all along the outside edge, then cut 3 even slots across pan to form narrow troughs (making 4-pseudo “loafs” in pan)
Mix sauce topping ingredients in a bowl
Spoon topping all over meat loaf, allowing it to run into the outer edges and troughs
Bake another ½ hour to caramelize the topping

Mexican Lasagna

Meal Entrees Index

	Enchilada Sauce
1 #10 can	Tomato sauce
1 #10 can	Tomatoes, diced (undrained)
2 cups	Sugar
¼ cup	Garlic, minced
2 tbsp.	Salt
2 tbsp.	Pepper
2 tbsp.	Cumin
2 tbsp.	Taco seasoning
	Meat
8 lb.	Beef, chicken, or pork, ground or cubed
1 tbsp.	Salt
1 tbsp.	Pepper
1 tbsp.	Cumin
2 tbsp.	Taco Seasoning
2 tbsp.	Garlic, minced
¼ cup	Chicken (or beef) base
	Vegetable Mix
2 qt.	Onions, chopped
1 qt.	Bell peppers
2 qt.	Hominy (or corn)
1 qt.	Olives, sliced
	Assembly
4 qt.	Beans (baked or chili) (optional)
48, 6”	Tortillas, flour
6 qt.	Shredded cheese, cheddar, etc.

Any variation or ingredients can be used, depending on taste

Prepare Enchilada sauce by placing all ingredients in pot and heating until simmering
Brown meat together with seasonings and garlic in large pot. Remove meat, leaving oil
In same pot, sauté onions and bell peppers until soft
Add hominy (or corn), olives, and meat base. Heat thoroughly
Using 2 hotel or aluminum pans, layer the following in each:
2 cups sauce, spread out on bottom
6 tortillas
2 cups of meat
2 cups of vegetable mix
2 cups of beans (optional), dotted if thick
2 cups of shredded cheese
Repeat for 2-3 more layers, leaving cheese off last layer
Bake for 1 hour at 350 °F
Spread 1 qt. more cheese on top of each pan and bake 30 min. longer
Note, there may be extra ingredients (like sauce). This freezes well, however, for the next time

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"Now when He was in Jerusalem at the Passover, during the feast, many believed in His name, observing His signs which He was doing. But Jesus, on His part, was not entrusting Himself to them, for He knew all men, and because He did not need anyone to testify concerning man, for He Himself knew what was in man." (John 2:23-25)

Mexican Stew (Beef, Chicken, or Pork)
Meal Entrees Index

8 lbs.	Beef, chicken, or pork, ground or cubed
1 cup	Vegetable or olive oil
1 tbsp.	Salt
1 tbsp.	Pepper
¼ cup	Chili powder
1 tbsp.	Cumin
1 tbsp.	Oregano
1 tbsp.	Basil
1 tbsp.	Thyme
2 cups	Flour
2 qt.	Onions, quartered
1 qt.	Green pepper, chopped large
1 qt.	Sweet bell peppers, chopped large
1-2	Jalapeno pepper, minced, (optional)
2 qt.	Hominy or corn
¼ cup	Garlic, minced
¼ cup	Beef or chicken base
¾ cup	Sugar
2 ½ qt.	Water
3 cups	Sour cream (optional)
2 qt.	Rice
4 qt.	Water

Coat the meat with oil in a hotel pan
Combine the dry seasonings and flour in a bowl, dredge the meat, and put it back in the hotel pan (save remaining flour dredge to thicken stew)

Roast the meat at 400 °F for 30 min., stirring halfway

Sauté onions and peppers in a large pot until they begin to soften

Add hominy, garlic, base, sugar, and water to the sautéed vegetables and heat until boiling and base is dissolved

Carefully ladle vegetables and base onto meat with a small-handled pot

Gently combine and place back in oven at 350 °F for 1-2 hours, stirring occasionally. Add either ½ cup additional flour or cups of water to thicken or thin, respectively, as needed

Just prior to serving (while stew is hot), add sour cream and mix in (softens the spiciness)

Cook rice in water and serve ½ cup of stew over ½ cup of rice

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"To the angel of the church in Sardis write: 'He who has the seven Spirits of God and the seven stars, says this: I know your deeds, that you have a name that you are alive, but you are dead. Wake up, and strengthen the things that remain, which were about to die; for I have not found your deeds completed in the sight of My God. So remember what you have received and heard; and keep it, and repent. Therefore if you do not wake up, I will come like a thief, and you will not know at what hour I will come to you.'" (Revelation 3:1-3)

Pizza Dough and Assembly for 1 Full Sheet Tray
Meal Entrees Index

3 cups	Warm water (125-130 °F)
1 ½ pkg.	Yeast (1 tbsp. dry pizza yeast)
2 qt.	Flour, bread (high-gluten)
1tsp.	Salt
1tbsp.	Sugar
½ cup	Olive oil
2 cups	Pizza Sauce recipe
3 qt.	Mozzarella cheese
2 ½ cups	Pepperoni, meat, or veg
1 cup	Parmesan cheese

This is dough for 1, 16x24" sheet tray that will make about 20, 4x5" or 24, 4x4" pieces of pizza

Pizza yeast is dry, rapid-rise yeast but normal yeast can be substituted (see Breads and Rolls Baking tips in Chapter 4)

In mixing bowl, with bread hook (or not), combine the flour, salt, sugar, dry yeast, and olive oil

Add the warm water and knead with hook until smooth elastic dough is formed (~5 min). Alt. mix until combined, then turn out and knead by hand for about 10 min.

Cover and let rest for 10 min.

Turn out onto floured table top and roll out (takes a while) to a size larger than tray

(Alt. dough can cool in refrigerator for next day or wrapped and put in freezer for later use – may need to punch down as it cools)

After rolling out, fold dough back on itself lengthwise and then lift onto greased tray to cover

Mold/pat dough into bottom and sides, leaving overhang until filled (dough may shrink some as you work)
Spread sauce (recipe below) on bottom
Top with mozzarella cheese, then pepperoni or whatever toppings are desired
Sprinkle with Parmesan cheese
Cut off excess edges of dough and fold under to form crust
Bake at 400 °F for about 20-25 min or until crust and topping are golden to light brown (in spots)
Trays must be turned about ½ way through to bake evenly

"For if you forgive others for their transgressions, your heavenly Father will also forgive you. But if you do not forgive others, then your Father will not forgive your transgressions." (Matthew 6:14-15)

Pizza Sauce
Meal Entrees Index

1 #10 can	Tomato sauce
1/3 cup	Minced garlic (or ¼ cup powder)
1/3 cup	Dried oregano
1/3 cup	Dried basil
1 cup	Sugar
1/4 cup	Onion powder
1/2 cup	Olive oil

This is more than enough to use for 3, 16x24" sheet trays of pizza
Combine all ingredients and mix thoroughly
Can substitute tomato paste and water for sauce (but must be heated and mixed to homogenize)
2 cups per 16x24" tray needed. Aliquot and freeze as needed
Thaw and heat portions until just warm prior to use

"As obedient children, do not be conformed to the former lusts which were yours in your ignorance, but like the Holy One who called you, be holy yourselves also in all your behavior; because it is written, 'YOU SHALL BE HOLY, FOR I AM HOLY.'"
(1 Peter 1:14-16)

Pork and Apples on Noodles
Meal Entrees Index

8 lbs.	Pork loins, chops, or roasts
½ cup	Olive oil
1 tbsp.	Salt
1 tbsp.	Pepper
1 tbsp.	Onion powder
1 tbsp.	Garlic powder
½ cup	Butter
1 qt.	Onions, sliced
1 qt.	Mushrooms, sliced
¼ cup	Garlic, minced
½ cup	Apple-cider vinegar
¼ cup	Chicken base
1 cups	Brown sugar
6 cups	Water
¼ to ½ batch	Roux
2 qt.	Apples, peeled and sliced
5 lbs.	Egg Noodles

Cut the meat into pieces and place in full hotel pan
Toss the meat with the olive oil and 4 seasonings
Roast at 400 °F for 45 min., turning the meat once
In a large pot, sauté the onions and mushrooms in the butter until just soft
Add the garlic, vinegar, chicken base, sugar, and water to the pot and bring to a simmer
Add pieces of frozen roux, while stirring, until a thick gravy starts to form. Heat and stir for 5 min.
Add sauce and apples to meat and stir to combine
Place back in oven at 350 °F for 30 min.
Serve over cooked egg noodles

Pork, Grilled Asian Chasu
Meal Entrees Index

20-25 lbs.	Various pork chops
3 cups	Brown sugar
1 ½ cup	Soy sauce
1 ½ tbsp.	Ginger, powdered
¼ cup	Garlic, minced
3 tbsp.	Chili paste, Asian
2 cups	Peanut oil
3 cups	Water

Whisk together all ingredients except pork
Place meat in one or two large bowls for marinating, pour marinade over meat and cover with cling film. Place in fridge overnight
Remove meat from marinade, and save marinade to use as a sauce
Grill meat twice on each side, turning every 2-3 minutes. Alt. broil meat, turning once. Cook until thermometer shows 160 °F
Cook marinade by boiling for 2-3 min.
To increase servings, grilled meat can be sliced and topped with sauce
Serve with rice (add a little sauce to that, too, if desired)

"Everyone who falls on that stone will be broken to pieces; but on whomever it falls, it will scatter him like dust." (Luke 20:18)

Red Beans and Rice
Meal Entrees Index

4 lb.	Red kidney (or pinto beans)
2 lb.	Smoked ham hocks
1 qt.	Onion, chopped
1 qt.	Celery, chopped
1 qt.	Green peppers, chopped
¼ cup	Garlic
4	Bay leaves
¼ cup	Chicken base
¼ cup	Ham base
1 tbsp.	Pepper
2 tbsp.	Cajun seasoning
½ cup	Worcestershire sauce
½ lb.	Butter or margarine
2 oz. bottle	Tabasco sauce
2 qt. (2 lb.)	Ham, diced
3 qt.	Rice

Soak beans overnight. Drain, rinse, and place in pot with ham hocks. Cover with water (just) and simmer for 1.5 hours. Add water as needed

Add onions, celery, green pepper, garlic, and bay leaves and simmer for 30 min. longer

Remove ham hocks, cool, and debone the meat

Add chicken/ham base (or all chicken base), pepper, Cajun seasoning, Worcestershire sauce, butter, and tobacco sauce. Simmer

Add back deboned ham and diced ham

Cook rice in 6 qt. water and serve ½ cup of beans on top of ½ cup of rice

Shepherd's Pie
Meal Entrees Index

	Meat Base
8 lb.	Hamburger
½ cup	Flour
1 qt.	Onions, chopped
¼ cup	Garlic
¼ cup	Thyme
¼ cup	Beef base
3 6-oz. can	Tomato paste
¾ cup	Sugar
½ cup	Vinegar
¼ cup	Worcestershire sauce
1 tbsp.	Pepper
1 qt.	Water
1 40-oz. pkg (2 qt.)	Peas and carrots, frozen
	Potato Topping
5 qt. prepared	Instant mashed potatoes
As needed	Butter
2 tbsp.	Garlic
1 tbsp.	Salt
1 tbsp.	Pepper

Brown hamburger, drain the oil through a colander, saving oil

Place the meat in a hotel pan and mix back 1 cup of oil. Sprinkle flour over meat and mix

Use ½ cup of oil in a pot to sauté the onions, garlic, and thyme until the onions are soft

Add tomato paste, sugar, vinegar, Worcestershire sauce, pepper, and water and simmer

Briefly boil the peas and carrots in another pot, drain

Fold the onion-tomato mixture and vegetables into the meat

Prepare 5 qt. total instant mashed potatoes by boiling the appropriate amount of water with butter, garlic, salt, and pepper

(If mixing potatoes with a counter-top mixer with a batter attachment, 5 qt. of potatoes can be made in 2 batches, each with 2 qt. of the boiled water and 2 cups of instant potato (added slowly to the water)

Spoon the potatoes onto the meat mixture and spread out evenly

Bake at 350 °F for 1.5 hours

"Therefore everyone who confesses Me before men, I will also confess him before My Father who is in heaven. But whoever denies Me before men, I will also deny him before My Father who is in heaven."

(Matthew 10:32-33)

Sloppy Joes
Meal Entrees Index

10 lb.	Ground beef
1 qt.	Onion, chopped
1 qt.	Green pepper, chopped
2 qt.	Ketchup
1 cup	Brown sugar
¼ cup	Garlic
1 tbsp.	Salt
1 tbsp.	Pepper
3 tbsp.	Mustard, yellow

Brown the beef in a large pot, and drain in a colander (save fat to make a roux for another dish)
In the same pot, sauté the onion and green pepper until soft
Add the ketchup, brown sugar, garlic, seasonings, and mustard and gently simmer for 5 min.
Add back the browned beef and combine
Serve 1/4 to 1/3 cup on hamburger buns or bread

"for our gospel did not come to you in word only, but also in power and in the Holy Spirit and with full conviction; just as you know what kind of men we proved to be among you for your sake. You also became imitators of us and of the Lord, having received the word in much tribulation with the joy of the Holy Spirit" (1 Thessalonians 1:5-6)

Spaghetti Pie, Baked
Meal Entrees Index

	Spaghetti Layer
2.5 lb.	Spaghetti
½ cup	Butter (¼ lb.), melted
2 cups	Parmesan cheese, grated
6	Eggs, beaten
2, 24-oz. tubs	Cottage cheese
	Meat Layer
7 lbs.	Ground beef
1 qt.	Onion, chopped
1 qt.	Green pepper, chopped
1 qt.	Mushrooms, sliced
2, 15-oz. cans	Tomato sauce
2, 6-oz. cans	Tomato paste
2, 15-oz. cans	Diced tomatoes, with juice
¼ cup	Garlic, minced
2 tbsp.	Basil
2 tbsp.	Oregano
1 tbsp.	Salt
1 tbsp.	Pepper
¼ cup	Beef base
½ cup	Sugar
2 qt.	Mozzarella cheese, shredded

Spaghetti Layer
Cook spaghetti until just done, drain
Place in medium hotel pan and toss with butter, then parmesan, and then beaten eggs. Spread evenly in pan and tap down
Spread the cottage cheese over the spaghetti layer. Refrigerate until meat layer is ready to add

Meat Layer

Brown the beef and drain. (Save oil, if desired, to make a roux for another dish)

Sauté the onion, green pepper, and mushrooms

Add the remaining ingredients (except the cheese), mix and heat until simmering

Place on top of spaghetti crust and bake at 350 °F for 1.5 hours

Top with mozzarella cheese and bake until melted

"Then He will also say to those on His left, 'Depart from Me, accursed ones, into the eternal fire which has been prepared for the devil and his angels; for I was hungry, and you gave Me nothing to eat; I was thirsty, and you gave Me nothing to drink; I was a stranger, and you did not invite Me in; naked, and you did not clothe Me; sick, and in prison, and you did not visit Me.' Then they themselves also will answer, 'Lord, when did we see You hungry, or thirsty, or a stranger, or naked, or sick, or in prison, and did not take care of You?' Then He will answer them, 'Truly I say to you, to the extent that you did not do it to one of the least of these, you did not do it to Me.' These will go away into eternal punishment, but the righteous into eternal life." (Matthew 25:41-46)

Spaghetti Sauce (with Meat)
Meal Entrees Index

8 lbs.	Ground beef
½ cup	Olive oil
½ cup	Basil
¼ cup	Oregano
2 qt.	Onion, chopped
1 qt.	Mushrooms, sliced
½ cup	Garlic, minced
2 #10 cans	Tomato sauce
1 #10 can	Diced tomatoes
¼ cup	Beef base
1 tbsp.	Salt
1 tbsp.	Pepper
2 cups	Sugar

Brown beef in oil with herbs, do not drain oil
Add onions, mushrooms, and garlic; cook until just soft
Add remaining ingredients and bring to gentle simmer
for 1 hour with occasional stirring

"Therefore take away the talent from him, and give it to the one who has the ten talents. For to everyone who has, more shall be given, and he will have an abundance; but from the one who does not have, even what he does have shall be taken away. Throw out the worthless slave into the outer darkness; in that place there will be weeping and gnashing of teeth."

(Matthew 25:28-30)

Teriyaki Chicken, Pork, or Beef
Meal Entrees Index

8 lb.	Boneless chicken, pork, or beef
1 ½ cups	Peanut oil
2 qt.	Onion, quartered, fresh cut
2 qt.	Mushrooms, sliced, fresh cut
3 qt. (or 3 1 lb. pkgs.)	Sugar-snap peas (or frozen stir-fry veggies)
	Teriyaki Sauce
½ cup	Cornstarch
1 cup	Cold water
3 cups	Brown Sugar
¼ cup	Ground ginger
2 tbsp.	Garlic powder
2 cups	Soy sauce
1 tbsp.	Sesame oil (optional)

Cut the meat into strips and roast in hotel pan with peanut oil (vegetable oil will also work) at 400 °F for 30 min. Do not drain any liquid

Add the onions, mushrooms, and veggies and continue roasting for 20 min. longer. Do not drain

In a small bowl, combine the cornstarch and water

In a larger bowl, combine the remaining sauce ingredients. Then stir in the cornstarch. This is concentrated sauce will be diluted by the liquid from the meat juices and vegetables

Stir the sauce into the meat and vegetables and continue heating for 20 min. with occasional stirring until thickened

Serve ½ cup over ½ cup of cooked rice

Tetrazzini - Turkey, Chicken, or Seafood
Meal Entrees Index

2-3 lb.	Egg Noodles (or pasta)
1 qt.	Onions, chopped
1 qt.	Mushrooms, sliced
3 qt.	Pre-cooked meat, chopped
2 qt.	Frozen peas
3 qt.	Milk
2 cups	Cooking wine, white
1 batch	Roux (butter or poultry based), cold or frozen
¼ cup	Chicken base
1 tbsp.	Salt
1 tbsp.	Pepper
1 qt.	Shredded Swiss cheese
2 cups	Parmesan Cheese
1 qt.	Commercial fried onions

Boil the noodles in water until just done, drain. Split noodles between two hotel pans
Sautee onions and mushrooms in another pot until soft
Fold in meat and peas. Split between hotel pans
To the pot, add the milk and cooking wine. Heat gently with stirring until almost simmering
Add the cold or frozen (cut into chunks) roux, base and seasonings. Heat and whisk until roux is dissolved, plus 10 min. longer
Add the cheeses into sauce and stir until melted
Pour about half of the sauce into each hotel pan; fold all together, and then combine all into one pan
Bake at 350 °F for 1 hour; top with onions, bake 30 min. longer (can substitute with bread crumbs)

Tuna Casserole
Meal Entrees Index

3 lb.	Egg noodles
1 qt.	Onions, chopped
1 qt.	Celery, chopped
1 qt.	Mushrooms, sliced
1 66-oz. can	Tuna, drained, chopped fine
1 qt.	Peas, frozen
2 qt.	Milk
½ batch	Roux recipe (butter-based)
¼ cup	Garlic, minced
¼ cup	Any fish (or chicken) base
1 tbsp.	Salt
1 tbsp.	Pepper
2 ½ qt.	Shredded cheddar cheese
1 qt.	Commercial fried onions

Boil the noodles in water until just done, drain. Split noodles between two hotel pans

In a large pot, sauté onion, celery, and mushrooms. Fold in tuna and peas. Split between the hotel pans

To the pot, add the milk. Heat gently with stirring until simmering

Add the cold or frozen (cut into chunks) roux. Heat and whisk until roux is dissolved, plus 5 min. longer

Add the garlic, base, seasonings, and 1 ½ qt. cheese

Pour about half of the sauce into each hotel pan; fold all together, and then combine all into one pan

Bake at 350 °F for 1 hour, top with remaining cheese and fried onions and bake 30 more minutes

Tuna Salad Sandwiches
Meal Entrees Index

4 lb. can	Tuna, drained
1 qt.	Onion, red or sweet, freshly diced
1 qt.	Celery, freshly diced
1 tbsp.	Pepper
1 qt.	Salad dressing, tangy

Finely dice the onion and celery, add to large bowl
Add the pepper and salad dressin
Drain the tuna well and chop it fine on a cutting board. Add to bowl
Fold all together and chill for 2 hours
Place ¼ cup on bread, or an amount that will slightly overfill the sandwich

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"Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing." (James 1:2-4)

Turkey a la King
Meal Entrees Index

1 gallon	Milk
1 batch	Roux (butter or poultry based)
¼ cup	Chicken base
1 tbsp.	Salt
1 tbsp.	Pepper
3 qt.	Turkey meat, cooked, chopped
1 qt.	Mushrooms, sliced
1 qt.	Black olives, rinsed, sliced or chopped

Bring milk to almost a simmer in a large pot
Add the cold or frozen (cut into chunks) roux, base, and seasonings. Heat and whisk until roux is dissolved, plus 10 min. longer
Add turkey, mushrooms, and olives and gently heat until mushrooms are cooked (alternatively, add and heat 2 cups of canned mushroom pieces)
Serve over bread, split biscuits or dinner rolls

"But He answered them, 'My Father is working until now, and I Myself am working.'" (John 5:17)

Chapter 10
SIDES, GRAVIES, SAUCES, AND DIPS

All recipes in Chapter 10 are for about 50 servings. The serving sizes may be as *each, pieces, slices, or about ½ cup*, depending on the recipe.

Every Christian is given one or more gifts by the Holy Spirit to minister to believers and/or unbelievers. Leaving these gifts unused, unwrapped, or even returned has repercussions that are much more serious than returned Christmas presents.

Apart from the main "entrée" of ministries that God prepared for each Christian, everyone must still have their ubiquitous "side" ministries inherent to the character and conduct of being a child of God. These include forgiveness, mercy, and compassion. Likewise, everyone is called to be a "witness" of what God has done in their lives.

"You also, as living stones, are being built up as a spiritual house for a holy priesthood, to offer up spiritual sacrifices acceptable to God through Jesus Christ" and *"Keep your behavior excellent among the Gentiles, so that in the thing in which they slander you as evildoers, they may because of your good deeds, as they observe them, glorify God in the day of visitation"* (1 Peter 2:5 and 12)

Baked Beans
Sides/Gravies/Sauces/Dips Index

4 lbs.	Dried white or pinto beans
2 x 1 tsp.	Baking soda
24-32 oz.	Bacon, diced to ½”
1 qt.	Onions, chopped
2 tbsp.	Chicken base
2 cups	Brown sugar
¼ cup	Yellow mustard
¼ cup	Garlic
1 tbsp.	Salt
1 tbsp.	Pepper
2 cups	Water
1 tbsp.	Smoked paprika (optional)

Soak the beans overnight in 3 qt. of water containing 1 tsp. of baking soda
Drain beans, place in large pot, and cover with fresh water and 1 tsp. baking soda to about 1” above
Bring to boil, then simmer for 45-60 min. until tender
Dice bacon and fry in a pot until crispy
Remove bacon from fat, and add onion to fat; sauté until soft
Add chicken base to onions and heat until dissolved
Add remaining ingredients and stir until heated through. Add back bacon
Drain the beans (about 5-6 qt.). Place in a hotel pan
Add onion-bacon mixture using a spatula
Fold into beans and bake at 325 °F for 1-2 hours. Add a cup of water as needed. If desired, prepare the day before to blend flavors

Broccoli Salad
Sides/Gravies/Sauces/Dips Index

8 qt. (about 7 heads)	Broccoli, chopped fresh
1 qt.	Sweet onion, sliced thin, chopped fresh
1 qt.	Raisins (or cranberries)
2 cups	Bacon bits
2 cups	Almonds, slivered
2 qt.	Mayonnaise
2 cups	Sugar
1 cup	Vinegar, white or apple cider

In a large salad bowl, add broccoli, onion, raisins, bacon bits, and almonds
Whisk the 3 dressing ingredients in another bowl, pour over broccoli and fold together
Refrigerate for at least 1 hour

"In this you greatly rejoice, even though now for a little while, if necessary, you have been distressed by various trials, so that the proof of your faith, being more precious than gold which is perishable, even though tested by fire, may be found to result in praise and glory and honor at the revelation of Jesus Christ;"
(1 Peter 1:6-7)

Coleslaw Dressing
Sides/Gravies/Sauces/Dips Index

1 qt.	Mayonnaise
1 cup	Sugar
¾ cup	Apple-cider vinegar
2 tsp.	Celery seed (or salt)
2 tsp.	Creole (Cajun) seasoning
1 tsp.	Black pepper
5 lbs.*	Cabbage, chopped
½ cup	Onion, minced fresh (optional)

Combine all dressing ingredients in bowl that coleslaw will be served from
Whisk until well blended
Add cabbage and onion, fold with dressing
*2-3 medium heads or 5 qt. bag pre-chopped
Refrigerate for at least 1 hour

"For whoever does the will of My Father who is in heaven, he is My brother and sister and mother."
(Matthew 12:50)

Cheese Sauce
Sides/Gravies/Sauces/Dips Index

1 qt.	Milk
½ batch	Roux, butter-based
2 qt.	Cheddar or American cheese, shredded or diced
1 tbsp.	Salt
1-2 tbsp.	Additional seasonings

Bring milk to almost a simmer in a large pot
Add the cold or frozen (cut into chunks) roux. Heat and whisk until roux is dissolved, plus 10 min. longer
Stir in cheese and salt until cheese is melted
Add 1-2 cups additional milk, if necessary, and heat to desired thickness
Can add 1-2 tbsp. spices or herbs for desired use (like nachos)

"But may it never be that I would boast, except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world."

(Galatians 6:14)

Four-Bean Salad
Sides/Gravies/Sauces/Dips Index

1 #10 can	Green beans, drained
1 #10 can	Red kidney beans, drained, rinsed
1 #10 can	Wax beans, drained
1 #10 can	Garbanzo beans, drained
2 qt.	Onion, chopped fresh
2 qt.	Bell peppers, chopped fresh
3 cups	Vinegar, white
3 cups	Salad oil
1 qt.	Sugar
3 tbsp.	Salt
2 tbsp.	Pepper

Split each can of beans, and the onions and multi-colored bell peppers between two hotel pans (each #10 can contains about 3.5 qt. of beans). Use large salad bowls if you like. Do not mix

Combine the remaining ingredients in a bowl, whisk very well to emulsify the sugar, oil, and vinegar, and split (about 1 qt. each) between the two pans

Toss the beans together in the dressing

Refrigerate for 2 hours or overnight. If desired, beans can be frozen and thawed for later use

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"for I will show him how much he must suffer for My name's sake." (Act 9:16)

German Spätzle Noodles
Sides/Gravies/Sauces/Dips Index

3 qt.	Flour
2 tsp.	Nutmeg
1 ½ tbsp.	Salt
16	Eggs, beaten
2+ cups	Water
½ lb.	Butter, melted
As needed	Salt
As needed	Pepper

Set up two pots of water to boil
Sift flour, salt, and nutmeg into a bowl
Beat eggs with 1 cup of water and pour into a center-well made within the flour
Toss flour into eggs just until blended, adding water if needed, until a shapeless, sticky dough forms
In batches, press the dough through a spätzle maker into a pot of boiling water, repeat for other pot
After noodles rise to surface, boil for 2-3 minutes
Transfer cooked noodles to a sieve, press more dough into water
Place the drained noodles in a hotel pan and mix with some butter. Sprinkle with salt and pepper. Repeat as the noodles are done

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"For we must all appear before the judgment seat of Christ, so that each one may be recompensed for his deeds in the body, according to what he has done, whether good or bad." (2 Corinthians 5:10)

Green Bean Casserole (Embellished)
Sides/Gravies/Sauces/Dips Index

1 qt.	Onions, chopped
1 qt.	Mushrooms, sliced
1 cup (½ lb.)	Butter
2 tbsp.	Chicken base
2 tbsp.	Garlic, minced
1 50-oz. can	Cream of Mushroom soup
1 qt.	Milk
1 tbsp.	Salt
1 tbsp.	Pepper
2 #10 cans (8 lb. frozen)	Green beans, drained
1 24-oz. bag	Commercial fried onions

Sauté onions and mushrooms in melted butter
Add chicken base and garlic, cook 1 min.
Add condensed soup, milk, salt, and pepper
Heat gently until warm and mixed
Combine drained green beans, ½ of fried onions, and veg/soup mixture in a hotel pan
Bake at 350 °F for 1 hour
Top with remaining fried onions and bake another 10-15 min.

"Therefore repent and return, so that your sins may be wiped away, in order that times of refreshing may come from the presence of the Lord" (Acts 3:19)

Meatball Sauces (Marinara, Swedish, Hors d'oeuvres)
Sides/Gravies/Sauces/Dips Index

	Marinara Sauce
1 cup	Olive oil (or vegetable)
1 qt.	Onions, chopped
1 #10 can	Tomato sauce
½ cup	Garlic, minced
¼ cup	Oregano
½ cup	Sugar
1 tbsp.	Salt
1 tbsp.	Pepper

	Swedish Sauce
1 lb.	Butter (or oil)
1 qt.	Onions, chopped
2 cups	Flour
1 gallon	Milk
½ cup	Garlic, minced
1 qt.	Mushrooms, sliced
¼ cup	Chicken or beef base
1 tbsp.	Salt
1 tbsp.	Pepper

	Hors d'oeuvres Sauce
2 32-oz. jars	Grape jelly
2 12-oz. jars	Chili sauce (NOT cocktail!)

Marinara Sauce:

Sauté onions in oil until soft

Add other ingredients and simmer for at least 20 min.

Pour over meatballs and bake all at 350 °F. for 1 hour or until meatballs are cooked through

Swedish Sauce:

Make a standard roux with the butter, onions, flour, and milk

Add remaining ingredients and simmer until mushrooms are soft

Pour over meatballs and bake all at 350 °F. for 1 hour or until meatballs are cooked through

Hors d'oeuvres Sauce:

Combine ingredients in pot and heat thoroughly

Pour over meatballs and bake all at 350 °F. for 1 hour or until meatballs are cooked through

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"Beware of practicing your righteousness before men to be noticed by them; otherwise you have no reward with your Father who is in heaven. So when you give to the poor, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be honored by men. Truly I say to you, they have their reward in full. But when you give to the poor, do not let your left hand know what your right hand is doing, so that your giving will be in secret; and your Father who sees what is done in secret will reward you." (Matthew 6:1-4)

Macaroni and Cheese
Sides/Gravies/Sauces/Dips Index

2 ½ lb.	Elbow macaroni
1 batch	Cheese Sauce recipe
1 qt.	Onions, chopped
1 tbsp.	Pepper
1 tbsp.	Cayenne pepper (optional)
¼ cup	Garlic, minced
1 qt.	Ham or hotdogs, chopped
1 ½ cup	Bread crumbs

Cook macaroni and drain well, place in hotel pan
Sauté onions in a small pot with oil for 1 minute
Add to the cheese sauce
Stir in seasonings and garlic
Add cheese sauce and meat to the hotel pan. Toss with macaroni
Bake for 1 hour at 350 °F
Top with bread crumbs and more cheese or cubes of butter
Bake for 30 more minutes

"For, 'THE ONE WHO DESIRES LIFE, TO LOVE AND SEE GOOD DAYS, MUST KEEP HIS TONGUE FROM EVIL AND HIS LIPS FROM SPEAKING DECEIT. "HE MUST TURN AWAY FROM EVIL AND DO GOOD; HE MUST SEEK PEACE AND PURSUE IT. "FOR THE EYES OF THE LORD ARE TOWARD THE RIGHTEOUS, AND HIS EARS ATTEND TO THEIR PRAYER, BUT THE FACE OF THE LORD IS AGAINST THOSE WHO DO EVIL.'" (1 Peter 3:10-12)

Macaroni Salad (Amish)
Sides/Gravies/Sauces/Dips Index

2 ½ lb.	Elbow macaroni
1 qt.	Onions, diced fresh
1 qt.	Red Bell Pepper, diced fresh
1 qt.	Celery, diced fresh
8	Eggs, hard boiled, sliced
½ cup	Relish, dill pickle
2 qt.	Salad dressing, tangy, plain
3 cups	Sugar
½ cup	Yellow mustard
¼ cup	Vinegar
2 tsp.	Celery seed
1 tsp.	Salt

Cook macaroni, drain, cool to room temperature (or chill) in a disposable aluminum pan
Combine fresh cut vegetables with eggs and relish in a bowl
Mix the remaining ingredients in another bowl and pour over vegetables
Fold vegetable mixture into macaroni until evenly coated
Cover, and refrigerate 2 hours or overnight. Stir before serving

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"But immorality or any impurity or greed must not even be named among you, as is proper among saints;" (Ephesians 5:3)

Orange Rice
Sides/Gravies/Sauces/Dips Index

4 qt.	Rice, cooked
1 lb.	Butter
1 qt.	Onion, chopped
2 qt.	Tomato sauce
¼ cup	Beef base
1 qt.	Parmesan cheese

Cook rice according to directions
In another pot, melt butter and sauté onions until soft
Add tomato sauce and beef base, heat until dissolved
Stir in parmesan cheese until melted. Turn off heat
Stir in cooked rice. Mash up any clumped rice. Can add any extra rice as desired
Reheat, if desired, in an aluminum pan covered with foil. This will provide easier cleanup than a pot

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"Do not marvel at this; for an hour is coming, in which all who are in the tombs will hear His voice, and will come forth; those who did the good deeds to a resurrection of life, those who committed the evil deeds to a resurrection of judgment." (John 5:28-29)

Pizza Canopies
Sides/Gravies/Sauces/Dips Index

1 cup	Onion, minced
1 cup	Parmesan Cheese
2 cups	Mayonnaise
100 slices	Party Rye bread

Mince onion finely
Combine all ingredients (except bread) and spread less than 1 tbsp. on each slice
Prepare them in batches as will be eaten directly. Refrigerate remaining mix
Broil prepared bread in oven until tops are light brown

"If we say that we have no sin, we are deceiving ourselves and the truth is not in us. If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. If we say that we have not sinned, we make Him a liar and His word is not in us." (1 John 1:8-10)

Potato Delight
Sides/Gravies/Sauces/Dips Index

8 lbs.	Frozen, diced, hash-brown potatoes
1 qt.	Onions, chopped small
1 50-oz. can	Cream of chicken soup
2 lbs.	Sour cream
½ lb. (1 cup)	Butter, melted
2 lbs.	Cheddar cheese, shredded
1 tbsp.	Salt
1 tbsp.	Pepper
2 lg. bags	Potato chips, plain, crushed

Place hash brown potatoes in hotel pan to thaw
In a large bowl, combine all other ingredients except potato chips
Pour over hash browns and fold in
Distribute potato chips over the top
Bake at 350 °F for 1.5 hours

"Instruct those who are rich in this present world not to be conceited or to fix their hope on the uncertainty of riches, but on God, who richly supplies us with all things to enjoy. Instruct them to do good, to be rich in good works, to be generous and ready to share, storing up for themselves the treasure of a good foundation for the future, so that they may take hold of that which is life indeed." (1 Timothy 6:17-19)

Potato Salad, Red Deluxe
Sides/Gravies/Sauces/Dips Index

10 lbs.	Potatoes, red
2 cups	Onions, sweet or red, chopped small
2 cups	Celery, chopped small
12	Eggs, hard boiled, chopped
3 cups	Sour cream
2 cups	Mayonnaise
2 tbsp.	Mustard, Dijon
1 tbsp.	Vinegar, white
¼ cup	Relish, sweet
1 tbsp.	Garlic, minced
3 tbsp.	Dill weed
1 tbsp.	Salt
1 tbsp.	Pepper

In a large pot, cover potatoes with water and boil until a fork can be inserted
Drain, cut into ½" cubes (including skin) and place in a shallow hotel or aluminum pan
Combine remaining ingredients in a large bowl and pour over warm potatoes. Fold all together
Chill overnight or for at least 3 hours before serving

"Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven." (Matthew 5:16)

Potato Salad, German
Sides/Gravies/Sauces/Dips Index

10 lbs.	Potatoes, white, red, or golden
1 lb.	Bacon, diced
2 cups	Onions, chopped
2 cups	Celery chopped
2 cups	Water
1 cup	Vinegar, white or apple cider
½ cup	Sugar
¼ cup	Chicken base
1 tbsp.	Paprika
1 tbsp.	Pepper

Place whole, unpeeled potatoes in large pot, cover with water and boil just until a fork can insert
In a smaller pot, fry the bacon until crispy
Remove and save the bacon and use the fat to sauté the onions and celery until soft
Add water, vinegar, sugar, chicken base and seasonings
Heat until boiling
Drain and cool potatoes to handling. Peel, slice, and place in shallow hotel or aluminum pan
Pour the sauce over the potatoes, sprinkle the bacon on top and toss to coat
Serve right away or re-warm for later

"Beloved, do not imitate what is evil, but what is good. The one who does good is of God; the one who does evil has not seen God." (3 John 1:11)

Red Cabbage and Vinegar

Sides/Gravies/Sauces/Dips Index

8 qt. (from 6-7 lb. heads)	Red Cabbage, thinly sliced
1, 24-oz. jar	Apple sauce
1 qt.	Onions, chopped or sliced
3 cups	Water
¼ cup	Chicken base
½ cup	White or brown sugar
½ cup	Apple-cider or white vinegar
1 tbsp.	Salt
1 tbsp.	Pepper

Clean and slice cabbage and onions
Add to large pot with apple sauce and water
Bring to boil, then simmer for 45 min.
Stir in chicken base, sugar, vinegar, salt, and pepper
Continue to simmer for 30 more minutes

"Blessed are the peacemakers, for they shall be called sons of God." (Matthew 5:9)

Roux and Sauce, Basic
Sides/Gravies/Sauces/Dips Index

	Roux
2 cups (1 lb.)	Fat: butter, oil, turkey, chicken, sausage, or bacon fat
3.25 cups (1 lb.)	Flour
	Sauce
4 qt.	Hot water, meat drippings, broth, milk, or a combination
1 batch	Roux, cold or frozen

Roux

Roux is actually very simple but always comes with long explanations and nuances

A 1:1 *weight* proportion of fat to flour is used

To make a roux, use a clean 4-qt. sauce pan to melt/heat the fat on medium/low heat. If clarified fat is desired, see below

When the fat is just melted (do not overheat), add flour and continuously whisk over gentle heat until bubbly, then cook for 5 minutes

Remove from heat and cool to room temperature. The roux can be refrigerated or used directly. Alternatively, to make convenient, ready-to-use batches of roux, pour into a 1 qt. freezer bag labeled with date and type of fat used

Remove excess air, seal, and lay flat in a freezer. Store for up to a year

Sauce

Heat the desired liquid for the sauce to a gentle simmer. Seasonings like meat base, garlic, herbs, salt and pepper should be added to the liquid base *after* thickening, if possible

Use a refrigerated or frozen roux. If frozen, simply cut the seams of the bag containing the frozen roux, cut the roux into cubes to increase surface area, and place into the hot liquid (see "Note" below)

Stir or whisk with heat until roux is completely dissolved then continue stirring for 5-10 min. until thick enough. Further heat with occasional stirring can be done (note, if using a commercial Cajun roux, it may be helpful to first work cups of hot water slowly into the roux in a small pot to gradually loosen it, and then add it to the recipe)

Note: Thickness may vary depending on the roux and the liquid used. To avoid having a sauce that is too thick, it may be useful to start with ½ of the indicated amount of roux, and determine the sauce thickness within a minute. Then add more roux if needed. Re-bag and freeze any leftover roux.

If the sauce becomes too thick, thin with 1-2 cups of water at a time

Add seasonings at this point, or cheese, if desired. The cheese flavor can be enhanced by counting the cheese as part of the total 4-quart liquid and reducing the initial liquid

Add the sauce to other prepared ingredients (e.g. tuna casserole, chicken-pot pie, scalloped potatoes, etc.), adding just enough for desired consistency (e.g. coated, not "soupy"). Alternatively, place other ingredients directly into the sauce (e.g.

sausage gravy, turkey ala king, etc.) so that it will be "soupy."

Half batches (or less) of cold or frozen roux can also be used to thicken stews which are already oven cooking in a hotel pan. Cut it up in chunks, gently mix it in, and stir occasionally as it continues heating

Alternative: Make Roux and Sauce at the Same Time

This takes elbow grease, but can be done on the fly

Make the roux as above in a large pot that will be used for the sauce

When the flour is done cooking, add small portions (about 2 cups at a time) of *cold* (at least room temp) liquid to the roux over low to medium heat

Use a large spoon to stir in liquid while heating. At this point, stirring gets difficult

After homogenized and heated, repeat with more liquid. The sauce will get thinner, but take your time to let it get hot and thick. A whisk can be used when it is thin enough

Continue to gently heat, with intermittent stirring, for 15-30 minutes until thickened

Methods to Clarify Fat

If fat is part of meat drippings (like in poultry), pour reasonably cooled off drippings (140 °F) through a sieve into a fat-separator cup and allow the liquid to settle for a few minutes

Pour off the broth from the bottom of the cup until particles starts to come with it. Save the broth for the sauce. Pour off the fat that was the top layer. I don't worry too much about the particle layer, but that can be removed by skimming the fat off, or

cooling the fat to harden and then removing the solid top from the bottom sediment

If needed, add another oil or fat to supplement to 2 cups total fat

Butter and most fat will still have some water in it. Small amounts will be absorbed by the roux flour. To further remove it, gently heat the fat in the pot that will be used to make the roux until the water begins to boil and sizzle out of the fat. Continue under the most gentle heat for a few minutes. Complete loss of water is not necessary

Cool the remaining fat before adding flour with gentle heat to cook it. Avoid making roux in very hot fat. This will denature the flour's protein immediately, causing it to clump

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"Do not think that I came to abolish the Law or the Prophets; I did not come to abolish but to fulfill. For truly I say to you, until heaven and earth pass away, not the smallest letter or stroke shall pass from the Law until all is accomplished. Whoever then annuls one of the least of these commandments, and teaches others to do the same, shall be called least in the kingdom of heaven; but whoever keeps and teaches them, he shall be called great in the kingdom of heaven."

(Matthew 5:17-19)

Scalloped Potatoes
Sides/Gravies/Sauces/Dips Index

10 lb.	Potatoes, yellow, golden, or white
1 lb.	Bacon (or ham), cubed
1 qt.	Onion, sliced or chopped
2 qt.	Milk
½ batch	Roux recipe, butter based
¼ cup	Chicken base
¼ cup	Garlic, minced
1 tbsp.	Salt
1 tbsp.	Pepper

Peel and slice potatoes about 1/8" thick. Place in container of cold water until ready
Cube bacon and fry in large pot until almost crispy
Add onion and sauté with bacon. Remove to bowl
In the same pot, heat the milk until almost simmering
Add cold roux or frozen roux cut into chunks; heat and stir until dissolved, and then for 5 min. more
Add back bacon-onions, chicken base, garlic, salt, and pepper, heat until base is dissolved
Drain potatoes and place in a hotel pan then pour roux over potatoes
Bake for 1.5 to 2 hours at 375 °F or until top is brown and bubbly
Alt. For au gratin, add 1 qt. shredded cheddar to roux and melt

Smoked Salmon Dip
Sides/Gravies/Sauces/Dips Index

12 oz.	Smoked salmon, chopped fine
8 oz.	Cream cheese
1 cup	Sour cream
1 cup	Mayonnaise
½ cup	Asian sweet chili sauce
1 tbsp.	Garlic, minced
1 bunch	Green onions, chopped

This is a lot of dip and the recipe can be halved as needed
Warm cream cheese in microwave until slightly runny
Combine with sour cream, mayonnaise, chili sauce, and garlic
Fold in chopped salmon and green onions
Refrigerate for at least 2 hours
Serve on crackers or toast, or as chip/vegetable dip

"If you address as Father the One who impartially judges according to each one's work, conduct yourselves in fear during the time of your stay on earth; knowing that you were not redeemed with perishable things like silver or gold from your futile way of life inherited from your forefathers, but with precious blood, as of a lamb unblemished and spotless, the blood of Christ." (1 Peter 1:17-19)

Stuffing
Sides/Gravies/Sauces/Dips Index

24 qt.	Bread slices, cubed
2 qt.	Apples, peeled and diced
5 lb.	Sausage, ground
2 qt.	Onion, chopped
2 qt.	Celery, chopped
2 qt.	Mushrooms, sliced
¼ cup	Sage
¼ cup	Thyme
¼ cup	Rosemary
¼ cup	Pepper
¼ cup	Salt
1 cup	Parsley
4 qt.	Chicken *broth*

If needed, cubed bread, chopped apples, browned sausage, and a vegetable mix can each be premade and frozen until ready for assembly
Vegetables can be sautéed before assembly if desired, but it is not required
Brown sausage, retain fat
Combine herbs and seasonings with sausage
Combine vegetables and apples with sausage
Divide bread and sausage between two hotel pans
Add 2 qt. chicken broth to each tray (broth can be made from chicken base by heating and dissolving 1-tbsp/qt. water)
Gently combine all ingredients until wet (if desired, transfer to disposable aluminum trays as stuffing freezes well before or after baking)
Bake at 350 °F for 1-1.5 hours

Sweet Pea Salad
Sides/Gravies/Sauces/Dips Index

	Dressing
3 cups	Salad oil
1 cup	Vinegar, white
2 cups	Sugar
1 cup	Onion, sweet, minced
1 ½ tbsp.	Mustard, ground
1 ½ tbsp.	Garlic powder
1 ½ tbsp.	Salt
1 tbsp.	Pepper
	Salad
5 heads	Red or green leaf lettuce
2 15-oz. cans	Green peas, petite, drained
2 2.5 oz. bags	Bacon bits
2, 2 oz. bags	Swiss cheese, grated
2 cups	Almonds, slivered, toasted

Dressing
Combine all ingredients and mix well with a whisk
Use or refrigerate, re-mix as needed

Salad
Wash lettuce. Can use more than one type (even a couple of icebergs). Drain and shake off water. Cut or tear up and place in a large bowl
Assemble as desired. For instance, combine half at a time and serve. Make sure to pre-toss all with dressing before serving

Tartar Sauce
Sides/Gravies/Sauces/Dips Index

6 cups	Mayonnaise
1 cup	Onion, finely chopped
½ cup	Dill pickles, finely chopped
½ cup	Sweet relish
1 tbsp.	Lemon juice (or vinegar)
1 tbsp.	Seasoning*

Combine all ingredients
*Seasonings from different recipes include tabasco, coriander powder, Worcestershire, tarragon, Dijon mustard, horseradish, or a combination of these added to desired taste
Refrigerate for at least 1 hour

"But I have this against you, that you have left your first love. Therefore remember from where you have fallen, and repent and do the deeds you did at first; or else I am coming to you and will remove your lampstand out of its place—unless you repent."
(Revelation 2:4-5)

Turkey Gravy
Sides/Gravies/Sauces/Dips Index

Available	Turkey drippings
1 batch	Roux recipe, butter or poultry based
As needed	Chicken broth, base, water
1 tbsp.	Pepper
1 tbsp.	Salt

Collect the drippings from 2-3 turkeys roasted in oven bags. Alternatively, collect drippings in roasting pan by always maintaining some liquid on the bottom of pan
Separate the fat from the juice using a fat separator
Use the fat to make a roux or use premade roux
Supplement the turkey juice with chicken broth, base (1 tbsp. base/qt. water), or water to 4-6 qt. total
Can also increase total amount with canned gravy, or gravy pouches provided with turkey
Season with salt and pepper (recommend to keep it simple)

"Afterward Jesus found him in the temple and said to him, 'Behold, you have become well; do not sin anymore, so that nothing worse happens to you.'"

(John 5:14)

Vegetable, Oven Roasted
Sides/Gravies/Sauces/Dips Index

5 lb.	Potatoes, white or golden, washed, cubed
1 cup	Olive oil
3	Onions, large cut
3-4	Zucchini, medium, sliced
3-4	Yellow squash, medium, sliced
1 lb.	Mushrooms, sliced
2 tsp.	Pepper
2 tsp.	Rosemary
2 tsp.	Basil
2 tsp.	Thyme

Place cubed potatoes in hotel pan with ½ cup of the olive oil. Roast in oven for 30 min. at 400 °F
Add remaining vegetables, herbs, and olive oil
Toss all together and continue roasting for 30-45 min. longer. Do not cover
Leave uncovered in warm oven until served

"Because you have kept the word of My perseverance, I also will keep you from the hour of testing, that hour which is about to come upon the whole world, to test those who dwell on the earth. I am coming quickly; hold fast what you have, so that no one will take your crown." (Revelation 3:10-11)

Vegetable Sauce (Dark Greens)
Sides/Gravies/Sauces/Dips Index

6 lb.	Brussel sprouts, asparagus, spinach, broccoli, etc.
1 cup (½ lb.)	Butter, melted
¼ cup	Garlic, minced
¼ cup	Mustard, prepared
2 tbsp.	Cinnamon sugar
1 tbsp.	Pepper
1 tbsp.	Salt

Clean and prepare vegetables as desired. Cook until tender, drain well in colander, place back in pot
Melt butter in sauce pan
Add garlic, mustard, cinnamon sugar, pepper, and salt and heat gently
Toss sauce with hot vegetables

"Therefore, laying aside falsehood, SPEAK TRUTH EACH ONE of you WITH HIS NEIGHBOR, for we are members of one another. BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger, and do not give the devil an opportunity."
(Ephesians 4:25-27)

Chapter 11
SOUPS

All recipes in Chapter 11 are for about 50 servings (unless otherwise noted). Because soup can vary in volume according to the desired consistency, the serving sizes may be from 8-12 oz. volumes.

Apart from allergens, people can be quite particular about different ingredients, and will not eat anything with this or that in it. Indeed, many ingredients eaten by themselves would be horrible. But blended together, in the right amounts and cooked the right way, they make delicious food.

Jesus' severe warnings and judgments to us are ingredients that many people cannot stomach and, indeed, most mainstream preaching today ignores them, diminishes their severity, or even speaks against them. But Jesus' severe words are as important to a Christian life as every other word He speaks, and all of His words, when we apply them to ourselves and act on them, produces the most beautiful, sustaining food that brings us closer to Him, keeps us with Him, and brings us back to Him when we fail.

Leave out any of His difficult things and our lives will not have His perfect flavor, either in ourselves or with those the Lord gives us.

Bean and Ham Soup
Soups Index

3 lb.	Great Northern beans
1 lb.	Bacon, cut into ¼" strips
1 qt.	Onion, chopped
1 qt.	Celery, diced
1 qt.	Carrots, diced
1 qt.	Mushrooms, sliced
2, 15 oz. cans	Tomatoes, diced
¼ cup	Garlic, minced
1 tbsp.	Pepper
1 ½ tbsp.	Thyme
1 ½ tbsp.	Basil
2 qt.	Water
½ cup	Sugar
1 tbsp.	Salt
½ cup	Chicken or ham base
1 qt.	Ham, chopped

Soak the beans overnight in water
Drain the beans, place in pot, and boil-simmer for 1.5 hours with water that covers them by 2 inches. Add water as needed to maintain 1 inch above
In another pot, fry the bacon until very crispy
Remove the bacon, and sauté the onion, celery, carrots, and mushrooms in the fat until soft
Add sautéed vegetables, tomatoes, garlic, pepper, thyme, basil, and 2 qt. water to beans
Simmer 15 min. then add sugar, salt, and chicken base. Heat until base is dissolved
Add the bacon, ham, and more water as desired

Chicken Noodle Soup
Soups Index

6 qt.	Water
2	Chickens
1 qt.	Chopped onion
1 qt.	Chopped carrots
1 qt.	Celery
¼ cup	Chicken base
2 tbsp.	Salt
1 tbsp.	Pepper
1 tbsp.	Thyme
1 tbsp.	Rosemary
1 lb.	Egg noodles or rice

Place the chickens in the water, bring to boil, then simmer for 1 ½ hours

Cool the stock and run it through a sieve. Either run the stock through a fat separator or refrigerate overnight and remove of the fat from the top (use some of the fat to sauté vegetables, if desired)

Cool the chicken; debone and refrigerate the meat

Sauté the onion, celery, and carrots in chicken fat until very soft

Place vegetables, chicken base, and remaining seasonings in the stock. Simmer for 15 min.

Cook the noodles or rice in a separate pot. Drain noodles. Add this and deboned chicken to the soup to soup. Add more water, if desired

Clam Chowder
Soups Index

6 lb.	Potatoes, red skinned
1 qt.	Onions
1 qt.	Celery
6 qt.	Water or milk
½ batch	Roux, butter based
¼ cup	Garlic
2 tbsp.	Thyme
3 tbsp.	Salt
1 tbsp.	Pepper (white, if possible)
40 oz.	Clams, chopped with juice
2 jars	Clam juice

Boil the whole, unpeeled potatoes until a fork can just be inserted. Drain, cool, and cut into 1” cubes
In a large pot, sauté the onions and celery
Add the water or milk and bring to a simmer
Chop up frozen roux and add it to the stock. Stir for 10 min. until thick
Add the remaining ingredients and cut-up potatoes
Heat until simmering, serve warm

Corn and Sausage Soup
Soups Index

14 oz.	Wild rice
2 ½ qt.	Water
2 tbsp.	Chicken base
3 ½ qt. (~ 3 lb.)	Corn, frozen, thawed
3 cups	Water
2 tbsp.	Chicken base
28 oz.	Smoked sausage, sliced
1 qt.	Onions, chopped
1 qt.	Carrots, sliced
5 qt.	Water
¼ cup	Chicken base
1 tbsp.	Salt
1 tbsp.	Pepper
1 pint	Half and half or cream

Cook rice in the 2 ½ qt. of water with 2 tbsp. chicken base about 50 min., until tender. Wild rice provides a great texture but brown or black rice can be used

Heat 2 of the 3 ½ qt. of corn with 3 cups of water and 2 tbsp. chicken base until boiling. Puree using a food processor or immersion blender

Slice sausage lengthwise, then cut ¼" slices. Brown in a large pot until slightly crispy, remove from pot

To the same pot, sauté the onions and carrots

Add 5 qt. water, ¼ cup of chicken base, remaining 1 ½ qt. of whole corn, pureed corn, and cooked rice; bring to a boil and simmer for 10 minutes

Turn off heat. Add seasonings, sausage, and half and half

Cream of Broccoli-Cheddar Soup
Soups Index

1 qt.	Onions, chopped
1 qt.	Celery, chopped
1 qt.	Carrots, chopped
4 qt.	Broccoli, chopped large
2 qt.	Water
2 qt.	Milk
½ batch	Roux recipe
¼ cup	Chicken base
1 tbsp.	Salt
1 tbsp.	Pepper
2 qt.	Cheddar cheese, shredded

Sauté the onion, celery, and carrots until soft
Add the broccoli with 1 of the 2 quarts of water
Cover, bring to a boil and cook for 15 min.
Add the 2nd quart of water to cool the vegetables
Using an immersion blender, shred the vegetables so they are still coarse
Add the milk and bring to a simmer
Add the roux, cold or frozen (cut into chunks), and stir or whisk while heating until dissolved
Simmer for 5-10 min. longer
Add the chicken base, salt, and pepper, stir
Whisk in the cheese until melted
Add cups of hot water to thin if it becomes too thick
Note: avoid a difficult-to-clean, scorched pan bottom by having to reheat this soup. Thicken and/or add cheese just prior to serving

Potato and Ham Soup
Soups Index

5 lb.	Russet potatoes, peeled, cut
3 lb.	Red potatoes, unpeeled, washed, and cubed small
1 lb.	Bacon, chopped
1 qt.	Onion, chopped
1 qt.	Celery, chopped
4 qt.	Water
¼ cup	Chicken base
¼ cup	Ham base
¼ cup	Garlic, minced
¼ cup	Sugar
1 tbsp.	Pepper
1 qt.	Green onions (or 1 bunch) sliced
As needed	Roux
1 qt.	Ham, chopped
2 cups	Heavy cream

Cut peeled and unpeeled potatoes as indicated and hold each in a bowl of water until ready
Fry the bacon until crispy. Remove bacon and sauté the onion and celery in bacon fat until very soft
Add the drained russet potatoes and water and boil for 30 min. until the potatoes become soft
Puree the mixture with an immersion blender
Add the drained red potatoes; boil for 15-20 min.
Add the chicken/ham bases (or all chicken), garlic, sugar, pepper, and green onions. Heat and stir
Add some roux to thicken (but don't over thicken), maybe 1/8 of a batch or a few pieces
Stir in the ham and cream just before serving

Rice Porridge (Congee, Bubur)
Soups Index

2 lbs.	Hamburger
8 qt.	Water
1 qt.	Rice
1 qt.	Onions, chopped small
2 qt.	Vegetables, chopped
½ cup	Worcestershire sauce
½ cup	Garlic, minced
2 tbsp.	Pepper
2 tbsp.	Salt
½ cup	Beef base

This is a very Americanized version of a delicious Asian dish and can be varied to almost any desire
Chicken or pork can replace the beef, and soy, ginger, and chili sauce can replace the seasonings (except the garlic)
Vegetables can include one or more of corn, peas, beans, or chopped asparagus, broccoli, cauliflower, spinach, and others
Brown the hamburger
To a large pot, add the remaining ingredients (except meat base and salt) and boil until rice breaks down and thickens (about 1 hour)
Add the salt and beef base and heat until thoroughly dissolved

Split Pea Soup
Soups Index

1 lb.	Bacon, chopped
1 qt.	Onion, chopped
1 qt.	Celery, diced
1 qt.	Carrots, diced
4 lb.	Split peas
6 qt.	Water
¼ cup	Chicken base
¼ cup	Ham base
¼ cup	Garlic, minced
1 qt.	Ham, chopped
1 tbsp.	Pepper
1 tbsp.	Cumin, ground
¼ cup	Sugar

Fry the bacon in a large pot. Remove bacon, leaving bacon fat

Sautee the onion, celery, and carrot in the fat until soft

Add the split peas and water and boil for 1 hour until the peas become soft and mushy

Add the chicken/ham bases (or all chicken base) and garlic. Heat until bases dissolve

Add more water or simmer longer for desired consistency

Turn off heat and add back the bacon bits, the chopped ham, remaining seasonings, and sugar. Stir until well mixed

Notes: cumin can be replaced by a tbsp. of liquid smoke flavoring. A creamier texture can be made by blending with an immersion blender. Blend until the meat becomes somewhat fragmented

Turkey Soup
Soups Index

8 qt.	Stock*
6 tbsp.	Turkey or chicken base
½ cup	Turkey or bacon fat
1 qt.	Chopped onion
1 qt.	Chopped carrots
1 qt.	Celery
1 qt.	Regular or par-boiled rice
2 cups	Sliced mushrooms
1 qt.	Green beans
2 tbsp.	Pepper
3 tbsp.	Salt
1 tbsp.	Sage
1 tbsp.	Thyme
1 tbsp.	Rosemary
1 ½ qt.	Diced, cooked turkey meat

*Stock can be made by boiling 2 turkey carcass bone sets for 1 hour or more; with turkey or chicken broth; with turkey or chicken stock; or with any combination of these plus water to make 8 qt.

After stock is made and run through a sieve, if necessary, add onion, celery, and carrots and simmered for 30 min.

Add regular rice during the same 30 min., or instant rice just after

Add mushrooms, green beans, herbs, salt and pepper

Simmer 15 min. longer

Add meat last to just heat through

Vegetable-SomeMeat Soup (spicy optional)
Soups Index

2 qt.	Sliced sausage, pork, corned beef, or beef
1 qt.	Onion, chopped
1 qt.	Celery, chopped
1 qt.	Carrots, chopped
2 qt.	Cabbage, green, chopped 1”
1 qt.	Green or lima beans
1 qt.	Tomatoes, diced
1 qt.	Tomato sauce
6 qt.	Water
4	Bay leaves
1 tbsp.	Basil
1 tbsp.	Thyme
¼ cup	Garlic
2 tbsp.	Worcestershire sauce
½ cup	Chicken or beef base
1 cup	Sugar
1 tbsp.	Salt
1 tbsp.	Pepper
1 tbsp.	Red peppers, crushed (optional)

Brown or cook the chosen meat, dice if needed, and add to soup at the end. Reserve oils or broths used for cooking the meat to add later

Sauté the onions, celery, and carrots. Add the remaining vegetables, tomato sauce, water, and bay leaves. Simmer for 20 min.

Add the remaining ingredients (use chicken base for pork or beef base for beef) and simmer for 20 min.

Add the chopped, cooked meat

Chapter 12
BREADS

All recipes in Chapter 12 are for about 50 servings. The serving sizes may be as *each, pieces, or slices* depending on the recipe.

It doesn't get more parallel between Jesus and food as an absolute requirement for life when He said, *"I am the bread of life"* and *"For My flesh is true food, and My blood is true drink"* (John 6:48, 55). Just as the Israelites ate *"the bread that came down from heaven"* every day in the wilderness after they were saved (from slavery), we too must "consume" the same bread (Jesus), every day in our wilderness after we are saved. This is not done as sacraments, but in the daily sacrifice of dying to self as He lives through us when we follow His commandments and examples. We will thrive in His commandments the same way we thrive with food.

"Give, and it will be given to you. They will pour into your lap a good measure – pressed down, shaken together, and running over. For by your standard of measure it will be measured to you in return"
(Luke 6:38).

The verses given with some bread recipes below are not "food for thought" but "food for life."

Banana Bread
Breads Index

7 cups	Flour, all purpose
3 tbsp.	Baking powder
2 tsp.	Salt
1 ¼ cup	Shortening
2 ¾ cups	Sugar
1 tbsp.	Lemon peel (dried)
8	Eggs, beaten
1 qt.	Bananas, mashed ripe, about 10 medium
1 ½ cups	Walnuts or pecans, chopped (optional)
1 ½ cup	Dried fruit, minced (optional)

Preheat oven to 350 °F
If adding fruit (such as dried apricot) mince and soak in a small amount of water to soften
Whisk the flour, baking powder, and salt in a bowl
Blend the shortening, sugar, and lemon peel in a counter-top mixer
Add eggs and mix until just blended
Sift in flour mixture in 2-3 parts, mixing minimally
Stir in mashed bananas. Optional: nuts and fruit
Pour into shallow hotel pan sprayed with non-stick oil or greased with shortening or, alternatively, between 4 bread pans
Bake for 50-60 min (toothpick test)
Cool and cut in pieces or like bread slices

"Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience." (Ephesians 5:6)

Bannock, Selkirk
Breads Index

3 cups	Milk
1 lb.	Butter, unsalted
4 pkg. (1 oz. or 3 tbsp.)	Yeast, active, dry
3 qt.	Flour, high gluten
¾ cup	Sugar
2 tsp.	Salt
2 qt.	Raisins, golden
2	Eggs
2 tbsp.	Water

Preheat oven to 375 °F
Whisk together yeast, flour, sugar, and salt in a counter-top mixing bowl
Bring the milk to a simmer in a sauce pan
Turn off heat and melt butter in hot milk
Bring temperature of milk mixture to 125 °F
Add to flour mixture, mix, then knead for 5 min. until dough becomes smooth
Cover bowl and place in warm area for 50-60 min. until double in size
Punch down and add raisins. Knead again just until raisins are distributed throughout dough
Remove from bowl, cut into 4 equal parts and shape each into a round loaf. Place on baking tray(s), cover, and let rise 1 more hour until double
Make and apply egg wash to each loaf
Bake for about 40 min. until deep golden brown

Basic White Bread
Breads Index

4 pkg. (1 oz. or 3 tbsp.)	Yeast, activated dry
5 cups	Warm water (100-110 °F)
¾ cup	Sugar
2 tbsp.	Salt
½ cup	Vegetable oil
3 qt.	Flour, high gluten

Preheat oven to 375 °F
Place yeast in warm water and allow to set for 5 min.
Place flour, sugar, salt, oil and yeast mixture mixing bowl with a bread hook (if not kneading by hand)
Knead for 15 min. while adding more flour until dough becomes smooth and elastic. Add up to ½ qt. more of flour as needed
Cover bowl and place in warm area for 30-40 min. until double in size
Turn out dough, cut and weigh to equal amounts. Shape and place in 4 greased bread pans
Cover, and allow to rise for another 30-45 min. until double
Bake until deep golden brown on top and sides (will sound hollow when tapped on top)
Cool 10 min., then remove from pan to cooling racks

"Jesus said to them, 'My food is to do the will of Him who sent Me and to accomplish His work.'"

(John 4:34)

Biscuits
Breads Index

3 qt.	Flour, all purpose
5 tbsp.	Baking powder
2 tbsp.	Salt
1 lb.	Butter, unsalted, cold
4 ½ cup	Milk

Preheat oven to 425 °F
Whisk dry ingredients together
Add butter precut into slices
Using a pastry knife, cut the butter into the dry ingredients (Alt. pulse with a food processor) until butter-flour pieces are crumb-like to small corns
Add milk, gently fold in until everything is just wet (do not over mix)
Gently and briefly knead the mixture in the bowl to incorporate everything (do not over knead - *avoid* a homogenous, smooth dough)
Roll out gently to ½" thick
Cut out biscuits with floured biscuit cutter or 2" drinking glass (pull straight up). Make all cuts, then peel away remaining parts
Place on an ungreased baking tray at least 1" apart
Roll and cut the remaining dough (do not roll out leftover dough more than once)
Bake immediately or store full trays in refrigerator for up to 1 hour until ready to bake
Bake 10-15 min. until golden brown on top, but do not over bake the bottom

Casserole Bread
Breads Index

4 pkg. (3 tbsp. dry)	Yeast, dry active
1 1/3 cup	Warm water (100-110 °F)
¼ cup (½ stick)	Butter or margarine, room temperature
1 qt. (~30 oz.)	Cottage cheese (small curd), (heat gently to >90 °F)
4	Eggs
½ cup	Sugar
¼ cup	Dried minced onion
2 ½ tbsp.	Dill seed
1 tbsp.	Salt
1 tsp.	Baking soda
2 ½ qt.	Bread flour

Preheat the oven to 350 °F
Sprinkle yeast packages over warm water and let sit 10 min.
Combine remaining ingredients, except flour, in mixer with bread hook, or in a large bowl if mixing by hand. This is a "batter bread" so the dough will be too moist and sticky to really "knead"
Add yeast mixture and gently mix until blended
Add flour and mix for 8 min.
Remove dough to a greased, shallow full tray and spread out with floured hands. Allow to rise only one time until double in size (about 1 hour)
Bake for 40-50 minutes
For serving, cut ½-inch slices across pan, and then divide lengthwise into thirds

Corn Bread, Swedish (Sweet)
Breads Index

1 qt.	Flour
2 tbsp.	Baking Powder
2 tsp.	Salt
½ lb.	Butter, unsalted, room temp.
3 cups	Sugar
6	Eggs
1 qt.	Water
1 qt.	Cornmeal

Preheat oven to 375 °F
Whisk together flour, baking powder, and salt in a separate bowl
Beat together butter and sugar in a counter-top mixer
Beat in eggs until just blended
Add and gently blend cornmeal and water
Add portions of sifted dry ingredients until just mixed
Pour into a greased, shallow hotel pan
Bake about 40 min. (clean toothpick test)

"'For the bread of God is that which comes down out of heaven, and gives life to the world.' Then they said to Him, 'Lord, always give us this bread.' Jesus said to them, 'I am the bread of life; he who comes to Me will not hunger, and he who believes in Me will never thirst.'" (John 6:33-35)

Garlic Bread/Toast
Breads Index

60 slices	Bread, Italian or French (or extra hamburger/hotdog buns)
2 cups (1 lb.)	Margarine or butter, softened
¼ cup	Garlic, minced
1 tbsp.	Garlic powder
¼ cup	Sugar
1 tbsp.	Salt
1 tbsp.	Dried parsley
2 tbsp.	Lemon juice

Mix all ingredients in a bowl
Spread mixture on one side of bread slice
Depending on desired crispiness of garlic bread, 1) stack the bread loosely and place in foil with top open, or 2) lay bread out flat on large tray
Bake at 400 °F for 10 min. until crispy at edges (open foil more and loosen bread as desired) or center, as desired

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"But He answered and said, 'It is written, "MAN SHALL NOT LIVE ON BREAD ALONE, BUT ON EVERY WORD THAT PROCEEDS OUT OF THE MOUTH OF GOD."'" (Matthew 4:4)

Rolls, Dinner
Breads Index

½ cup	Water (100-110 F)
3 pkg.	Yeast
3 cups	Milk (100-110 F)
1 cup	Butter, melted, cooled
¾ cup	Sugar
1 tbsp.	Salt
4	Eggs
3 qt.	Flour
1 egg wash	1 egg and 1 tbsp. water

Preheat oven to 325 °F
Sprinkle yeast in warm water; activate 10 min.
In a counter mixer with bread hook (or by hand), mix warm milk, melted butter, sugar, and salt
Add the 4 eggs and mix until well blended
Mix in 1 qt. of flour at a time until done
Knead with mixer (or by hand) for 5 min.
Shape into a ball, pinching bottom off. Place in bowl, cover, and let rise for 1 hour
Cut dough into 4 pieces; roll each into a tube with a 1 ½" diameter, then cut out disks about 1" thick
Slightly flatten each disk and pinch into a ball, then roll. Place next to each other, nearly or gently touching, in two hotel pans (or aluminum pans) (makes about 56), cover and let rise 1 hour
Beat egg and water and brush tops of rolls
Bake for 30-40 min. until golden brown. Turn pans half way through for even baking

Soda Bread (Irish, Americanized)
Breads Index

4 qt.	Flour
1 cup	Sugar
4 tsp.	Baking soda
1 ½ tbsp.	Salt
½ lb.	Butter, unsalted, cold, diced
7 cups	Buttermilk
4	Eggs
1 qt.	Raisins, chopped (or Zante currants)

Preheat oven to 375 °F
To a counter-top mixer add the 4 dry ingredients
Beat in the butter
In a separate bowl, whisk buttermilk and eggs
Slowly mix buttermilk mixture into flour. Mix only minimally
Toss the currants with some flour and mix into dough
Remove wet dough onto floured surface, split into 4 equal parts, and minimally knead each into a round loaf
Place loaves on baking sheets, cut ¼" deep 'X' on tops using a serrated knife
Bake about 50-60 min. Serve with soft-whipped butter or margarine

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"Pure and undefiled religion in the sight of our God and Father is this: to visit orphans and widows in their distress, and to keep oneself unstained by the world." (James 1:27)

Scones (Cream)

Breads Index

4 qt.	Flour
1 ½ cup	Sugar
¼ cup	Baking powder
2 tsp.	Salt
3 cups	Raisins, chopped (or Zante currants)
1 ½ qt.	Whipping cream
½ cup	Butter, unsalted, melted
½ cup	Sugar
1 tbsp.	Lemon zest, grated

Preheat oven to 425 °F
Add the 4 dry ingredients to a counter-top mixer and stir to blend
Add the fruit and stir to coat
While mixing gently, add the whipping cream just until everything is moistened. May not need all of it
Knead dough briefly to form a ball
Pat or roll out to ½" thick
Cut 4" triangles and place on baking sheet
Make a butter/sugar/zest mixture and brush the scones
Bake for about 15 min. Serve with soft-whipped butter or margarine

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"Enter through the narrow gate; for the gate is wide and the way is broad that leads to destruction, and there are many who enter through it. For the gate is small and the way is narrow that leads to life, and there are few who find it." (Matthew 7:13-14)

Whole-Grain Maple Bread

Breads Index

2 pkg. (or 4 ½ tsp. dry)	Yeast, dry active
¾ cup	Warm water (100-110 °F)
7 cups	Bread flour
2 cups	Whole-wheat flour
1 ½ cups	Oatmeal
1 ½ cups	Bran
¾ cup	Cracked wheat (bulgur)
1 tbsp.	Salt
½ cup	Vegetable shortening
1 cup	Milk
1 cup	Maple syrup
2 ½ cups	Water
1-2 cups	Flour, all purpose

Preheat oven to 400 °F
Combine yeast packages and warm water for 10 min.
Combine remaining ingredients, except all-purpose flour, in counter-top mixer with bread hook or in large bowl if kneading by hand
Add yeast mixture and stir until all is moistened
Knead, adding all-purpose flour to bring the dough to a "just-sticky" level. Knead10 min. total
Place (or keep) the dough in a bowl, cover, and let rise in warm place for 1 hour (or until double in size)
Grease 4 standard bread pans
Remove, punch down, and cut dough into 4 equal pieces (about 12 oz. each). Can make three loaves that will be larger, if desired

Pinch each dough on the bottom to form round ball. Roll dough out with hands to about the length of the pan, then place in pan

Allow to rise to double in size, about an hour

Bake for about 30-35 min. until deep brown on top

Cool for 15 minutes and then remove bread from pan to cooling rack. Cut 12 slices/loaf

If not used immediately, wrap in foil to reheat

For long storage, wrap tight in plastic wrap and freeze

Alt. Can make a double batch and knead by hand if desired

"if indeed you have heard Him and have been taught in Him, just as truth is in Jesus, that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth." (Ephesians 4:21-24)

Zucchini Bread/Cake
Breads Index

1 ½ qt.	Flour
2 tsp.	Salt
2 tsp.	Baking soda
2 tsp.	Baking powder
2 tsp.	Cinnamon
2 cups	Vegetable oil
1 qt.	Sugar
6	Eggs
6 or 3 cups*	Zucchini, shredded (fresh or thawed*)
1 batch	Cream Cheese Frosting for cake (optional)

Preheat oven to 325 °F

Whisk all dry ingredients in a bowl
In a mixer bowl, beat oil and sugar until well mixed
Beat in eggs until just blended
Add sifted portions of dry ingredients until just mixed
Stir in zucchini (include liquid if thawed*)
For bread, pour into 4 lg. bread pans. For cake, pour into a shallow hotel pan
Bake for about 60-70 min. (clean toothpick)
If making a cake, cool and frost with cream cheese frosting

*Zucchini can be added as freshly shredded (6 cups) or from shredded that has been frozen and then thawed (about 3-4 cups)

Chapter 13
DESSERTS

All recipes in Chapter 13 are for about 50 servings. The serving sizes may be as *each, pieces, slices, or about ½ cup,* depending on the recipe.

Children are and should be imitators. That is how they grow and learn to live. Just as a child's mixing bowl and oven set can be a joy to watch, our efforts to imitate Jesus are a blessing to our Heavenly Father, and will cause us to grow in Jesus.

The ability to sacrificially love God and others, however, is not easy. But the important thing is to keep trying. Disregarding it, or saying it's not necessary only results in a lot of spiritual children not imitating God, but rather what's on electronic screens, absorbing everything *not* produced by the inspiration of the Holy Spirit.

"Therefore be imitators of God, as beloved children; and walk in love, just as Christ also loved you and gave Himself up for us, an offering and a sacrifice to God as a fragrant aroma." (Ephesians 5:1-2)

The verses in some dessert recipes below are for imitating God and His Son.

Cakes and Pan Desserts

Banana-Pecan Upside Down Cake

Desserts Index

	Bottom (topping)
1 qt.	Brown sugar
1 cup	Butter, unsalted
1 tsp.	Salt
2 cups	Pecans, chopped
10	Bananas, ripe
1 cup	Maple syrup
	Cake
1 qt.	Flour
3 tbsp.	Baking soda
2 tsp.	Cinnamon, ground
1 tsp.	Salt
3 cups	Sugar
¾ lb.	Butter, unsalted
4	Eggs
2 tsp.	Vanilla
1 ½ cup	Milk

Preheat oven to 325 °F

Bottom (topping)
Melt butter with brown sugar and salt over low heat
Toast pecans over gentle heat in frying pan
Cut bananas in 1/8" flat, long ovals
Spray a shallow hotel pan with cooking oil. Spread melted brown sugar-butter on bottom
Drizzle maple syrup over brown sugar-butter
Sprinkle nuts evenly over sugar-butter layer

Place banana slices on nuts overlapping, like shingles. Distribute any excess slices on top of these

Cake

Mix dry ingredients (except sugar) in a separate bowl
Blend sugar and butter in countertop mixer
Beat in eggs and vanilla until fluffy
Alternately sift in flour mixture and milk, 3x, mixing briefly between each addition
Spoon batter over bananas, then gently spread out
Bake for about 1.5 hours. Use a toothpick to monitor. This takes a while and cake may be dark
Remove from oven and allow to cool 20 min.
Place a tray, another shallow hotel pan, or an aluminum pan on top of the cake pan, hold both together, and flip into the tray or new pan. This requires one or two people depending on grip strength and arm length
Scrap any topping in cake pan back onto cake
Serve immediately, or cold or warmed up, as desired

"Because you say, 'I am rich, and have become wealthy, and have need of nothing,' and you do not know that you are wretched and miserable and poor and blind and naked, I advise you to buy from Me gold refined by fire so that you may become rich, and white garments so that you may clothe yourself, and that the shame of your nakedness will not be revealed; and eye salve to anoint your eyes so that you may see." (Revelation 3:17-18)

Banana Split Dessert
(caution: uncooked egg – see alternatives in note at bottom of recipe)
Desserts Index

1 batch	Graham Cracker Crust
	Filling:
6 egg equiv.	Pasteurized egg substitute
5 cups	Powdered sugar
2 ¼ cups	Margarine, room temp
2 tsp.	Vanilla
	Fruit Topping:
1 qt.	Pineapple, crushed, drained
10	Bananas, 1/8" sliced
1 batch	Whipped Cream
1 cup	Walnuts, chopped (optional)

Pat graham cracker mixture flat on bottom of shallow hotel pan

Filling:
Beat pasteurized egg substitute for 4 min.
Add sugar, soften margarine, and vanilla
Beat for 5 min.
Mix and spread on top of crust
Chill 1 hour

Fruit Topping:
Aggressively squeeze out pineapple liquid by hand
Dot pineapple over filling, then smooth out
Use fresh, not over-ripe bananas. Spoon on banana slices to cover pineapple

Whipped Topping:

Make whipped cream topping (or use commercial whipped topping). Spread over bananas

Garnish with nuts (optional)

Chill for 3 hours or more

Alternatives: This is an old-style recipe using uncooked egg. Although using pasteurized egg substitute is safer than fresh eggs, there are recipes for replacing egg with a cream-cheese filling. For instance, beat 48 oz. of cream cheese with 1 qt. of powdered sugar until fluffy. Then fold in 1 container of prepared whipped topping

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"For what credit is there if, when you sin and are harshly treated, you endure it with patience? But if when you do what is right and suffer for it you patiently endure it, this finds favor with God. For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps, WHO COMMITTED NO SIN, NOR WAS ANY DECEIT FOUND IN HIS MOUTH; and while being reviled, He did not revile in return; while suffering, He uttered no threats, but kept entrusting Himself to Him who judges righteously;" (1 Peter 2:20-23)

Boterkoek (Danish Butter Cake)
Desserts Index

2 ¼ lb.	Butter, unsalted
2 ½ qt.	Flour
3 cups	Sugar
4 pkg.	Vanilla sugar (Oetker, .32 oz. each) (key flavor ingredient)
1 tbsp.	Salt
1	Egg
1 tbsp.	Water

Preheat oven to 375 °F
Combine all ingredients (except egg and water) in a counter-top mixer and blend
Alt. combine and knead by hand in large bowl
Place dough in shallow hotel pan and "slap" it down and out from center to make smooth top (slapping removes air pockets from within dough)
Brush top with an egg-water mixture
Cut a decorative diagonal-hatch pattern across top
Bake for 40 minutes until golden brown on top
Watch carefully to prevent very dark brown at edges
Allow to cool for 10-20 minutes and then cut 6x8 for 48 pieces
Cut while warm; not hot or room temperature

"You are the salt of the earth; but if the salt has become tasteless, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled under foot by men." (Matthew 5:13)

Brownies
Desserts Index

1 ½ lb.	Butter, unsalted
1 lb.	Baker's chocolate, pieces
9	Eggs, large
1 ½ qt.	Sugar
1 tbsp.	Vanilla
3 cups	Flour, cake
1 cup	Walnuts, chopped (optional)

Preheat oven to 350 °F
Melt butter and remove from heat
Whisk in broken-up chocolate until melted, set aside to cool
Beat eggs, sugar, and vanilla for 10 min.
Fold cooled chocolate into egg-sugar mixture by hand
Sift flour into mix and fold in
Spread in shallow hotel pan. Sprinkle nuts if desired
Bake for 1 hour and 15 min. (use toothpick test)
Let cool then cut 6x8 for 48 pieces

"Do not judge, and you will not be judged; and do not condemn, and you will not be condemned; pardon, and you will be pardoned. Give, and it will be given to you. They will pour into your lap a good measure—pressed down, shaken together, and running over. For by your standard of measure it will be measured to you in return." (Luke 6:37-38)

Carrot Cake (with Cream-Cheese Frosting)
Desserts Index

1 ½ qt.	Sugar
4 cups	Oil, vegetable
12	Eggs, room temperature
1 ½ qt.	Flour, all purpose
2 tbsp.	Baking soda
1 tbsp.	Salt
1 tbsp.	Cinnamon
1 ½ tsp.	Nutmeg
1 ½ tsp.	Allspice
2 qt.	Carrots, grated from ~4 lbs.
2 cups	Raisins (optional)
2 cups	Walnuts, chopped (optional)
1 batch	Cream Cheese Frosting

Preheat oven to 350 °F
Beat the sugar, oil in a counter-top mixer until fluffy
Add the eggs, beat until just incorporated
Whisk dry ingredients in a bowl and sift, in 3 parts, into wet mixture, beating minimally
Stir in carrots and (optional) raisins and nuts. Pour into greased shallow hotel pan
Bake for 1 hour (use toothpick test)
Allow cake to completely cool before frosting with cream-cheese frosting

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"He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have something to share with one who has need." (Ephesians 4:28)

Cheese Cake
Desserts Index

1 batch	Graham Cracker crust
½ cup	Almonds, crushed
	Filling
4 ½ lb.	Cream cheese
3 cups	Sugar
12	Eggs, beaten
1 ½ qt.	Sour cream
2 tsp.	Almond extract

Combine almonds with graham-cracker crust ingredients and pat into bottom of shallow hotel pan
Preheat oven to 350 °F
Blend cream cheese and sugar in large mixer. Mix in remaining ingredients until smooth
Pour into crust and bake for about 1 hour, 15 min. Cracking on top is ok
Must be refrigerated, preferably overnight, before serving

"As obedient children, do not be conformed to the former lusts which were yours in your ignorance, but like the Holy One who called you, be holy yourselves also in all your behavior; because it is written, 'YOU SHALL BE HOLY, FOR I AM HOLY.'"
(1 Peter 1:14-16)

Flapjacks (British)
Desserts Index

2 lb.	Butter, unsalted, room temp.
3 1/3 cups	Brown sugar
3 1/2 qt.	Rolled oats

Preheat oven to 350 °F
Cream butter and brown sugar until fluffy
Stir in oats (do *not* use quick oats)
Split batter and press down into 2 greased, shallow hotel pans (should be about 1/2" thick)
Bake pans for about 25 min. until golden brown (sheet may be loose when done, but will harden)
Pieces will be crumbly. Refrigerate for easier handling
Cool then cut. Cut 4x8 for each pan (64 total pieces)

"Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear. Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you." (Ephesians 4:29-32)

Red Velvet Cake (with Butter-Cream Frosting)
Desserts Index

4 oz.	Red food coloring
¾ cup	Chocolate milk powder
2 cups	Shortening
1 ½ qt.	Sugar
8	Eggs, beaten
1 qt.	Buttermilk
2 tsp.	Salt
2 ½ qt.	Flour
1 tbsp.	Vanilla
¼ cup	Vinegar, white
4 tsp.	Baking soda
1 ½ batch	Ermine Frosting

Preheat oven to 350 °F
Use one or two shallow hotel pans (see frosting alternatives) that have been greased and floured
Mix food coloring (can use as little as 2 oz.) and chocolate powder in a bowl
Blend shortening and sugar in a counter-top mixer
Add eggs and chocolate mixture and beat until homogenous
Add buttermilk, salt, flour, and vanilla and beat again
Mix soda and vinegar in a small bowl, and fold into batter with a spatula. Pour into pan(s)
Bake for 1 hour, 15 min. (toothpick test)
Chill the cake before frosting

Frosting:
Make 1 ½ batches of Ermine frosting. Keep the frosting chilled

There are two ways to frost this in layers.

1) Make two layers from the one thick cake. Pry around cake edges with a metal spatula to loosen. Invert onto a large cooling rack and then back onto a serving tray. To make two layers, cut the cake down the middle with a long bread knife (may first have to make two squares by cutting widthwise. Each square is then each split into two layers, frosted in the middle and joined back together). Insert a thin cutting sheet between the layers and lift off the top. Frost the bottom layer and then lay the top layer back on. Frost the top layer and sides
2) Split the batter for the cake into two shallow hotel pans and then make one cake the bottom layer and one cake the top layer (reduce baking time accordingly). Remove the bottom layer from the pan as described above and frost. Remove the top layer (may need two people) and gently position on the frosted bottom layer using thin cutting sheets. Then frost accordingly

Chill the cake after frosting and serve chilled

"For there is no good tree which produces bad fruit, nor, on the other hand, a bad tree which produces good fruit. For each tree is known by its own fruit. For men do not gather figs from thorns, nor do they pick grapes from a briar bush. The good man out of the good treasure of his heart brings forth what is good; and the evil man out of the evil treasure brings forth what is evil; for his mouth speaks from that which fills his heart." (Luke 6:43-45)

Rice Crispy Treats
Desserts Index

4 ½ qt.	Rice crispy cereal (about 14 oz.)
¾ cup	Butter, unsalted
30 oz.	Marshmallows

Measure out cereal in a bowl so that it is ready to add
Gently melt butter in large pot
Add marshmallows to butter; melt on low heat with constant stirring
Fold in cereal until evenly coated
Transfer mixture to shallow hotel pan. Using a stiff plastic spatula, scrape pot and then press down rice-crispy treats in pan
Let cool (or even chill) before cutting. Cut 6x8 for 48 pieces

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"The one who says he is in the Light and yet hates his brother is in the darkness until now. The one who loves his brother abides in the Light and there is no cause for stumbling in him. But the one who hates his brother is in the darkness and walks in the darkness, and does not know where he is going because the darkness has blinded his eyes." (1 John 2:9-11)

Rice Pudding
Desserts Index

6 qt.	Cooked rice
3 qt.	Milk
3 cups	Sugar
1 tbsp.	Cinnamon
1 tbsp.	Salt
1 tbsp.	Vanilla
8	Eggs, beaten
1 cup	Butter, unsalted, melted
1 qt.	Raisins
As needed	Cinnamon-sugar

This will completely fill a shallow hotel pan. If desired, less can be made with 4 qt. rice, 2 qt. milk, 6 eggs, and the same remaining ingredients

Place rice, milk, sugar, cinnamon, salt, and vanilla in a large pot and stir occasionally until simmering

Turn down heat and slowly add beaten eggs while whisking

Slowly add butter, then raisins while whisking

Pour into shallow hotel pan or aluminum tray

Sprinkle top generously with cinnamon-sugar. Allow to cool and set. The pan can be refrigerated and warmed later as desired

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"Do not fear what you are about to suffer. Behold, the devil is about to cast some of you into prison, so that you will be tested, and you will have tribulation for ten days. Be faithful until death, and I will give you the crown of life." (Revelation 2:10)

Yellow Cake
Desserts Index

6 cups	Flour
2 tbsp.	Baking powder
2 tsp.	Salt
8	Eggs, room temp., beaten
1 lb.	Butter, unsalted, room temp.
1 qt.	Sugar
2 cups	Milk, whole, room temp.
1 tbsp.	Vanilla
1 batch	Buttercream Frosting (vanilla or chocolate)

Preheat oven to 350 °F
Whisk all dry ingredients (flour, baking powder, and salt) in a bowl
Beat together eggs in another bowl
In a mixer bowl, beat butter and sugar together for 3 min. Scrape the bottom of bowl
Slowly add eggs while continuing to beat
Add vanilla to milk
Add about 1/3 of flour mixture (via sifting) to batter and mix while adding ½ of milk. Mix just until incorporated. Repeat and finish with remaining dry ingredients. Scrape between additions
Pour into shallow hotel pan that is greased and floured
Bake for 1 hour (toothpick test)
Completely cool before frosting

"and there must be no filthiness and silly talk, or coarse jesting, which are not fitting, but rather giving of thanks." (Ephesians 5:4)

Cookies

Almond Roll Ups (Christmas Cookies)
Desserts Index

1 ½ cup	Almonds or pecans, crushed
1 cup	Butter, unsalted
1 cup	Sugar
2 tbsp.	Flour
2 tbsp.	Heavy cream
2 tbsp.	Milk

Preheat oven to 350 °F
Grease cookie sheets and coat with flour
Cut almonds until mealy (or use blender)
Mix everything in a sauce pan
Cook on low heat until butter melts
Drop 1 tsp. at a time on cookie sheet - about 10 per full tray. Batter will spread into circles
Bake 8-9 min until light caramel color
Let cool 1 minute, then work quickly while the cookies are pliable. Transfer one cookie at a time to paper towel – flip so the top side is down. Roll into a tube on handle of wooden spoon. Rolling may take practice, but failed pieces can be eaten so that no one knows
Let cool. Makes about 4 dozen

"No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to one and despise the other. You cannot serve God and wealth." (Matthew 6:24)

Chocolate Chip Cookies
Desserts Index

2 qt.	Flour
1 tbsp.	Baking Soda
1 tsp.	Salt
1 ¾ cup	Butter, unsalted
1 ¾ cup	Shortening
1 ½ cup	White sugar
1 ½ cup	Brown Sugar
5	Eggs, beaten
2 tbsp.	Water
1 tbsp.	Vanilla
3 cups	Chocolate chips (see options)
1 cup	Pecans, chopped

Preheat oven to 375 °F
Bring butter and eggs to room temperature
Whisk together flour, soda, and salt in a separate bowl
In a mixer, cream together butter, shortening, and sugars until just uniform
Beat together eggs, water, and vanilla and mix with butter-sugar until just blended
Sift 1/3 of flour mixture into batter and mix until just incorporated. Repeat for remaining flour mixture
Fold in chocolate chips (Bitter-sweet, white, or a mixture) and pecans
Drop 2 tbsps. of batter on parchment paper or greased cookie sheet
Flatten slightly with wetted fingers
Bake for 10 min. or until light golden brown

Oatmeal Cookies
Desserts Index

2 ½ cups	Flour
2 tsp.	Baking soda
1 tsp.	Salt
2 tsp.	Cinnamon
½ tsp.	Nutmeg
1 lb. (2 cups)	Butter, unsalted
1 cup	Brown sugar
½ cup	Sugar
2	Egg, beaten
2 tsp.	Vanilla
1 qt.	Oatmeal
½ cup	Raisins

Preheat oven to 375 °F
Bring butter and eggs to room temperature
Whisk dry ingredients in separate bowl
Beat butter and sugars in mixer just until uniform
Add eggs and vanilla and beat just until incorporated
Sift dry ingredients into batter in 3 increments, beating minimally after each addition
Fold in oatmeal and raisins
Place 2 tbsp. dough on trays, pat down slightly with hand, and bake about 12 min.

"For this you know with certainty, that no immoral or impure person or covetous man, who is an idolater, has an inheritance in the kingdom of Christ and God." (Ephesians 5:5)

Snickerdoodles
Desserts Index

2 qt.	Flour
2 tbsp.	Cream of Tartar
1 tbsp.	Baking soda
2 tsp.	Salt
3 cups	Shortening
1 ½ qt.	Sugar
6	Eggs, beaten
½ cup	Sugar
2 tsp.	Cinnamon

Preheat oven to 375 °F
Whisk together first 4 dry ingredients in separate bowl
Beat shortening and sugar in mixer for 2 min.
Slowly add eggs and beat until incorporated
Sift in dry ingredients in 3 increments into batter, beating minimally each time
Chill dough for at least 2 hours
Roll 2-3 tbsp. of dough in hand to form a ball and then coat in cinnamon-sugar (½ cup sugar, 2 tsp. cinn)
Place on tray, pat down with hand, and bake 10-13 min. until very light brown. Cool 5 min. on sheet
Makes about 60 large cookies

"But when you are invited, go and recline at the last place, so that when the one who has invited you comes, he may say to you, 'Friend, move up higher;' then you will have honor in the sight of all who are at the table with you. For everyone who exalts himself will be humbled, and he who humbles himself will be exalted." (Luke 14:10-11)

Sugar Cookies
Desserts Index

2 qt.	Flour
2 tsp.	Baking powder
2 tsp.	Salt
2 cups (1 lb.)	Butter, unsalted
1 qt.	Sugar
4	Eggs, beaten
1 tbsp.	Vanilla
½ cup	Milk
As needed	Turbinado sugar

Preheat oven to 375 °F
Bring butter, eggs, and milk to room temperature
Whisk first three dry ingredients in separate bowl
Beat butter and sugar together in mixer for 2 min.
Add eggs, vanilla, and milk and beat until incorporated
Sift dry ingredients in 3 increments into batter, beating minimally each time
Chill dough for at least 2 hours
Roll 2-3 tbsp. of dough in hand to form a ball
Coat ½ of ball in turbinado sugar (sugar in the raw)
Place on tray, sugar side up, flatten somewhat with hand, and bake 15 min. until very light brown at edges (if that)

"Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers."
(3 John 1:2)

Sugar Cookies (Cut Outs)
Desserts Index

7 cups	Flour
2 tsp.	Baking soda
4 tsp.	Cream of Tartar
1 tsp.	Salt
2 cups	Butter, unsalted
2 cups	Sugar
6	Eggs, beaten
2 tsp.	Vanilla
1 batch	Confectioner's Icing
As needed	Food colorings

Preheat oven to 375 °F
Bring butter and eggs to room temperature
Whisk dry ingredients in separate bowl
Beat butter and sugar together in mixer until just uniform
Slowly add eggs and vanilla and beat until just incorporated
Sift dry ingredients in 3 increments into batter, beating minimally each time
Chill dough for at least 2 hours
Roll out dough (or portions) to a ¼" thickness and cut out shapes. Roll excess and cut again
Gently place cut-out dough on tray and bake 8 min. until very light brown at edges. Let cool to room temperature before icing
Make and divide the icing to make desired colors

Pies

Apple Pie (Streusel)
Desserts Index

1 batch	Use 1 of 3 Pie Crust options
¼ cup	Flour
½ cup	Sugar
1 batch	Streusel (oats and nuts optional)
8 qt.	Apple slices
2 cups	Sugar
1 tsp.	Cinnamon

Preheat oven to 450 °F
Place the crust in a greased, shallow hotel pan
Combine flour and ½ cup of sugar; sprinkle over crust
Prepare the streusel in a bowl
Prepare apples in a large bowl. Sprinkle sugar and cinnamon over apples and stir together
Peel and cut enough apples to make 3 inches of apples piled over crust (about 8 qt.). Apple slices will cook down as the pie bakes
(Alternative to fresh apples: 2 #10 cans of apple slices in water, drained, and combined with sugar; **or** 2 #10 cans of apple pie filling, omitting other assembly ingredients – just add to empty crust)
Spread apples over top crust
Bake at 400 °F for 1 hour
Sprinkle the streusel over the apples and continue baking for 30 min. longer until streusel begins to darken slightly

Chocolate Cream Pie
Desserts Index

1 batch	Pie Crust
12	Egg Yolks
1 ½ qt.	Sugar
¾ cup	Cornstarch
1 ½ cups	Cocoa
2 tsp.	Salt
3 qt.	Milk
¼ cup (½ stick)	Butter, unsalted
2 tbsp.	Vanilla
1 batch	Whipped Cream

Use one of three pie crust options for a shallow hotel pan or use 4 premade pie crusts. Prebake the crusts and cool before filling
Cream egg yolks and sugar
Add cornstarch, cocoa, and salt and mix. This will be a dry mix, so scrape the bottom occasionally
Slowly add milk, first making a thick paste that slowly thins out. Scrape bottom occasionally. Undissolved particles will dissolve with heating
Transfer to pot and gently heat with constant stirring until filling thickens and begins to boil
Remove from heat and add butter and vanilla (yes, 2 tbsp.)
Stir until butter is melted
Let cool over an hour with occasional stirring and then pour into pre-baked pie shell(s)
Refrigerate overnight or for at least 2 hours
Prepare and cover with whipped cream

Pecan Pie
Desserts Index

1 batch	Pie Crust
1 qt.	Pecan halves
1 1/3 cup	Butter or margarine, melted
12	Eggs, large
2 cups	Sugar
1 tsp.	Salt
1 qt.	Dark Corn Syrup (2 bottles)

Preheat oven to 350 °F
Use one of three pie crust options for a shallow hotel pan or use 4 premade pie crusts
Spread pecan halves on bottom of crust
Melt butter or margarine and allow to cool somewhat
Beat eggs for 5 min. Add sugar, salt, and syrup and beat until blended. Keep mixing while slowly adding melted butter or margarine. Pour mixture over pecans
Bake for 60-70 min. (clean knife test)

"So then, my beloved, just as you have always obeyed, not as in my presence only, but now much more in my absence, work out your salvation with fear and trembling; for it is God who is at work in you, both to will and to work for His good pleasure."
(Philippians 2:12-13)

Pudding Pie
Desserts Index

1 batch	Graham Cracker crust
24 oz. bag	Instant vanilla (or preferred flavor) pudding/pie filling
As directed (< 3 qt.)	Milk

Prepare the Graham Cracker crust and pat mixture flat on bottom of shallow hotel pan
Prepare the vanilla (or chocolate) pudding with milk according to the instructions and pour into pan (reduce milk somewhat to make firmer "pie")
Refrigerate for 2 hours or overnight

"They were continually devoting themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. Everyone kept feeling a sense of awe; and many wonders and signs were taking place through the apostles. And all those who had believed were together and had all things in common; and they began selling their property and possessions and were sharing them with all, as anyone might have need. Day by day continuing with one mind in the temple, and breaking bread from house to house, they were taking their meals together with gladness and sincerity of heart, praising God and having favor with all the people. And the Lord was adding to their number day by day those who were being saved." (Acts 2:42-47)

Strawberry Cream Pie
Desserts Index

	Cream Filling
2 cups	Sugar
¾ cup	Cornstarch
¾ cup	Flour
2 tsp.	Salt
2 qt.	Milk
4	Eggs, slightly beaten
1 batch	Pie Crust
	Assembly
1 ½ cups	Almonds, slivered
2 cups	Whipping cream
1 tbsp.	Vanilla
½ cup	Sugar, powdered
1 batch	Cream filling, above
3-4 qt.	Fresh strawberries, halved
	Glaze
2 cups	Fresh strawberries, mashed
2 cups	Water
1 cup	Sugar
¼ cup	Cornstarch

This is a delicious but labor-intensive pie to make. The cream filling, pie crust, and almond prep (see below) can be done a day prior to assembly

Cream Filling:

Whisk together dry ingredients in a pot

Slowly add milk with gentle heat while stirring constantly

Continue to heat and stir until almost simmering

Turn off heat and whisk about a cup of the hot mixture into the bowl with beaten eggs. Then whisk this back into the hot mixture

Chill (overnight) in refrigerator

Prepare the pre-baked pie crust

Assembly:

Toast almonds slightly in frying pan (do not burn) and sprinkle over crust

Beat the whipping cream and vanilla in a counter top mixer until soft peaks form. Add sugar and continue mixing until stiff peaks form. Remove to another bowl

Place the chilled cream filling in the mixer bowl and beat to soften. Mix in the whipped cream

Spread the filling on top of the crust with almonds

Pick the largest and nicest looking strawberries to halve, using the others for the glaze, below

Halve the strawberries to make a single layer on top of the filling (touch the strawberries together but can space them out a little if not enough berries)

Refrigerate the pie until the glaze is ready

Glaze:

Crush the strawberries with a masher

Place in sauce pan with water and cook at a gentle boil for 2 min.

Sieve the mixture and save the liquid

Rinse out the sauce pan and add back the liquid

Combine the sugar and cornstarch in a bowl
Gradually add to juice while heating and stirring until sauce is thick and clear (boil about 1 min.)
Allow sauce to cool to room temp (do not chill!) and then use a pastry brush to coat all strawberries and a spoon to drizzle over any empty spots
Refrigerate the pie until ready to serve
Cut and serve 6x8 pieces
Note, may also make in 4 individual pie plates

"Who is there to harm you if you prove zealous for what is good? But even if you should suffer for the sake of righteousness, you are blessed. AND DO NOT FEAR THEIR INTIMIDATION, AND DO NOT BE TROUBLED, but sanctify Christ as Lord in your hearts, always being ready to make a defense to everyone who asks you to give an account for the hope that is in you, yet with gentleness and reverence; and keep a good conscience so that in the thing in which you are slandered, those who revile your good behavior in Christ will be put to shame."
(1 Peter 3:13-16)

Other/Toppings/Frostings/Crusts

Buttercream Frosting

Desserts Index

½ lb.	Butter, unsalted, room temp.
1 qt.	Powdered sugar, sifted
½ tsp.	Salt
1 tsp.	Vanilla or Almond extract
¼ cup	Milk (or ½ and ½ or cream)
Drops	Food colorings (optional)
½ cup	Cocoa, unsweet (optional chocolate frosting)

Soften and beat the butter until smooth
Gradually sift in powdered sugar and salt, with scrapping (if making chocolate frosting, add cocoa along with powdered sugar)
Add vanilla and milk and beat until fluffy
Use less milk or more sugar for desired stiffness
Aliquot and mix in desired food colorings

"Anyone who goes too far and does not abide in the teaching of Christ, does not have God; the one who abides in the teaching, he has both the Father and the Son." (2 John 1:9)

Confectioners' Icing
Desserts Index

2-3 tbsp.	Light cream or milk
3 cups	Powdered sugar, sifted
1 tsp.	Vanilla
1 tsp.	Salt
Drops	Food colorings (optional)

Prepare icing by stirring together all ingredients, adding just enough cream to make a thick, spreadable icing. Do not whip.
Divide the icing and make desired colors

"Be on the alert, stand firm in the faith, act like men, be strong. Let all that you do be done in love."

(1 Corinthians 16:13-14)

Cream-Cheese Frosting
Desserts Index

8 oz.	Cream cheese
½ cup	Butter, unsalted (1 stick)
1 tsp.	Vanilla
1 lb.	Powdered sugar
1-2 tbsp.	Milk, as needed

Bring butter and cream cheese to room temperature
Blend butter, cream cheese, and vanilla in mixer
Add and blend powdered sugar
Add tbsps. of milk to thin, if needed

Ermine Frosting
Desserts Index

½ cup	Flour
2 cups	Milk
½ lb. (1 cup)	Butter, semi-soft
½ lb. (1 cup)	Margarine, chilled
2 cups	Sugar
2 tsp.	Vanilla

Using a small sauce pot and gentle heat, cook flour and milk until quite thick, whisking constantly
Cool the thickened milk in fridge
Beat sugar with soft butter and margarine until fluffy. The butter should be soft, but not room temperature, if possible
Add chilled thickened milk and vanilla and beat until sugar is dissolved, 3-5 min.
Keep chilled, and chill cake after frosting

"Beloved, I urge you as aliens and strangers to abstain from fleshly lusts which wage war against the soul. Keep your behavior excellent among the Gentiles, so that in the thing in which they slander you as evildoers, they may because of your good deeds, as they observe them, glorify God in the day of visitation."
(1 Peter 2:11-12)

Graham-Cracker Crust
Desserts Index

½ lb. (1 cup)	Butter or margarine, melted
1 qt. (14 oz.)	Graham crackers crumbs
¼ cup	Sugar
½ tsp.	Salt

Place 1 14-oz. box of graham crackers in a 1 gallon zip-lock bag and crush them by rolling or pounding with a rolling pin

Perfect crumbs are not necessary. 5-10% may be pea sized, and this adds texture to the crust

Combine the graham cracker crumbs, salt, sugar, and melted butter in a bowl. Pat mixture flat on bottom of a shallow hotel pan

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"You will know them by their fruits. Grapes are not gathered from thorn bushes nor figs from thistles, are they? So every good tree bears good fruit, but the bad tree bears bad fruit. A good tree cannot produce bad fruit, nor can a bad tree produce good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. So then, you will know them by their fruits." (Matthew 7:16-20)

Pie Crusts (Three Options)
Desserts Index

	Commercial Puff Pastry
1, 9”x9” sheet	Per bottom or top crust
	Homemade
6 cups	Flour
2 tsp.	Salt
2 cups	Shortening
1-1 ¼ cups	Cold water
	Commercial Phyllo Dough
15-20	Sheets per bottom or top
As needed	Melted butter, oil, or spray

Commercial Puff Pastry
Preheat oven to 425 °F
This is the easiest of the crust options
Roll out 1 sheet of pastry on lightly floured surface to fit length of hotel pan. The width will spread on its own. Side crust is not needed (for thicker bottom crust, use 2 sheets, unrolled, and pinched together in center of pan)
Place in bottom of a greased hotel pan. Although sides are not needed, some sides may be present
Use a fork to prick the bottom to remove air pockets
Prebaked Crusts: place parchment paper or aluminum foil over crust, then 2 lb. of dried beans on top
Bake 20-25 min. Remove beans and covering and bake 10-15 min. longer until light brown

Top Crusts: Because of the large volume of food being baked (like apple pie), a top crust can be added in the middle of a bake to prevent it from getting too brown or from burning

Premade Crusts: As noted elsewhere, 4 frozen, commercial pie plate crusts can also be used where desired

Homemade Crust

Preheat oven to 425 °F

Whisk the flour and salt

Cut in shortening until pea or crumb-sized

Use a fork and toss small amounts of water into about 1/4 or 1/5 of flour mixture to dampen the flour and make dough. Repeat until all flour is dampened and dough forms – do not mix or knead smooth

Roll out and place in bottom of greased hotel pan. A more exact piece can be measured with the hotel pan on top of the rolled-out dough and then cut out. A top and bottom crust can be obtained if the dough is rolled thin enough, but it is close. Note: this is a large, unwieldy dough to handle. May have to piece together dough if there are breaks

Use a fork to prick the bottom to remove air pockets

See alternative baking options for puff pastry, above

Phyllo Dough Crust

Preheat oven to 425 °F

Prepare melted butter or margarine or oil being used

Grease hotel pan

Open the thawed (but chilled) phyllo dough and quickly begin laying sheets down on the bottom of the pan, coating each sheet with melted butter or spraying with cooking oil as you go. Continue

layering the sheets until done. Work quickly to prevent unlayed dough from drying out. The sheets do not have to look perfect as it will not affect individual serving presentation

Do NOT prick this dough

See baking note options for puff pastry, above, except that a prebaked bottom crust does not have to be weighted with beans

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"Oh, the depth of the riches both of the wisdom and knowledge of God! How unsearchable are His judgments and unfathomable His ways! For WHO HAS KNOWN THE MIND OF THE LORD, OR WHO BECAME HIS COUNSELOR? Or WHO HAS FIRST GIVEN TO HIM THAT IT MIGHT BE PAID BACK TO HIM AGAIN? For from Him and through Him and to Him are all things. To Him be the glory forever. Amen." (Romans 11:33-36)

Streusel Topping
Desserts Index

2 ½ cups	Flour
2 tsp.	Cinnamon
1 tsp.	Salt
1 ½ cups	Brown sugar
1 cup	Oats (optional)
1 cup	Pecans, finely chopped (optional)
1 lb.	Butter, unsalted, cool

Combine all dry ingredients in a bowl (add oats and/or pecans for texture if desired)
Cut butter into large slabs and then cut slabs into the dry ingredients with a pastry knife until crumbly mixture forms
Sprinkle or spoon over muffins or apple pie filling before or during baking

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"Therefore do not be partakers with them; for you were formerly darkness, but now you are Light in the Lord; walk as children of Light (for the fruit of the Light consists in all goodness and righteousness and truth), trying to learn what is pleasing to the Lord."
(Ephesians 5:7-10)

Swedish Nuts (a Christmas Treat)
Desserts Index

2 lb.	Pecan halves
2 cups	Sugar
2 tsp.	Salt
4	Egg whites
1 cup	Butter, unsalted

Toast nuts at 325 °F until slightly more brown
Gently fold sugar and salt into egg white to combine and then beat until stiff peaks form
Fold nuts into meringue until coated
Melt butter on flat baking tray (or hotel pan) and place nuts on top
Bake at 325 °F for 30 min. turning nuts over every 10 min. to absorb the butter

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"Quite right, they were broken off for their unbelief, but you stand by your faith. Do not be conceited, but fear; for if God did not spare the natural branches, He will not spare you, either. Behold then the kindness and severity of God; to those who fell, severity, but to you, God's kindness, if you continue in His kindness; otherwise you also will be cut off." (Romans 11:20-22)

Whipped Cream Topping
Desserts Index

1 qt.	Whipping cream
1 cup	Sugar, powdered
1 tbsp.	Vanilla

Place the mixing bowl in the refrigerator or freezer until cold
Add the whipping cream and beat with whisk attachment until soft peaks start to form
Add sugar and vanilla and beat until firm peaks form, taking care not to beat too long as this may collapse the cream
Refrigerate until needed, but try to make whipped cream as close to serving time as possible

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"Not everyone who says to Me, 'Lord, Lord,' will enter the kingdom of heaven, but he who does the will of My Father who is in heaven will enter. Many will say to Me on that day, 'Lord, Lord, did we not prophesy in Your name, and in Your name cast out demons, and in Your name perform many miracles?' And then I will declare to them, 'I never knew you; DEPART FROM ME, YOU WHO PRACTICE LAWLESSNESS.'

(Matthew 7:21-23)

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ABOUT THE AUTHOR

Kirk McCrea lives in the Detroit, Michigan area with his family, and is the author of *Hearing Jesus, Differences in Knowing and Living God's Word During Persecution and Suffering.* He is a retired scientist with specialties in epidemiology and infectious diseases. He currently manages a community Soup Kitchen, and provides a free Christian book-table for those attending community outreach events (www.kingsbooktable.org).

The Survivor Church Kitchen provides scaled-up recipes for serving about fifty people, and the recipes can be easily doubled or halved as needed. In addition, the recipes are designed to provide technical convenience for handling and cooking large volumes of food. These recipes include classic and personal favorites for breakfasts, potlucks, dinners, and bake-sales that will bring the Lord's blessings to many. Aside from the prosperity of our current fellowships, we must remember that both prosperity and need were a way of life for the early church and, likewise, for churches around the world today. Thus, *The Survivor Church Kitchen* includes a few chapters for being a "spiritual-prepper" in food ministry. In this way, we can also hold to the "secret" that the Apostle Paul held so dear:

"Not that I speak from want, for I have learned to be content in whatever circumstances I am. I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. I can do all things through Him who strengthens me." (Philippians 4:11-13, NASB)