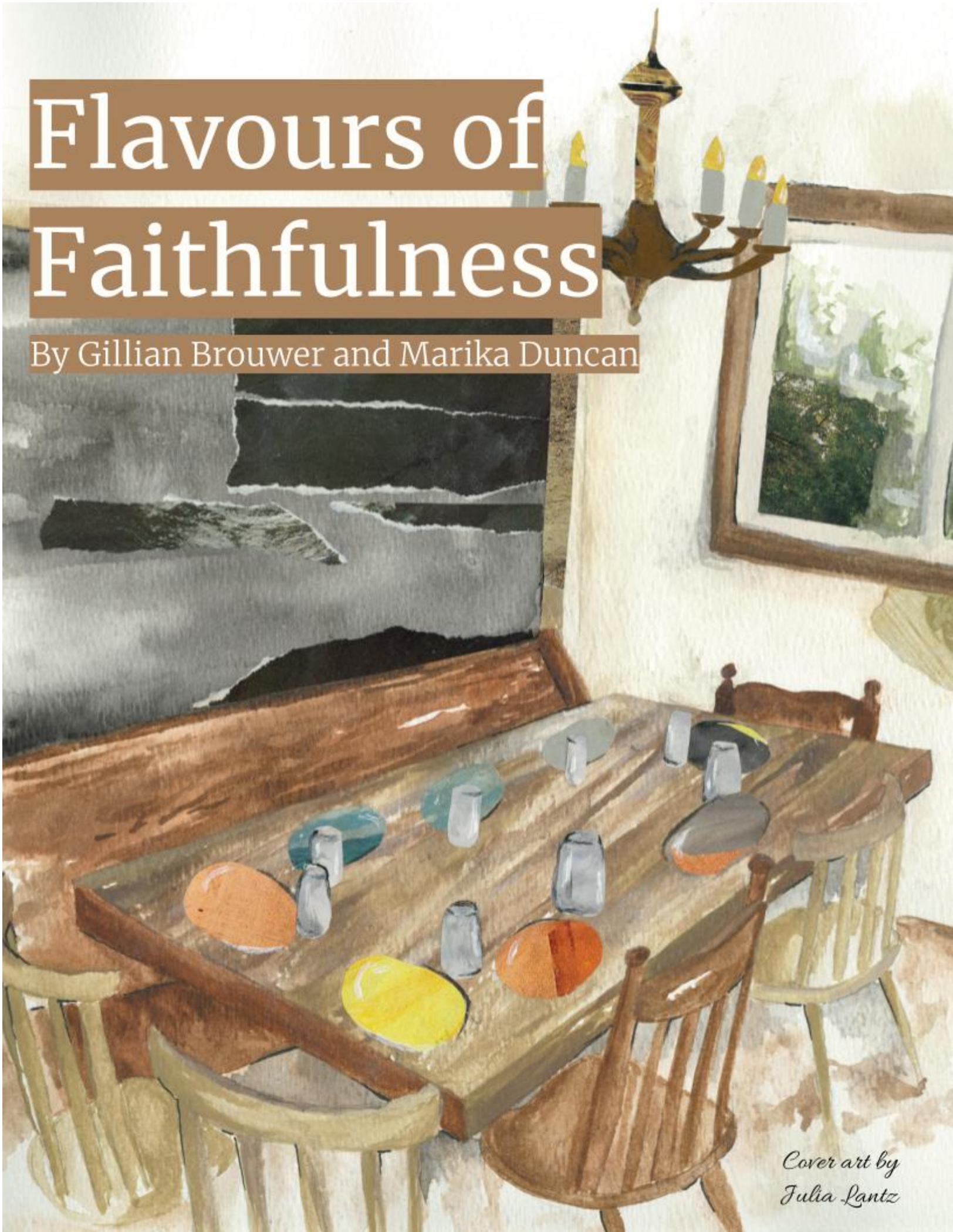


# Flavours of Faithfulness

By Gillian Brouwer and Marika Duncan



*Cover art by  
Julia Lantz*

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# Introduction

We read in the Bible that Jesus is the Word of God made flesh, the embodiment of God's Kingdom on Earth. Through His life, we can learn how we too can offer glimpses of the Kingdom to this broken world in which we live. A large portion of Jesus' ministry happened through the ordinary rhythms surrounding food. In His first miracle, Jesus turned water into wine at a wedding celebration. He met many of His disciples while they were on the sea fishing. He fed crowds of thousands of people with a few loaves of bread. He chose to share a table with the lowest in society. He portrayed the Kingdom of God to an abundant feast. And He chose to be remembered through a simple meal of bread and wine. Through the ordinary God does the extraordinary.

This cookbook was created out of the idea that food is not just physical, but also spiritual. We believe that we can meet God in the everyday acts of meal-making and enjoying food. In this book, each recipe is accompanied by a Scripture passage, poem, prayer or short reflection that connects the food to living as faithful followers of Christ. We encourage you to practice following Jesus, even in the mundane rhythms of creating and enjoying food, by praying these prayers and thinking about these reflections, poems and Scripture passages.

This cookbook was created for a cumulative capstone project by Gillian Brouwer and Marika Duncan, two students in the Act Five Program. In the Act Five discipleship program run by Redeemer University, students learn about what it means to faithfully follow Christ in their lives through university courses, community living, adventure, service and Christian mentorship.

# Banana Bread Granola

Yield: 8 cups

Prep time: 40 minutes

Total time: several hours (needs to sit)

## Ingredients:

Dry ingredients:

- 6 cups large flake rolled oats
- 1 cup walnuts, chopped
- 1 cup raw almonds chopped
- 1/2 cup raw pumpkin seeds
- 3 Tbsp white sugar
- 1 tsp sea salt
- 1 Tbsp cinnamon
- 1/2 cup flax meal or chia seeds
- 1/3 cup cocoa powder (optional)

Wet ingredients:

- 1/3 cup coconut oil
- 1/2 cup honey + 1 Tbsp maple syrup
- 3 Tbsp white sugar
- 2 tsp vanilla extract
- 1 medium - large ripe banana, mashed (~1/2 cup)

Extra:

- Handful each of raisins, chocolate chips, and dried cranberries

## Directions:

Preheat the oven to 365 °F. Thoroughly mix together the dry ingredients in a large bowl.

In a small saucepan over medium low heat, warm the coconut oil with vanilla extract until liquid; whisk in maple syrup, honey and white sugar.

Mash banana in a bowl, then stir in oil, honey and sugar until well combined.

Add wet ingredients to dry ingredients, mixing well. Important: thorough mixing of wet and dry ingredients is key!

Line 2 9x13 inch baking pans with parchment paper and pour and spread granola evenly.

Bake for 22-24 minutes. Remove from the oven to give a light stirring, then return to the oven, now turned off, and leave in the cooling down oven for several hours, or even overnight.

Mix in dried fruit or chocolate chips once the mixture has cooled.

--

Serve with yogurt and fresh fruit.



LORD,  
As the wonderful aroma of this granola baking in the oven fills my kitchen,  
I praise You for the way that You have created me to enjoy food.  
I thank You for the nerves that connect my eyes, nose, mouth and ears to my brain.  
I pray that I may be drawn closer to You:  
    Through the sight of the beautifully toasted granola,  
    Through this smell of cinnamon, honey and vanilla,  
    Through the taste and texture of roasted oats and nuts,  
    And through the sound of crunching in my mouth.  
May I be nourished physically through the consumption of this food,  
And spiritually through the enjoyment of it.  
Amen.

# Adaptable Loaf

Yield: 1 loaf

Prep time: 30 minutes

Total time: 90 minutes

## Ingredients:

- ❑ 1 cup all purpose flour
- ❑ 1 cup whole wheat flour
- ❑ 2 tsp baking powder
- ❑ 1 tsp baking soda
- ❑ 1 tsp ground cinnamon
- ❑ 1/2 tsp salt
- ❑ 1/2 cup plain yogurt
- ❑ 1 egg
- ❑ 1/2 cup brown sugar
- ❑ 1/4 cup vegetable oil
- ❑ 2 1/2 cup combination of fruits and vegetables (ex. mashed ripe bananas, grated carrots, grated zucchini, pumpkin puree, applesauce)
- ❑ 1 cup chocolate chips (optional)

## Directions:

Preheat oven to 350°F.

Mix together all purpose flour, whole wheat flour, baking powder, baking soda, cinnamon, salt.

In a separate bowl, combine yogurt, egg, brown sugar, vegetable oil, and fruit and/or vegetables.

Pour dry ingredients into wet ingredients and add chocolate chips if desired.

Line an 8x4 inch loaf pan with parchment paper (or grease it). Pour mixture into pan and bake for 60 minutes or until an inserted toothpick comes out clean.

--

Serve warm with or without butter.



A simple loaf. Easy, delicious, nourishing. It asks you to use what you have. The simple ingredients - flour, sugar, oil, your overripe bananas and your plain yogurt. As lowly as they may seem, we use them to serve others. In the same way, God calls us to use what we have - our own lowly gifts and talents and inklings and passions - to serve His kingdom. As we make a loaf, we are reminded of how the one who created us is the same one who calls us, and He doesn't expect us to use things that aren't already in our pantry. As we keep our eyes bound to heaven - even as we trip and fall and stumble along in our own humanity, even when our bananas are overripe or our yogurt is plain - slowly, but surely, we learn to glorify God.

# Beet and Carrot Salad

Yield: 5 servings

Prep time: 30 minutes

Total time: 30 minutes

## Ingredients:

Dressing (also goes well over other salads!):

- 1/4 to 1/2 cup olive oil
- 1/4 to 1/2 cup balsamic vinegar (slightly less than the amount of olive oil)
- a generous amount of ground black pepper
- 2 Tbsp maple syrup
- 1 tsp to 1 Tbsp mustard (yellow or dijon)
- 1 clove garlic
- Optional: shot of orange juice or black currant jam or black cherry juice

Salad:

- 2 medium or large beets
- 2 large carrots
- Cashews- crushed, can be roasted slightly (to taste)
- Dried currants (to taste)
- Feta cheese (to taste)

## Directions:

Peel and grate beets and carrots.

Mix in a bowl.

Combine dressing ingredients in a jar and then shake or whisk well before pouring over salad.

Mix salad together and top with cashews, dried currants and feta cheese.

--

Serve as a side (residual dressing is tasty if mopped up with bread)



Early spring

It's cold, uncontrolled  
The beets, bittersweet, incomplete, still petite  
planted in the ground  
The carrots, taking root, resolute, minute,  
planted in the ground

They grow slow,  
with care, against the harsh cool air  
They take a stand, on the land, they understand that  
as birds start to sing, spring will bring good things.  
Though the wind stings,  
they persevere without fear.

In the ground they abound.  
The beet's rich red flesh, fresh,  
the carrot's orange, bright;  
the LORD delights in His creation,  
the culmination of their formation.  
Prayers become praise,  
seeds become plants,  
plants become salad.

# Summer Salad

Yield: 3-4 servings

Prep time: 30 minutes

Total time: 30 minutes

## Ingredients:

- ❑ 1 ripe peach
- ❑ 1 large tomato
- ❑ 1/3 cup chopped fresh basil
- ❑ 1/4 cup chopped green onion
- ❑ 2 cup spinach
- ❑ 1/4 cup olive oil
- ❑ 1-2 tbsp apple cider vinegar
- ❑ Salt and pepper to taste

## Directions:

Dice the tomato and peach and chop basil and green onion, mix together in a large bowl with spinach.

Whisk together the olive oil, vinegar, and salt and pepper, then pour over salad.



# Quick Rolls

Yield: 12 rolls

Prep time: 15 minutes

Total time: 30-40 minutes

## Ingredients:

- ❑ 1 cup + 2 Tbsp warm water
- ❑ 1/3 cup oil
- ❑ 1 Tbsp yeast
- ❑ 1/4 cup sugar
- ❑ 1 tsp salt
- ❑ 1 egg
- ❑ 3 1/2 cups white or whole wheat flour

## Directions:

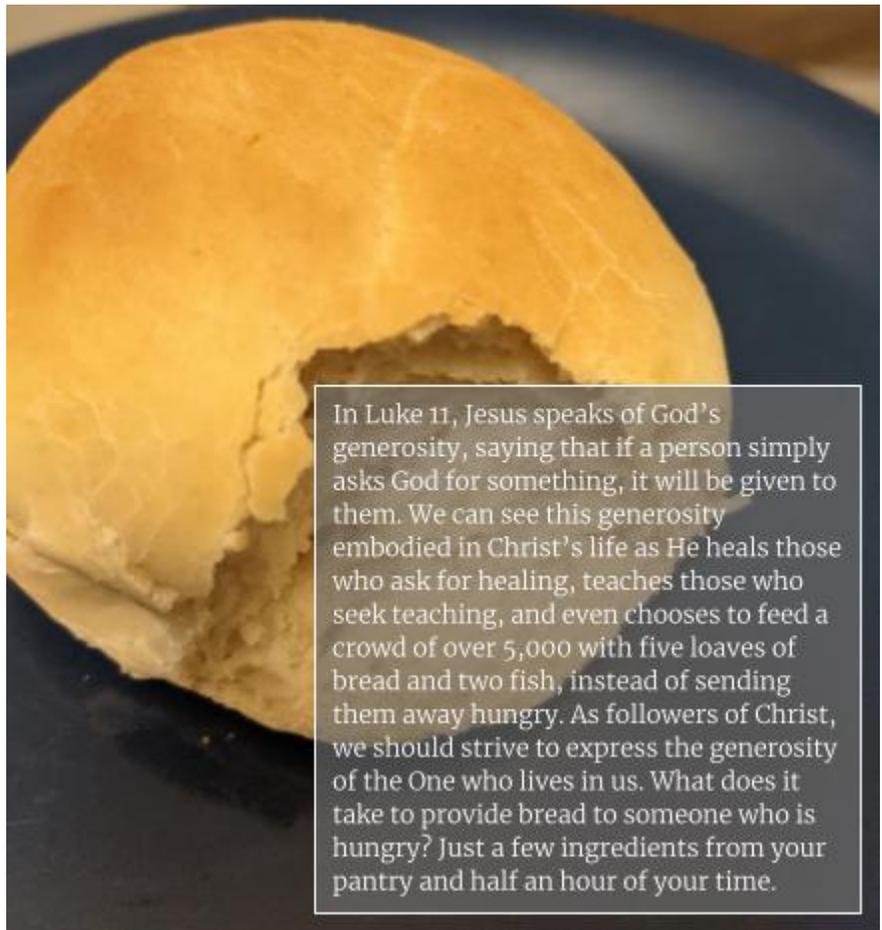
Preheat the oven to 400°F. Grease a 9x13 pan. Sprinkle the yeast over warm water and let proof for 5 minutes.

Mix 2 cups of flour, sugar and salt. Mix together water, oil and egg, then pour into the flour and mix. Slowly add the rest of the flour. Knead for 5 minutes, then shape into 12 balls and place in the 9x13 pan.

Let rise for 10 minutes, then bake rolls for 15-20 minutes (until tops are golden brown). They are best if you can leave them to cool for a few minutes before serving.

--

Serve buttered with soup or stew.



In Luke 11, Jesus speaks of God's generosity, saying that if a person simply asks God for something, it will be given to them. We can see this generosity embodied in Christ's life as He heals those who ask for healing, teaches those who seek teaching, and even chooses to feed a crowd of over 5,000 with five loaves of bread and two fish, instead of sending them away hungry. As followers of Christ, we should strive to express the generosity of the One who lives in us. What does it take to provide bread to someone who is hungry? Just a few ingredients from your pantry and half an hour of your time.

# Fluffy Bread

Yield: 3 loaves

Prep time: 40 minutes

Total time: 3-4 hours

## Ingredients:

- ❑ 1 cup lukewarm water
- ❑ 1 tsp white sugar
- ❑ 2 Tbsp instant dry active yeast
- ❑ 2 cups lukewarm water
- ❑ 1/3 cup honey
- ❑ 1 heaping tablespoon salt
- ❑ 1/2 cup oil
- ❑ 9 cups+ all purpose flour (plus more for flouring surface)

## Directions:

Mix together 1 cup water, 1 tsp sugar and yeast in a large bowl and let stand for 10 minutes to proof the yeast.

Add in the rest of water, honey, salt, and oil.

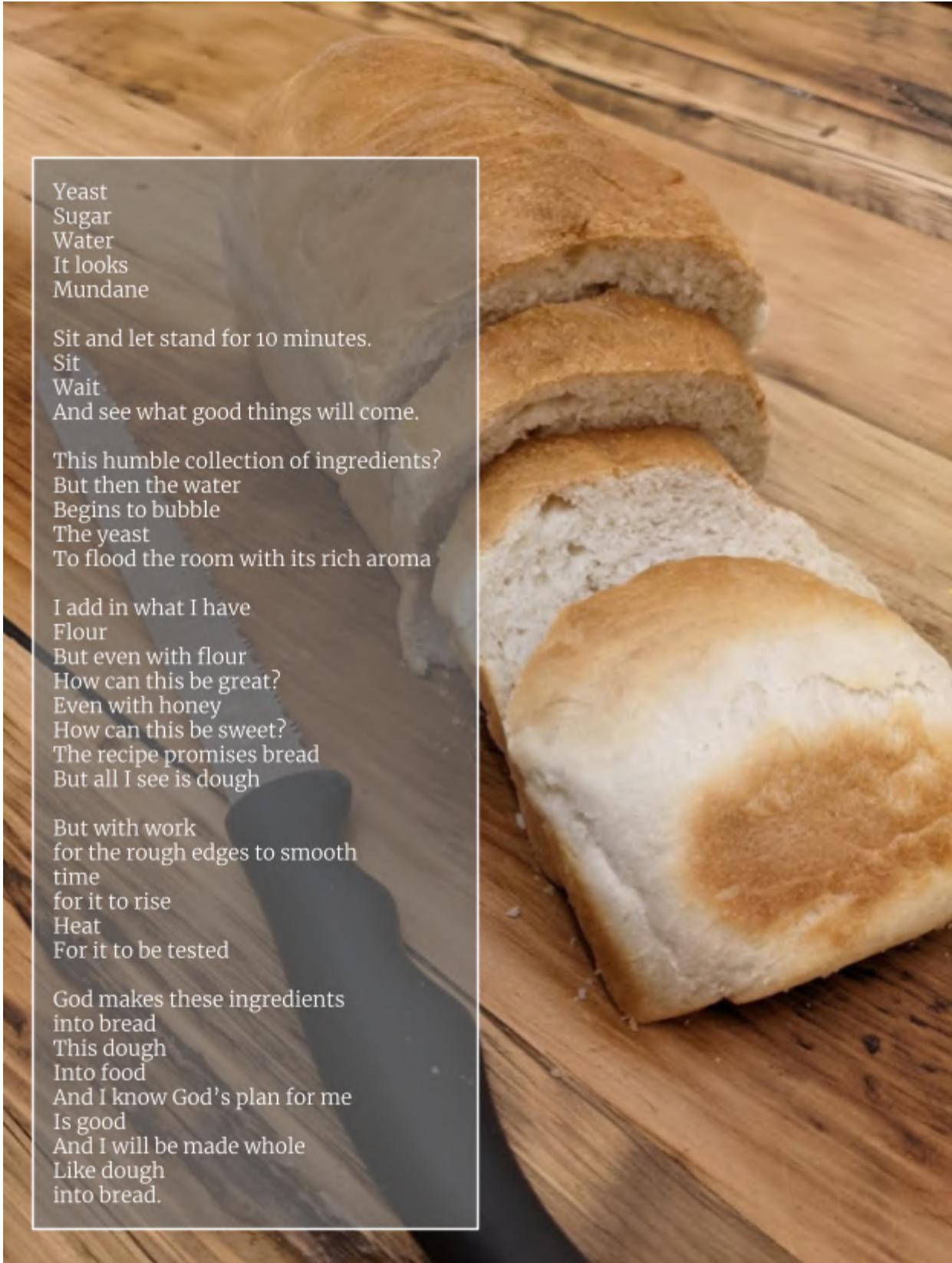
Add in flour 1 cup at a time, and keep mixing until dough hangs together but is still floppy, and then knead bread on a floured surface for 5-10 minutes.

Return to the bowl and let rise, covered with a towel, for 2 hours in a warm place until it is doubled in size.

Once risen, preheat the oven to 400°F and grease loaf pans well. Punch dough down and then divide dough in thirds, kneading again so that you have three smooth, loaf-shaped clumps of dough. Place in loaf pans and bake for 20 minutes until golden brown.

--

Serve buttered with soup or stew.



Yeast  
Sugar  
Water  
It looks  
Mundane

Sit and let stand for 10 minutes.  
Sit  
Wait  
And see what good things will come.

This humble collection of ingredients?  
But then the water  
Begins to bubble  
The yeast  
To flood the room with its rich aroma

I add in what I have  
Flour  
But even with flour  
How can this be great?  
Even with honey  
How can this be sweet?  
The recipe promises bread  
But all I see is dough

But with work  
for the rough edges to smooth  
time  
for it to rise  
Heat  
For it to be tested

God makes these ingredients  
into bread  
This dough  
Into food  
And I know God's plan for me  
Is good  
And I will be made whole  
Like dough  
into bread.

# Yorkshire Pudding

Yield: 8 yorkshires

Prep time: 15 minutes

Total time: 45 minutes

## Ingredients:

- ¾ cup flour
- 1 egg
- Salt and pepper to taste
- ½ cup milk
- ½ cup water
- Oil

## Toppings:

- Gravy
- Hot mustard

## Directions:

Preheat the oven to 450° F.

Mix flour, egg, salt and pepper, milk, and water together in a blender or bowl.

Add just enough oil to cover the bottom of the muffin pan. Once the oven is hot, place in the oven for a couple minutes until the oil is hot but not burning. Pour batter in, about ⅓ full. If making gravy, reserve some batter for it.

Bake yorkshires in the oven at 450° F for 10-15 minutes, then turn the oven to 375° F for another 10-15 minutes, until puffy, browned, and crisp on the edges.

--

Serve immediately as an appetizer with gravy and mustard.



Lord,  
I thank You for this appetizer, and for the ways it reminds me of family.  
Lord, I thank You for my great grandmother, who would measure things in knobs and inches and dollups, of her hands just like mine, of the way her face would crinkle as she'd say "I've had sufficient".  
Lord, I thank You for family and for the way we can remember them through food.  
Though family recipes, like families themselves, may not always be perfect or exact, I thank You for the way that they nourish my heart and allow me to practice love.  
Lord, help me to remember You as I prepare and eat this meal, and bless those who eat it.  
Help them to remember they are loved as they bite into this homey dish.  
Amen.

# Abby's Roasted Potatoes

Yield: 4-6 servings

Prep time: 15 minutes

Total time: 75 minutes

## Ingredients:

- ❑ 8 cups of cubed potatoes (about 10 medium potatoes)
- ❑ 1/2 cup vegetable oil

## Spices:

- ❑ 1 tsp oregano
- ❑ 1 tsp thyme
- ❑ 1 tsp smoked paprika
- ❑ 1 tsp black pepper
- ❑ 1 tsp salt
- ❑ 2 tsp garlic powder
- ❑ 2 tsp onion powder
- ❑ 2 tsp - 2 Tbsp parmesan cheese
- ❑ 1 tsp montreal steak spice (optional)
- ❑ 2 pinches of chili flakes (optional)

## Directions:

Preheat the oven to 400° F.

Peel and dice potatoes into bite-sized cubes.

In a separate bowl, mix the spices and the oil. Pour the oil mixture into the bowl of cubed potatoes and mix together until potatoes are evenly coated.

Pour potatoes onto a baking sheet and spread them out so that they are not overlapping.

Bake them for approximately 1 hour, checking and stirring them after 30 minutes and then again at 45 minutes.

--

Serve as a side dish or as a snack.



Dirt:  
A place of formation,  
The place where life began.

God formed us from the dirt,  
And placed us in the dirt to live.  
He called us rulers over it,  
To maintain it and to create from it.

Plants grew from the soil,  
We dug our hands into it to reap the  
fruits.  
They came out soiled,  
Holding the prize for which we laboured.

The ground was the foundation for our homes,  
Upon it we built structures reaching to  
the sky.  
There we settled,  
There we ate, slept, laughed and cried.

When life left our bodies,  
They fell to the dirt.  
In the dirt we rest,  
And the world remembers us no more.

The place where life ends,  
A place of decomposition:  
Dirt.

# Marinated Pork Loin

Yield: 10-12 servings

Prep time: 10 minutes

Total time: overnight + 40 minutes (or + 2.5 hours for pork roast)

## Ingredients:

- 1/4 cup brown sugar
- 1/4 cup ketchup
- 1 tsp curry powder
- 1 tsp coriander powder
- 1 tsp ginger powder
- 3 Tbsp balsamic vinegar
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 Tbsp olive oil
- 4 lbs pork loin chops (or 1 boneless pork loin roast)
- 1 Tbsp soy sauce
- 2 tsp minced garlic

## Directions:

Whisk together all marinade ingredients in a medium bowl. Place pork in a large, heavy-duty plastic bag. Add marinade and seal bag. Turn the bag several times to coat roast in marinade. Marinade overnight in the refrigerator.

Preheat the oven to 400°F. Place pork chops on a baking sheet and cook in the preheated oven for 30 minutes, flipping halfway.

(To cook pork roast, preheat the oven to 325°F. Remove the pork from the bag and place in a shallow roast pan. Roast pork for 1 hour 45 minutes to 2 hours.)

Remove pork from the oven. The internal temperature should be 145° F. Let rest for 5-10 minutes before slicing/serving.

--

Serve as a main dish following yorkshire pudding with potatoes and salad.



On this mountain the Lord Almighty will prepare  
a feast of rich food for all peoples,  
a banquet of aged wine—  
the best of meats and the finest of wines.

On this mountain he will destroy  
the shroud that enfolds all peoples,  
the sheet that covers all nations;  
he will swallow up death forever.

The Sovereign Lord will wipe away the tears  
from all faces;  
he will remove his people's disgrace  
from all the earth.

The Lord has spoken.

~Isaiah 25:6-8

# Rice bowls

Yield: 6 servings

Prep time: 2 hours

Total time: 2 hours

## Ingredients:

Variety of toppings:

- 6 medium sweet potatoes
  - 4 Tbsp vegetable oil
  - 1 tsp salt
  - 1/2 tsp pepper
  - 1 tsp paprika
- Chicken
  - 4 chicken breasts
  - 2 Tbsp oil
  - 2 Tbsp brown sugar
  - 2 tsp salt
  - 2 tsp paprika
  - 1 tsp pepper
- 1 can black beans
- 1 can corn
- 1 can pineapple tidbits
- Fried eggs
- Sprouts
- Nuts
- Sweet peppers
- Avocado

Variety of sauces (optional):

- Peanut sauce
  - 1/4 cup peanut butter
  - 1 Tbsp hoisin sauce
  - 2 tsp soy sauce
  - 1 tsp sriracha
- Tahini sauce/hummus
  - 1/4 cup tahini
  - 1/4 cup Yogurt
  - 1/4 cup mayo
  - 1 clove garlic
- Mayo/garlic mayo
- Sriracha sauce
- Dawson's hot sauces

Serve with:

- 2 cups rice

## Directions:

For chicken: Preheat oven to 400°F, mix together spices in bowl, line baking pan with parchment paper, add oil to parchment paper, coat chicken breasts in spices and bake for 20 minutes or until chicken is fully cooked.

For sweet potatoes: Scrub and cube (about 1/2-3/4 inch) sweet potatoes, mix with oil, salt, pepper, and paprika. Bake at 425°F for ~30 minutes.

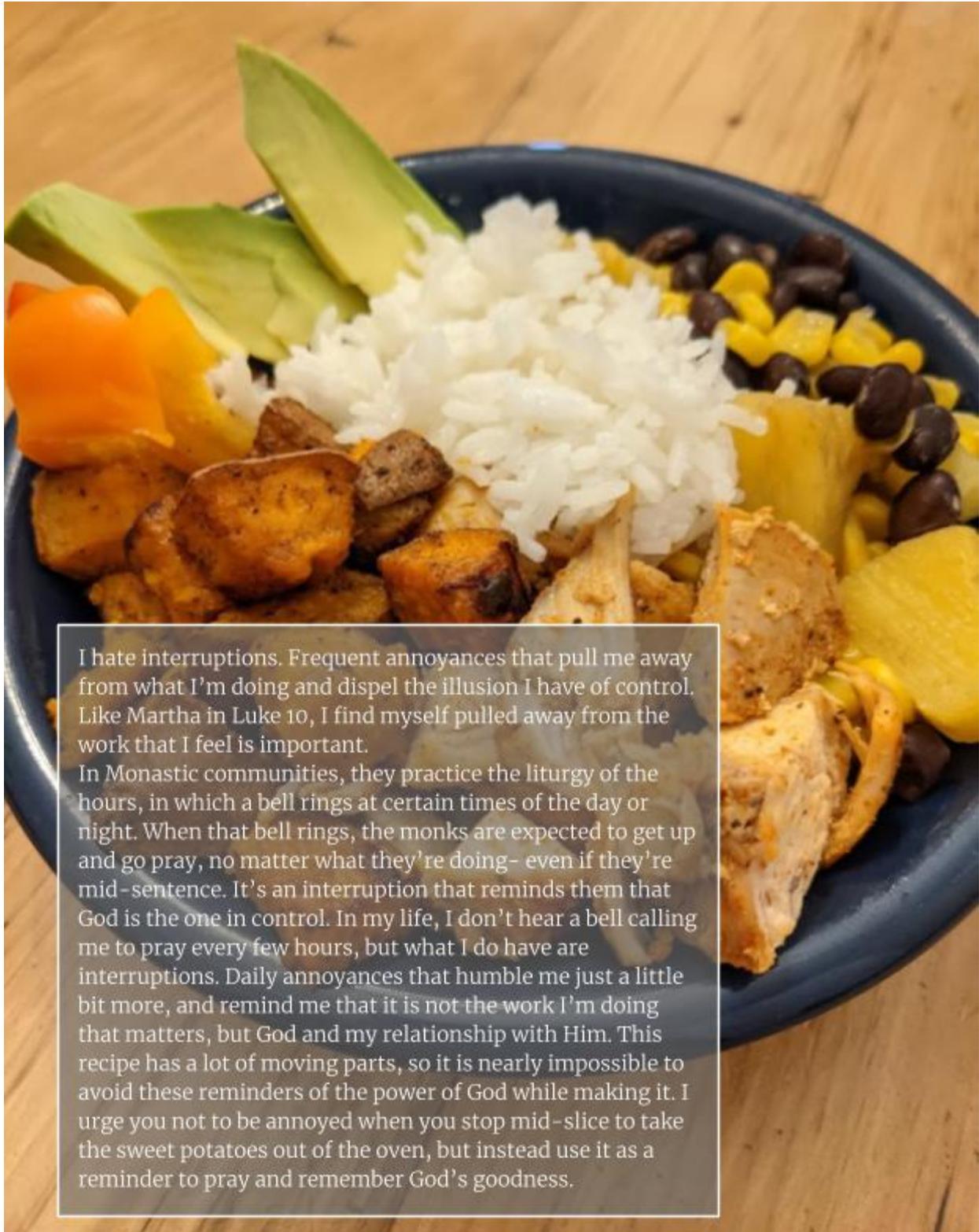
For corn/beans/pineapple: drain, then heat in a frying pan until flavours meld.

For nuts/bean sprouts/peppers/avocados: serve raw and chopped.

For fried eggs: cut into strips or bits.

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To serve, put all ingredients in bowls on the table, scoop rice in each person's bowl and let people choose their own toppings and sauces.



I hate interruptions. Frequent annoyances that pull me away from what I'm doing and dispel the illusion I have of control. Like Martha in Luke 10, I find myself pulled away from the work that I feel is important.

In Monastic communities, they practice the liturgy of the hours, in which a bell rings at certain times of the day or night. When that bell rings, the monks are expected to get up and go pray, no matter what they're doing- even if they're mid-sentence. It's an interruption that reminds them that God is the one in control. In my life, I don't hear a bell calling me to pray every few hours, but what I do have are interruptions. Daily annoyances that humble me just a little bit more, and remind me that it is not the work I'm doing that matters, but God and my relationship with Him. This recipe has a lot of moving parts, so it is nearly impossible to avoid these reminders of the power of God while making it. I urge you not to be annoyed when you stop mid-slice to take the sweet potatoes out of the oven, but instead use it as a reminder to pray and remember God's goodness.

# Dave's Easy Curry

Yield: 2-4 servings

Prep time: 1 hour

Total time: 1 hour

## Ingredients:

### Curry:

- 1 white onion
- 1 can chickpeas
- 2 large potatoes
- 1 can of diced tomatoes
- 1 can of coconut cream (or coconut milk)
- Vegetable oil
- Fresh spinach and herbs (Parsley, basil, maybe dill)
- 2 chicken breasts cut into strips (optional)
- Lentils or greens (optional)

### Spices:

- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp ginger powder
- 1 tsp chili powder
- pinch of cayenne powder
- 1/2 tsp clove or cinnamon
- 1 tsp black pepper
- 1 tsp salt
- 1 tsp garlic powder

### Sides:

- Rice or Naan

## Directions:

Preheat the oven to 420°F. Rinse chickpeas. Wash and cut your potatoes into small cubes. Toss potatoes and chickpeas together in oil, then layer evenly onto a baking tray. Bake them in the oven for 30 minutes, stirring halfway through.

Meanwhile, finely dice onion and add to a large frying pan with oil for at least ten minutes. If using chicken, ensure it's in small enough pieces to fry at the same time as onions.

Add potatoes, chickpeas, spices, diced tomatoes and coconut cream to the large frying pan. Add extra salt as needed (diced tomatoes are often best with quite a bit of salt). If you are using lentils, greens, or chicken you should add those now, making sure chicken is fully cooked.

Cover with a lid and cook at a medium heat for another 10-15 minutes. Add more spices or herbs as necessary.

--

Serve with rice or naan.



When you have eaten and are satisfied, praise the Lord your God for the good land he has given you. Be careful that you do not forget the Lord your God, failing to observe his commands, his laws and his decrees that I am giving you this day. Otherwise, when you eat and are satisfied, when you build fine houses and settle down, and when your herds and flocks grow large and your silver and gold increase and all you have is multiplied, then your heart will become proud and you will forget the Lord your God, who brought you out of Egypt, out of the land of slavery. He led you through the vast and dreadful wilderness, that thirsty and waterless land, with its venomous snakes and scorpions. He brought you water out of hard rock. He gave you manna to eat in the wilderness, something your ancestors had never known, to humble and test you so that in the end it might go well with you. You may say to yourself, "My power and the strength of my hands have produced this wealth for me." But remember the Lord your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your ancestors, as it is today.

-Deuteronomy 8:10-18

# Chicken Penne

Yield: 3-4 servings

Prep time: 1 hour

Total time: 1 hour

## Ingredients:

- 2 chicken breasts
- Olive oil
- Onion, chopped
- Mushrooms and/or broccoli/any other vegetables in your fridge
- Dry thyme
- Salt and pepper
- 1 pkg penne
- 1 Pkg Boursin Herb and Garlic soft cheese
- Small amount of milk/cream
- Parmesan cheese

## Directions:

Cook chicken - Heat frying pan to medium heat and add chicken once hot. Let sear on all sides and then add an inch of water and cover. Let cook until internal temperature reaches at least 165°F or chicken is no longer pink. Remove from the frying pan and slice on a cutting board.

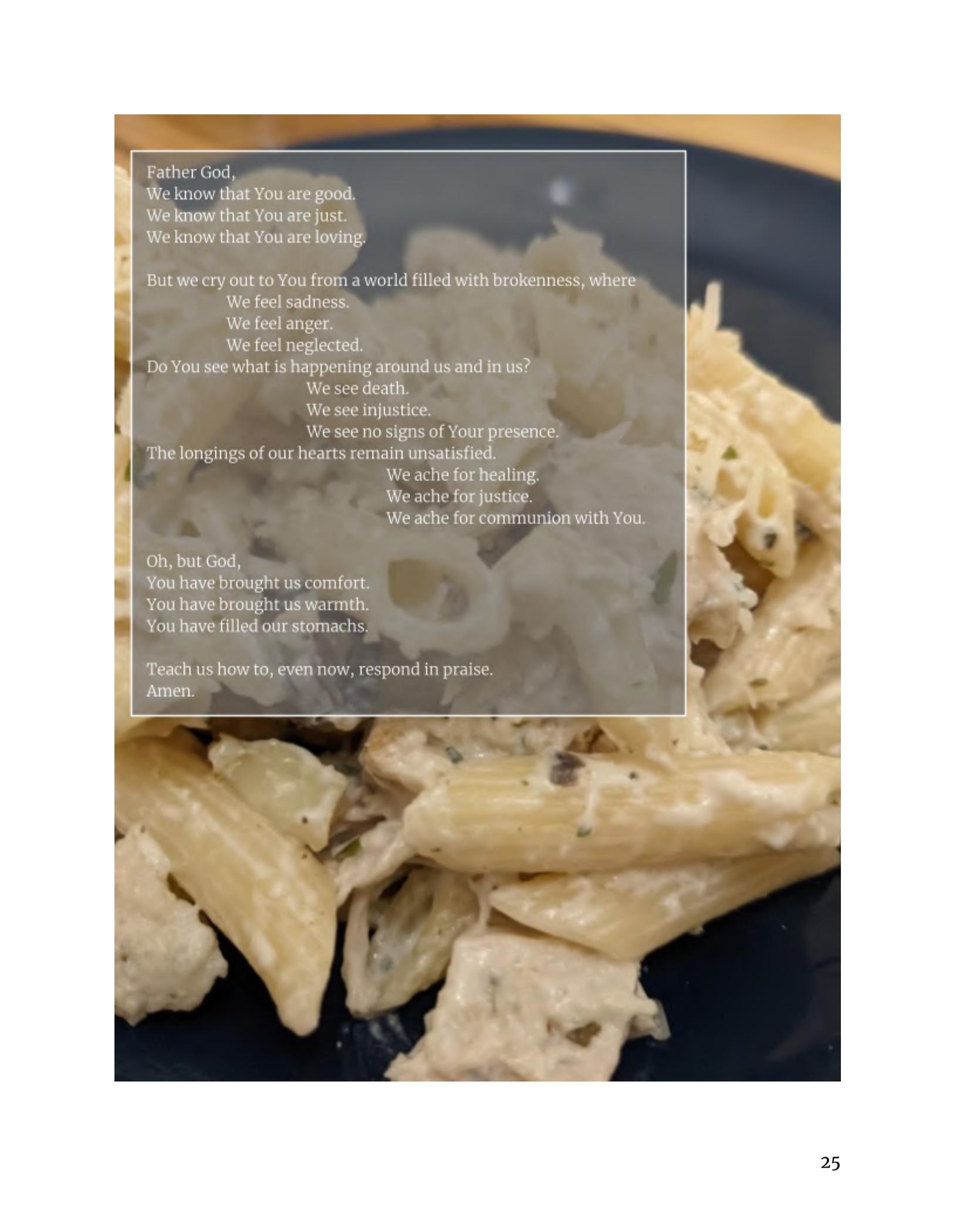
Meanwhile, cook penne in salted boiling water until al dente, drain leaving a small amount of cooking liquid in the pan.

Adding extra oil if needed, cook onion in a skillet. Add other vegetables and stir over moderate heat, don't overcook. Add thyme, salt and pepper.

Return chicken to skillet. Add pasta with 1/4 c cooking water, 3/4 pkg boursin and as much cream/milk as needed to coat chicken and vegetables in creamy sauce.

--

Serve hot with candles and a green salad.



Father God,  
We know that You are good.  
We know that You are just.  
We know that You are loving.

But we cry out to You from a world filled with brokenness, where  
We feel sadness.  
We feel anger.  
We feel neglected.

Do You see what is happening around us and in us?  
We see death.  
We see injustice.  
We see no signs of Your presence.

The longings of our hearts remain unsatisfied.  
We ache for healing.  
We ache for justice.  
We ache for communion with You.

Oh, but God,  
You have brought us comfort.  
You have brought us warmth.  
You have filled our stomachs.

Teach us how to, even now, respond in praise.  
Amen.

# African Yam Soup

Yield: 6 servings

Prep time: 1.5 hours

Total time: 2 hours

## Ingredients:

- 4 medium african yams
- 1 large onion- chopped
- 1 bell pepper –chopped
- 4 large garlic cloves- minced
- 3 ripe tomatoes - chopped (or 1/2 can diced tomatoes)
- 5 tbsp. minced ginger
- 1 small tin pineapple (or mango)
- 8 cups vegetable or chicken broth

For seasoning:

- 1/8 - 1/4 tsp cayenne (if desired)
- 1 Tbsp paprika
- 5-8 Tbsp smooth peanut butter (or almond)
- 2 Tbsp salt or less
- 1 Tbsp cumin
- 2 Tbsp ground coriander
- 2 limes or 1 Tbsp lime juice (or to taste)

## Directions:

Peel and cut yams- do NOT wash first. Peel carefully with a knife, and then cut into small pieces, placing them in cold water immediately so they do not turn brown.

In a large pot, saute onion in oil till soft; add pepper and garlic at end.

Add potato chunks, tomato, fruit, and ginger.

Add 6 cups of broth and cook until potatoes are soft.

Season with seasoning then puree with blender. Return to the pot and stir in the final 2 cups of broth.

Simmer to meld flavours and finish with lime juice.

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Serve with bread. Freezes well.



In Revelation 7, there is an image of a large crowd, with members from “every nation, tribe, people and language” (Revelation 7:9), dressed in white robes and standing before the throne of the Lamb. Here, we see that when Jesus comes to restore creation, diversity is not ignored or abolished, but embraced. In fact, I believe that when all of the global Church comes together as the body of Christ, we become a better representation of what God meant for humanity to be. In order to be united as the Church, each of us need to humble ourselves and allow other cultures to teach us. One way that we can do this is by sitting down and enjoying a bowl of food, that although unfamiliar to us, is a glimpse into the everyday lives of many of our brothers and sisters.

# Pinto Tortilla Soup

Yield: 6 servings

Prep time: 15 minutes

Total time: 1.25 hours

## Ingredients:

- 1 Tbsp butter or hard margarine
- 1/2 cup chopped onion
- 1 tsp minced garlic
- 3 cups water
- 3 cups salsa (mild or medium)
- 28 oz pinto (or romano) beans with liquid
- 1/2 chopped red pepper
- 1 bay leaf
- 2 Tbsp vegetable stock mix
- 1/4 tsp pepper
- 1 bag tortilla chips (on the side/topping)
- 1 cup grated cheddar (on the side/topping)
- 1 container sour cream (on the side/topping)

## Directions:

Melt butter in a soup pan.

Add onion and garlic. Saute until soft.

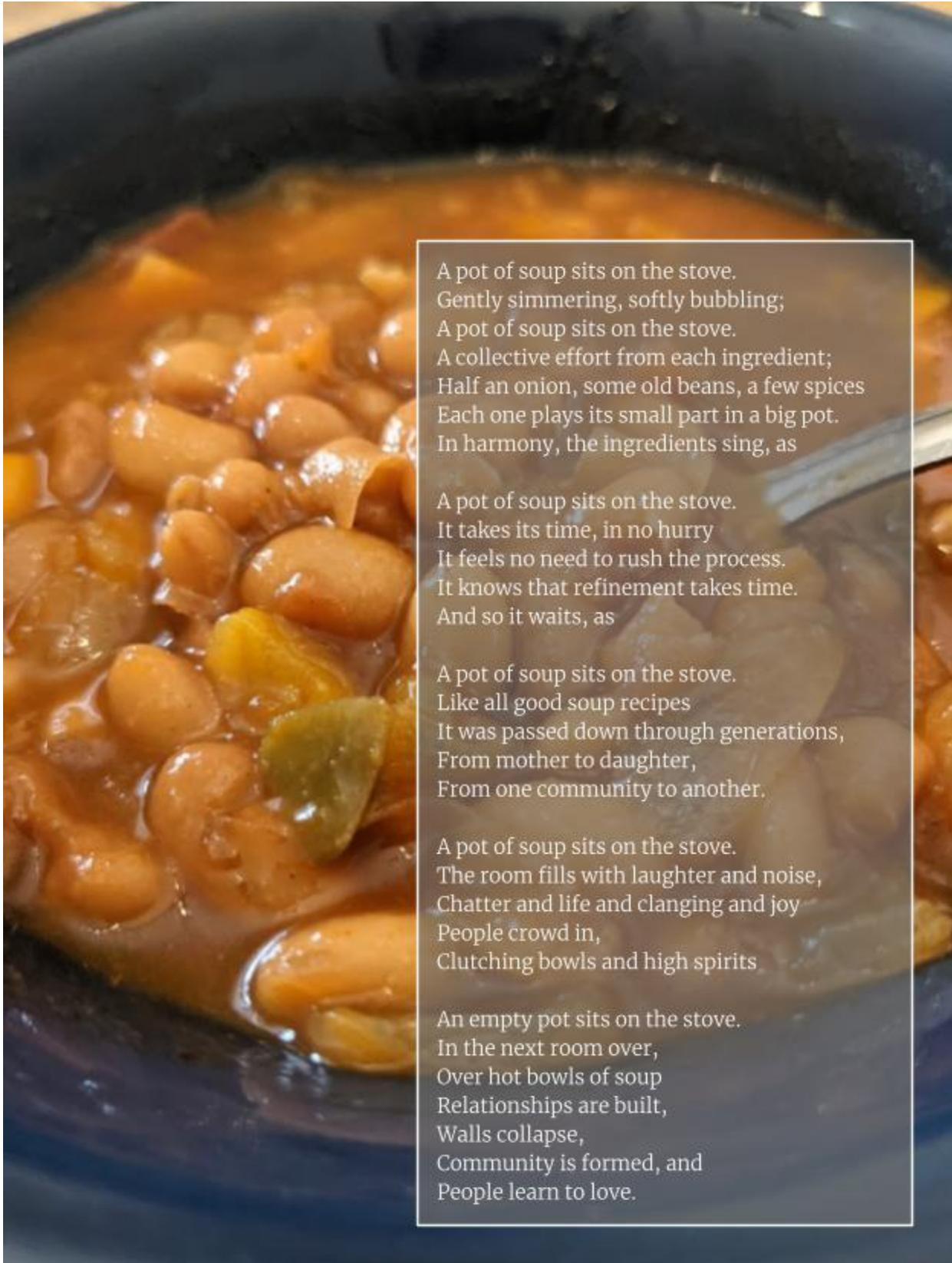
Add the next 7 ingredients.

Simmer, covered, for one hour (or, if using a slow cooker, cook on High for 3-4 hours instead).

Discard bay leaf.

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Serve with tortilla chips, grated cheese, and optionally sour cream.



A pot of soup sits on the stove.  
Gently simmering, softly bubbling;  
A pot of soup sits on the stove.  
A collective effort from each ingredient;  
Half an onion, some old beans, a few spices  
Each one plays its small part in a big pot.  
In harmony, the ingredients sing, as

A pot of soup sits on the stove.  
It takes its time, in no hurry  
It feels no need to rush the process.  
It knows that refinement takes time.  
And so it waits, as

A pot of soup sits on the stove.  
Like all good soup recipes  
It was passed down through generations,  
From mother to daughter,  
From one community to another.

A pot of soup sits on the stove.  
The room fills with laughter and noise,  
Chatter and life and clanging and joy  
People crowd in,  
Clutching bowls and high spirits

An empty pot sits on the stove.  
In the next room over,  
Over hot bowls of soup  
Relationships are built,  
Walls collapse,  
Community is formed, and  
People learn to love.

# Dad's Old-Fashioned Beef Stew

Yield: 6 servings

Prep time: 30 minutes (can be prepared the night before)

Total time: 5-10 hours

## Ingredients:

- 1/4 cup all-purpose flour
- 1 tsp salt
- 1/2 tsp black pepper
- 2 lbs stewing beef
- 2 Tbsp vegetable oil
- 4 carrots
- 4 medium potatoes
- 2 stalks celery, chopped
- 1 large onion, diced
- 1 can diced tomatoes (796 ml/28 oz)
- 1 cup beef stock
- 1 bay leaf
- 1 Tbsp Worcestershire sauce
- 1/4 cup fresh parsley, chopped (or 2 tbsp dry)
- 1 cup frozen peas

## Directions:

Peel and cube potatoes, and place at the bottom of the crock pot. Add carrots, peeled and sliced, then celery and onion.

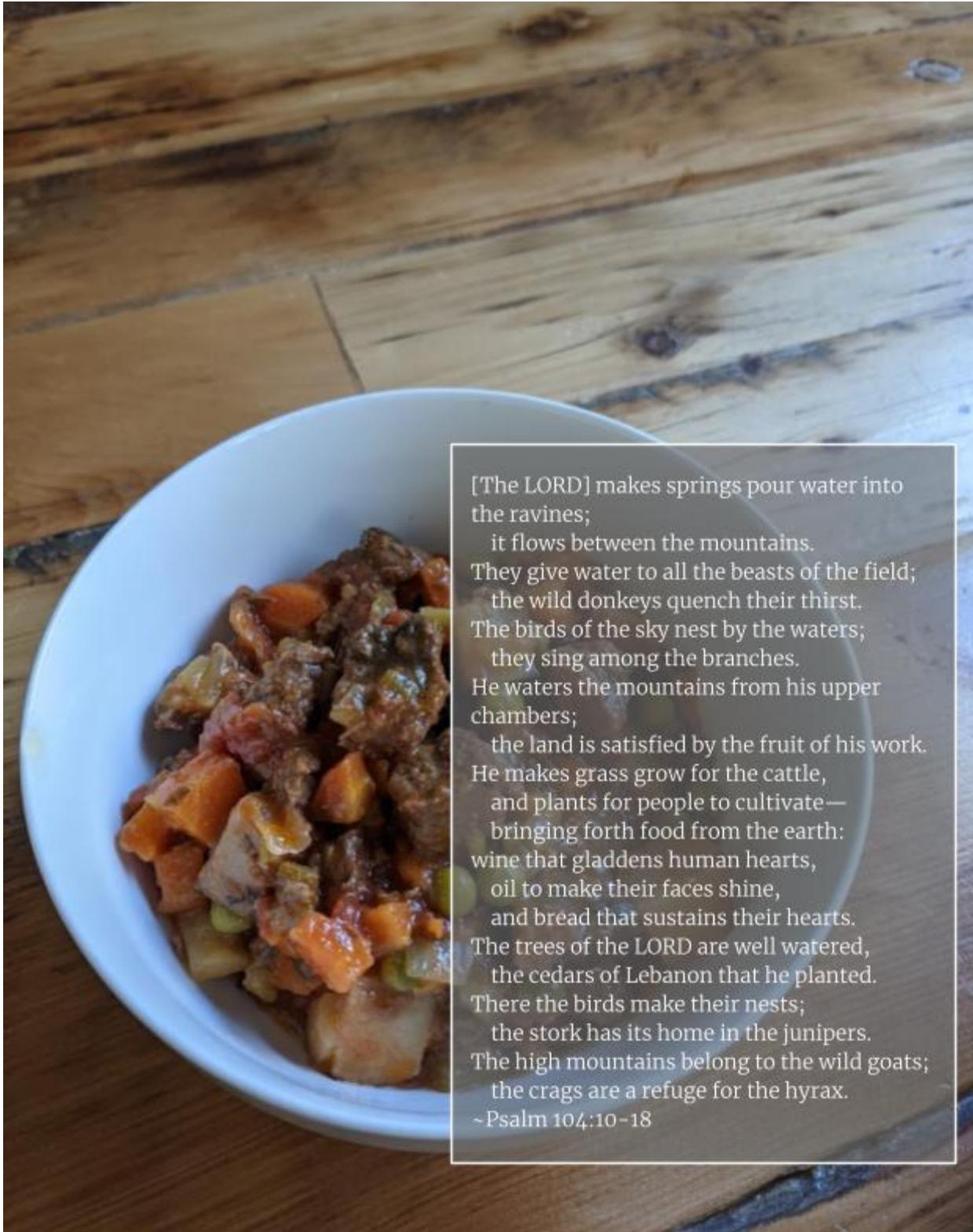
Combine flour, salt and pepper, in a large bowl. Add beef pieces and stir until coated. Heat half the oil in a frying pan, over medium-low heat. Using tongs, brown beef on all sides, adding remainder of oil as needed. When done, transfer beef to slow-cooker.

Add beef stock to the frying pan and stir to scrape up the brown bits, then add to the slow cooker. Also add to the slow cooker diced tomatoes, bay leaf, Worcestershire sauce and parsley. Cover and cook on Low for 8-10 hours, or High for 4-6 hours.

Stir-in frozen peas. Cover and cook on High for another 20 minutes. Season with salt and pepper.

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Serve with salad and thick slices of homemade bread.



[The LORD] makes springs pour water into the ravines;  
it flows between the mountains.  
They give water to all the beasts of the field;  
the wild donkeys quench their thirst.  
The birds of the sky nest by the waters;  
they sing among the branches.  
He waters the mountains from his upper chambers;  
the land is satisfied by the fruit of his work.  
He makes grass grow for the cattle,  
and plants for people to cultivate—  
bringing forth food from the earth:  
wine that gladdens human hearts,  
oil to make their faces shine,  
and bread that sustains their hearts.  
The trees of the LORD are well watered,  
the cedars of Lebanon that he planted.  
There the birds make their nests;  
the stork has its home in the junipers.  
The high mountains belong to the wild goats;  
the crags are a refuge for the hyrax.  
~Psalm 104:10-18

# Moroccan Stew

Yield: 5 servings

Prep time: 1 hour

Total time: 1.5 hours

## Ingredients:

- ❑ 2 Tbsp + 2 tsp oil
- ❑ 2 onions
- ❑ 1 garlic clove
- ❑ 1/2 tsp ground cumin
- ❑ 1/2 tsp turmeric
- ❑ 1/4 tsp cinnamon
- ❑ 1/4-1/2 tsp cayenne
- ❑ 1/4 tsp paprika
- ❑ 1 carrot, sliced
- ❑ 1/2 butternut or crookneck squash
- ❑ 1 eggplant
- ❑ 1/2 green pepper
- ❑ 2 zucchinis
- ❑ 1 large tomatoes
- ❑ 3/4 cups cooked beans, liquid reserved
- ❑ pinch of saffron (optional)
- ❑ 1/3-1/4 cup dried currants or raisins

## Directions:

Coarsely chop the onions and mince the garlic. Slice the carrots, cube the squash and eggplant, and slice the green pepper and zucchini. Dice the tomatoes.

Heat the oil in a large pot over medium heat. Add the onions and cook for 2-3 minutes. Mix in the garlic and spices and cook until fragrant.

Add the vegetables one at a time, starting with the carrots, then following the order listed. After adding each vegetable, cook until its colour deepens, then add the next. Add the beans, saffron and currants or raisins. If the stew is dry (no liquid at the bottom), add water.

Cover the stew and simmer on low heat until all the vegetables are tender, or place in the oven for an hour or two on low heat until the vegetables caramelize slightly.

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Serve hot with bread.



Christians are called to live, not just on the land, but in it. In Genesis, we read that in the beginning, there was formlessness and emptiness. God changed that by forming land, and by filling the empty land with humans and other living creatures. Living in the land involves taking the gifts that it offers us and creating something new out of them. Carrots pulled out of the soil, peppers picked off of stems of plants, and cinnamon collected from the trunks of trees, are all gifts from the land. We can care for the land by taking these raw foods and creating something that we enjoy, that nourishes our bodies and fills our souls.

# Chocolate Marble Brownies

Yield: 12 Squares

Prep time: 30 minutes

Total time: 1.25 hours

## Ingredients:

- 2/3 cup all purpose flour
- 1 tsp baking powder
- 1/4 tsp salt
- 1/2 cup melted butter
- 1/2 cup cocoa powder
- 1 cup sugar
- 2 eggs
- 3/4 tsp vanilla

## Cream cheese filling:

- 250 g softened cream cheese
- 1 egg
- 1/3 cup sugar
- 1/2 tsp vanilla

## Directions:

Preheat the oven to 350°F.

In a medium bowl, sift together the flour, baking powder and salt, then set aside.

To a large bowl, add the melted butter and stir in the cocoa powder. Mix in the eggs and sugar, then add the vanilla.

Pour the dry ingredients into the wet ingredients and mix together until it forms batter.

In a separate bowl, beat the cream cheese, then beat in sugar, egg and vanilla until smooth to make the cream cheese filling.

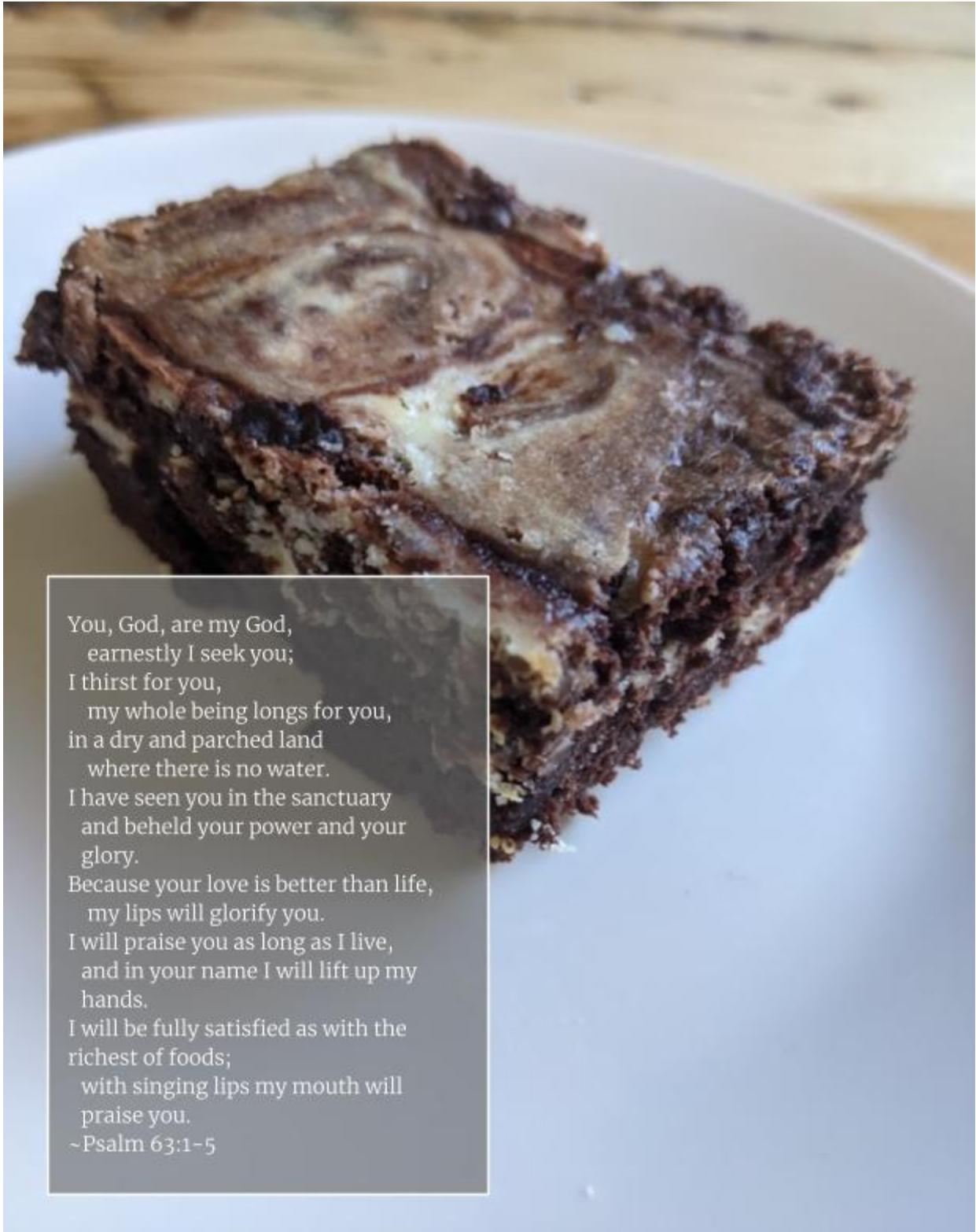
Pour and spread half the batter into a 9x9 pan. Carefully spread cream cheese filling on top of batter, then spoon in remaining chocolate batter over cream cheese filling.

Pull a knife through the batter to create a marble effect and even out the batter in the pan.

Bake for 40-45 mins or until a toothpick comes out clean. Let cool before cutting.

--

Serve: cut into slices and serve with coffee or tea.



You, God, are my God,  
earnestly I seek you;  
I thirst for you,  
my whole being longs for you,  
in a dry and parched land  
where there is no water.  
I have seen you in the sanctuary  
and beheld your power and your  
glory.  
Because your love is better than life,  
my lips will glorify you.  
I will praise you as long as I live,  
and in your name I will lift up my  
hands.  
I will be fully satisfied as with the  
richest of foods;  
with singing lips my mouth will  
praise you.  
-Psalm 63:1-5

# Butter Tarts

Yield: 16 tarts

Prep time: 30 minutes

Total time: 70-75 minutes

## Ingredients:

### Tart Shells

- 2/3 cup butter
- 3 cups flour
- 3 tbsp white sugar
- 1 tsp salt
- 2 eggs
- 4 tsp water

### Filling

- 1/3 cup melted butter
- 3/4 cup maple syrup
- 1/3 cup brown sugar
- 1/2 tsp vanilla extract
- 2 eggs

## Directions:

To make the pastry, cube the butter and place in the refrigerator. Mix together the flour, sugar and salt in a large bowl. Add the chilled butter and use your hands to mix it with the flour mixture until it has the texture of sand.

Whisk the egg and the water together in a small bowl.

Add the beaten egg to the dough. Mix with the wooden spoon or your hands until well mixed.

Form the dough into a disk. Wrap it in plastic wrap and leave it in the refrigerator for at least 1 hour.

Preheat the oven to 375°F and spray the muffin tin with nonstick cooking spray.

Take the dough out of the refrigerator. Roll it out until it is 1/2 a centimeter thick with the rolling pin. Cut circles (approximately 3" diameter) out of the dough with a cookie cutter.

Press the circles of dough into the muffin tin. Bake the shells in the oven for 5 minutes.

For the filling, whisk together the melted butter, maple syrup, brown sugar and vanilla extract in a medium bowl. Add the egg to the mixture and whisk until blended.

Spoon the filling into the tart shells so that the shells are full but not overflowing, then put the tarts back in the oven for 8 more minutes.

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Serve cold or warm with coffee or tea.



Oh, taste and see that the LORD is good,  
Gather around the table to praise Him.  
The LORD has filled our lives with riches,  
He has poured out His abundant love on us.  
May the joy that it brings be seen in us,  
As we celebrate His faithfulness through:  
Another year,  
Another season,  
A new start,  
A journey completed.  
Perhaps we celebrate because of the joy  
spilling out of us,  
Without having more logical reason.  
Oh, praise the LORD,  
For He has been so good,  
And will continue to be to eternity.

# Bannock

Yield: 12 bannocks

Prep time: 30 minutes

Total time: 30 minutes

## Ingredients:

Bannock:

- 3 cups flour
- 3 Tbsp baking powder
- 1/2 cup sugar
- 1 tsp salt
- 1 1/2 cup water
- Vegetable oil for frying

Berry compote:

- 2 cups berries
- 1/2 cup maple syrup
- 1/2 lemon
- 1 pinch salt

## Directions:

Pour oil into a pan, enough so that it covers the bottom. Heat it on the stove, until the oil reaches 350°F.

In a bowl, mix together the flour, sugar, baking powder, and salt.

Add water slowly (you may need more or less than 1 1/2 cup) and mix until all the flour is incorporated in the dough. Overmixing will lead to a tough dough.

Divide the dough into 12 equal balls. Flatten each ball of dough before dropping it into the oil. Fry it in the oil, flipping it once, until golden brown on the outside and cooked in the middle.

For the berry compote, heat the berries in a saucepan over medium heat until soft.

Juice and zest the lemon, and add it, along with the maple syrup and salt, to the saucepan. Cook for 3-5 minutes.

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Drizzle the compote over the bannock and serve warm.



LORD,

I thank You for this bannock,

For all the ingredients in it,

For all the places where they were processed,

For all the places they were grown,

For the sun and the rain,

For all the people involved in getting these ingredients to me.

Thank You for the flour, for the wheat that it came from,

and for all the ways it can be used to make breads and treats.

Thank You for the baking powder, for the chemical process that created it,

and for the way it makes baking easier.

Thank You for the sugar, for the sugarcane that it came from,

and for the way it sweetens foods and brings joy to people's lives.

Thank You for the salt, for the land where it was mined,

and for the way it flavours and preserves food.

Thank You for the water, for the bodies of water that it came from,

and for the way it helps our bodies to work.

Thank You for the vegetable oil, from the seeds from which it was extracted,

and for the way it helps us cook food with less waste.

Thank You for berries, for the plants from which they grew,

and for the way they add flavour and nutrients to our lives.

Thank You for the maple syrup, the trees from which it was tapped,

and for the way that it directs us to the beautiful trees You've given us.

Thank You for the lemon, the tree from which it was plucked,

and for the way it provides acidity to balance out sweetness.

LORD Jesus, You are so good to us. Bless this food to our bodies.

In Your name,

Amen.

# Double Chocolate Cookies in a Jar

Yield: 12 cookies

Prep time: 30 minutes

Total time: 30 minutes

## Ingredients:

In 24 oz jar:

- 1 cup flour
- 1/4 tsp salt
- 1/2 tsp baking soda
- 3/8 cup cocoa powder
- 1 cup chocolate chips
- 1 cup sugar

Wet ingredients:

- 1 egg
- 1/2 cup and 1 tablespoon of softened butter
- 1 tablespoon of vanilla extract

## Directions:

Combine jar ingredients in order listed.

Preheat the oven to 350°F.

Whip butter in a large bowl. Add vanilla, 1 egg, and jar mixture to butter, mix together.

Grease pan and roll out cookies. Bake for 10 minutes or until fully cooked.

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Serve either hot and fresh, or make jars of dry ingredients and give as gifts (make sure to include instructions for the wet ingredients and baking).



Many people strive to live a fully private life. We put curtains on the windows, we look down at our phones, we don't linger where people can see us. In the city, we try hard to forget that we're surrounded by people- in the country, it's even easier. But as we walk or drive down the streets of our neighbourhoods, we'll likely see other people. Maybe they're gardening, starting their car, or mowing their lawn. Oftentimes, we pass by these people, too focused on our own lives to notice the way their eyes light up as they carefully tend the soil. Too distracted to see the tears in their eyes as they start their car. Too busy to see the loneliness they try to hide by working hard to have a perfect lawn. We don't see. We don't listen. We don't know their stories.

What if instead we paid attention? What if we looked and really saw- saw the joy, the tears, the loneliness- actually saw people and their lives and their stories? What if we listened to them, really listened? How much could we learn? What if we practiced loving them the way Jesus loves us? Maybe it starts with something simple: smiling when we see people on the street, offering to help our neighbours shovel their driveway, or making and handing out cookies in a jar to those around us.

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All Bible references are taken from the NIV translation.



ACT FIVE

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