

JUNIOR CHEF

LEARNING OUTCOMES

Having completed this badge, members will be able to:

- design and prepare small meals and snacks;
- demonstrate artistic presentation of prepared meals and snacks.

BADGE REQUIREMENTS

1. Create a breakfast menu that will have an artistic flair.
2. Prepare and enjoy the planned artistic breakfast.
3. Using various vegetables and fruits make artistic meal accompaniments, snacks and drinks.
4. Prepare artistic displays of different breads using various fillings and toppings.
5. Cook slices and cakes suitable for morning tea/afternoon tea/supper and serve in an appealing manner.

Be aware of food allergies of members.

Refer to medical details of 'Application for membership – Individual record card' filled in by parents/carers.

Leaders may wish to conclude this badge by having a special Breakfast meeting or Supper Parade. A party theme could be incorporated with Devotion 2 and elements of other badge work such as Look Smart, Be smart could be included. It is implied that members will be involved in each step of preparation and also in the clean up.

ADVENTURERS
SUNBEAMS

junior
chef



CATEGORY

Have a go

TIME FRAME

Four weeks

AIM

To teach artistic concepts of simple food preparation and presentation.





Teaching ideas



1. Create a breakfast menu that will have an artistic flair.

Breakfast should be the largest meal of the day for good health, giving the body lots of energy to burn.

Breakfast can be made more exciting by being innovative with everyday foods. The way things are cut and placed on a plate, garnished, and the different combinations of foods make them attractive and more interesting (and hopefully delicious) to eat.

Ask members to create a basic menu for a large breakfast which should include:

- juice;
- cereal, fruit and/or yoghurt;
- bread, bagel and/or croissant;
- spreads;
- cooked food;
- hot or cold beverage.

When a menu has been decided on members should then consider the most attractive and artistic way it may be presented at table.

It may be a good idea to write out the recipes so that members can see the ingredients that need to be purchased and that there are methods in food preparation. You may like to use **Handout 1** and **Handout 2** to create menus and recipe cards. Recipe cards can be laminated so they do not spoil when being used in the kitchen.

If the table is set neatly and attractively, the person coming to eat will immediately expect to eat something equally exciting.

The following suggestions are to assist leaders and members in giving the idea of what innovative or artistic might mean in food presentation. They are by no means the only ideas available – so have fun looking through recipe books for simple, yet attractive foods. Children's cookbooks have some really amazing ideas. One thing to remember – fresh is best!

Juice

Fresh orange juice

Cut an orange in half and press each half onto the grooved juicer. The number of oranges required depends on the amount of juice each orange contains.

Presentation: serve the orange juice in a small to medium sized glass, with a half slice of orange placed on the rim of the glass.

Other fruits that can give tasty juices when blended are watermelon and mango.



Teaching ideas



Cereal, fruit and/or yoghurt

Most commercially produced cereals are acceptable as long as the sugar content is not too high, but muesli, porridge and bircher muesli could also be made.

Home made muesli

Ingredients

2 ½ cups rolled oats	½ cup plain flour
½ cup instant full cream milk powder	½ cup chopped nuts
½ cup sesame seeds	½ cup sunflower seeds
½ cup wheat germ	½ cup desiccated coconut
½ cup honey	½ cup oil
½ teaspoon vanilla essence	

Method

Combine and toss all dry ingredients together:

Place the honey, oil and vanilla essence in a saucepan and stir over heat until mixture is hot. Add to dry mixture and mix well.

Bake in a slow oven for one hour – stirring and crumbling every 15 minutes.

Optional - add when mixture is cool

1 cup sultanas	½ cup chopped dried apricots
½ cup chopped dried apples	

Store in an airtight container.

Cereals can be accompanied by fresh fruits such as strawberries, blueberries, bananas and peach slices.

Fruits such as watermelon, rockmelon and papaya (paw-paw) can be served by cutting into wedges and adding a little sugar or garnished with wedges of fresh lime. With mango – cut the thick sides away from the seed, make a grid pattern in the flesh with a sharp knife, and push the skin upwards forcing the fleshy fruit to splay attractively.



A fruit plate looks scrumptious when focussing on the colours of the fruit. Thinly slice watermelon (red), rockmelon (orange), sugar melon (pale green), pineapple (yellow) and a small sprig of grapes (either purple or green). You could be adventurous when making a fruit salad and use a watermelon or rockmelon as a bowl. These can be cut into interesting shapes.





Teaching ideas

Yoghurt can be purchased plain or with added fruit. Tasteful ways to serve yoghurt include:

- plain – add a swirl of honey;
- plain – garnish with strawberries or peach slices;
- plain or fruit – top with a handful of muesli and/or garnish with fruits.



Bread, bagel and/or croissant

Serve in an attractive basket lined with a large cloth napkin which can be folded over the contents to keep warm.



Breads can be toasted and eaten with a variety of spreads. To make toast more exciting cut into different shapes, e.g. triangles, squares, jigsaw pattern. Toast may be used as a base in some cooked recipes.

Bagels can be plain or toasted and are very tasty served with cream cheese.

Croissants need to be hot as they are very buttery. Use a variety of fillings including jams, cream cheese or butter. If serving with ham and cheese, slit the croissant and add the filling before heating in the oven or grill toaster. A croissant may be used as a 'cooked' item for a breakfast menu.

Brushchetti is also a tasty treat for breakfast. Thinly dice tomato and onion, chop a sprig of bay leaves, mix with a little olive oil and place on a piece of lightly toasted sourdough or french stick that has been 'buttered' with olive oil.

Spreads

Spreads can be served on small flat dishes which look more attractive in the table setting rather than having bottles/cartons on the table.

Butter or margarine can be cut in varying shapes or curled using a special kitchen tool.

Jams and other spreads can be spooned out in small quantities into the small dish or bowl.

Cooked food ideas

Sun pancake



Use either a basic pancake recipe or the commercial 'Shake-a bottle'.

Wash, trim and halve strawberries. Wash a punnet of blueberries.

Teaching ideas

Make one pancake for each person (as round as possible). Place in the centre of a large dinner plate.

Place strawberry halves around the edge of the pancake. Add some blueberries for eyes and a mouth. Serve immediately while pancake is still warm.

Try other pancake flavours and combine fruit to serve in an attractive manner.

Vegemite beans

Ingredients

2 slices of toast

Small quantity of butter

Small quantity of vegemite

A serving of warm baked beans

Method

Butter and lightly smear vegemite on the toast. Cut each toast slice into two triangles. Place these on a large dinner plate forming a square in the centre. Serve the beans in the middle of the toast.



The BIG breakfast

Ingredients

Scrambled, fried, or poached egg

2 strips of bacon

1 chipolata sausage

2 triangle-shaped hash browns

Spoonful baked beans

Optional

Tomatoes, mushrooms, cheese, parsley

Method

Cook each item. This is best served on an oval plate, but a large circular plate will do. Tastefully arrange each item on the plate with the spoonful of baked beans being served in a small sauce dish (which is on the plate also). Sprinkle cheese on tomatoes and garnish with parsley.



Other cooked breakfast ideas include French Toast, Toad in the Hole, Welsh Rarebit, Eggs Benedict.

Beverages

Cup of tea

Coffee – not recommended for young children

Glass of milk

Cup of Milo



2. Prepare and enjoy the planned artistic breakfast.

Note to leaders: This requirement could be done over two weeks with one half of your group cooking and serving the other half. While waiting to be served, the non-cooking half of the group could be working on menu or recipe cards, grace cards, table settings and napkin folding.

Note: Before handling any food – always wash hands and/or wear disposable gloves.



TEACHING
IDEAS



Teaching ideas

Table setting (according to the menu chosen)

Placemats or table cloth
 Serviettes/Napkins
 Pepper and salt
 Sugar bowl
 Milk jug
 Small servings of spreads
 Appropriate cutlery
 Appropriate crockery
 Glasses
 Table decoration – e.g. an individual flower in a small vase



Ask members to prepare each item of the chosen menu from **Badge Requirement 1**. Check the presentation of the foods and garnish where applicable.

Time the cooked section so that it is ready to serve within five minutes of finishing the cereal/fruit/yoghurt course of the meal.

Enjoy and don't forget to thank God for his goodness of the things he provides for us! You may like to teach a Grace from **Leaders Resource 1**.



3. Using various vegetables and fruits make artistic meal accompaniments, snacks and drinks.

Vegetables and fruits can be used as garnishes to decorate or add colour to a plate and as containers to hold sauces/dressings.

The ideas suggested in this section are not exhaustive but attempt to give assistance to those who have limited time and resources.

Cucumbers

Apple cucumber



Method

Cut a zigzag pattern around the middle, separate the two sections and scoop out the seeded centre. Fill with tartare sauce when serving fish, ranch dressing or sour cream and chives for potato wedges. Lebanese cucumbers may be used for smaller portions.

Striped cucumber

Method

Wash and cut ends of a cucumber. Draw vertical lines down the skin of the cucumber using a fork. Slice the cucumber into rounds.

Ornamental salad

Method

Finely slice fresh onion, red capsicum, cucumber and tomato. Serve with a light dressing such as French or Italian salad dressing. Place in small dish or a vegetable container as a side accompaniment.

Lettuce or cabbage leaf cups

Method

The tight inner leaves of lettuce and cabbage are ideal to hold small quantities of coleslaw or ornamental salad as an accompaniment to any meal. Lettuce leaves are also ideal for some finger foods such as spring rolls or chopped chicken with salad.

Teaching ideas



TEACHING
IDEAS

Tomatoes

Tomato roses – require firm, ripe tomatoes.

Method

Peel the tomato skin in a snake fashion (similar to peeling an apple), starting at the bottom of the tomato being very careful not to break the skin as it coils off.



Lay the base section in the palm of your hand and twist or wind the skin within itself, i.e. from the outside to the centre. The end of the skin is in the centre forming the 'rose'.

Use the skinned tomato in another tomato based dish such as bolognaise sauce.

Grilled tomato – adds colour to a plate.

Method

Cut firm tomato in half.

Place the seeded side face down on the griller tray.

Cook for a few minutes (do not allow to burn).

Turn the tomato halves over and sprinkle the tops with grated cheese and oregano.

Cook until cheese has melted.

Celery

Celery sprouts

Method

Cut the leafy top off the celery stalk and wash thoroughly.



Place the stalk on a cutting board and cut into approximately five centimetre lengths. (Avoid moving the stalk after you cut as you need to know which end of each section was nearest to the end of the stalk, i.e. the 'top'.)

Make three centimetre slits in each section from the 'top' end.

Place the cut segments into a container of water and place in the fridge. (If you want this to work quickly use iced water.)

The slit sections of the celery will begin to curl.

Celery logs

Method

Cut and wash celery stalks. Cut each stalk into segments. Fill the celery cavity with cream cheese or peanut butter. To make 'ants on a log' add currants, raisins or sultanas along the filling.



Whole potatoes

Decorative potatoes in foil

Method

Wash, prick and wrap whole potatoes in foil.

Bake in a hot oven for one hour.



Teaching ideas

Being careful as potato will be hot, slit a cross pattern in the potato through the foil.

Peel the foil open a little and add a little butter, shredded cheese and a dollop of sour cream. Top with chives, parsley sprig or mint leaf.

Baked potatoes

Method

Wash and prick whole potatoes.

Bake in a hot oven for one hour.

Test with a skewer to see that the centre is soft.

Cut the potato in half and draw a grid pattern in the potato flesh.

Add some butter, grated cheese and sour cream together with any topping, e.g. finely diced salad such as tomato, cucumber, beetroot, or diced ham, or bolognaise sauce.

Vegetable dips with crusty bread

Corn relish dip



Method

Add corn relish to either sour cream or softened cream cheese and serve with bread pieces, crackers, carrot or celery sticks.

Spinach dip

Ingredients

1 packet of frozen chopped spinach

1 packet of spring vegetable soup

300 ml carton sour cream

1 crusty cob (round) loaf

Thaw the frozen spinach and squeeze out any excess fluid.

Add dry soup mix and sour cream and mix well.

Cut a 'lid' in the crusty bread and scoop out the soft bread from inside. Arrange the empty loaf on a serving platter with the bread pieces around it.

Place the spinach mixture inside the empty loaf.

Use the bread pieces to dip into the mixture to enjoy.

The loaf can be torn apart and eaten as the dip diminishes.



Oranges

Savoury snack holder

Method

Use an orange as a toothpick holder for savoury snacks such as cheese cubes, cabanossi, cocktail onions, and so on.

Teaching ideas

Christingle

An orange can be used as a table decoration at Christmas time.

Method

Pin a piece of red ribbon around the middle of the orange, cut a small cross into the top of the orange and place a small candle in it. Place sweets, raisins, jubes onto four tooth picks and stick into orange. The orange represents the world; the candle reminds us that Jesus is the light of the world; the ribbon is His blood; the four tooth pick represent the four seasons and the sweets remind us of God's provisions for us.



Party boats

Method

Cut oranges into wedges.

Make small paper sails and thread onto toothpicks.

Poke the toothpicks into the flesh of the orange wedges.

These can be eaten fresh or frozen to make a cooling snack on a summer's day.

Fruit rocket

Method

Cut various coloured fruits such as banana, oranges, pineapple, rockmelon, sugar melon, watermelon, red and green apples into cubes and slide onto a wooden skewer. To make the rocket cut the last piece of fruit to be put on the skewer in a triangle shape.

Bananas

Banana split

Method

Peel and slice a banana lengthways. Top with two or three scoops of ice cream and drizzle chocolate topping over the top. Add a strawberry or glacé cherry for garnish.



Milkshake

Method

Place chopped banana, a scoop of ice-cream and milk into a blender and blend until frothy and banana is distributed throughout. Serve in a tall milkshake glass.

Optional – Add a couple of strawberries before blending to add flavour. Substitute yoghurt for ice cream.

Fruit Punch

Ingredients

500 ml fruit juice

1.5 litre lemonade

150 ml dry ginger ale

Method

Mix thoroughly.

Optional additions – crushed pineapple, small amount of finely chopped mint leaves.





Teaching ideas

Peach ginger float

This drink does not have real fruit in it but uses peach flavouring.

Tall glass

Ingredients

Vanilla ice cream

Peach flavouring

Can of dry ginger ale

Fancy drinking straw and long-handled spoon

Method

Place a good scoop of ice cream in a tall glass with peach flavouring trickled over the ice cream.

Add only small amounts of dry ginger ale to the glass at a time.

Beware: This drink froths up like a 'Coke float' or 'Lemonade spider'.

Serve with a fancy or curly top drinking straw and a parfait (long-handled) spoon.

Ice cream witches

Serves 6

Ingredients

$\frac{1}{4}$ cup shredded coconut

Green and blue food colouring

6 pieces canned apricot halves (dried apricots might do)

2 red liquorice sticks

Vanilla ice cream

Chocolate chips

6 candy corns or jelly beans

6 ice cream or waffle cones

Either 6 patty papers, 6 small foil plates or 6 small dishes

Method

Colour half the shredded coconut green and the other half blue.

Cut apricots in half and liquorice sticks into lengths of approximately four centimetres.

Place a good round scoop of ice cream into each of the patty papers/foil plates/small dishes.

Decorate

2 apricot pieces for ears

2 chocolate chips for eyes

1 piece of red liquorice for mouth

Coloured shredded coconut for hair

1 candy corn or jelly bean for nose

1 ice cream or waffle cone for hat

Keep frozen until ready to be served.



4. Prepare artistic displays of different breads using various fillings and toppings.

Bread is fascinating as it embodies so many different types around the world. As Australia becomes more and more multicultural the term 'bread' now means more than the trusty rectangular loaf. Breads from Europe, the Middle East and Asia give us a lot more scope to be artistic with our food.

The suggestions given here use only the basic sliced bread, bread roll, hamburger bun and hot dog roll. The fillings are only suggestions and may be replaced by whatever is affordable and enjoyed by those who will eat the end result.

Teaching ideas

Happy burger

Ingredients

1 hamburger bun
Meat patty
Slice of cheese
Lettuce leaf
Tomato slices
Cooked onion slices
Tomato sauce (or own choice)
Snow pea sprouts to garnish
Small wooden skewer

Optional – Whole fried egg, beetroot, potato crisps



Cut the hamburger bun in half.

Toast the two halves of the hamburger bun.

Lay the bun open on a dinner plate.

Cook the meat patty and any other food requiring cooking, e.g. egg or onion.

Add the desired fillings on one side of the bun only.

Secure these to the bun by pushing the skewer into the centre of the fillings.

Draw a 'smiley face' on the other half of the bun with tomato sauce (or own choice).

Garnish with snow pea sprouts beside the bun.

Optional – serve with potato crisps.

Hobgoblin burgers

Hamburger bun (cut into two)

Ingredients

2 slices cheese	4 thin meat patties
4 dried apricots	4 raisins
1 red radish	4 strips of capsicum
1 small gherkin	

Method

Toast the two halves of the hamburger bun.

Cook the meat patties.

Place the bun halves onto two bread and butter plates.

Place a cheese slice between two thin meat patties on each piece of bun.

Make a face on each with: Eyes – 2 apricots with raisins in the centre

Nose – piece of cut radish

Eyebrows – 2 strips of capsicum

Mouth – half a gherkin

Standing sandwich

Ingredients

2 slices of bread (white or wholemeal)	Sliced smoked salmon
Small amount butter or margarine	Small lettuce cup
4 toothpicks	Alfalfa sprouts and tomato
Small quantity of scrambled egg	rose to garnish

Method

Scramble an egg and allow to cool a little while making the sandwich.

Butter the bread and make a smoked salmon sandwich.

Trim off the crusts from each side of the sandwich.

Cut the sandwich into four even square segments.

Place a toothpick through the centre of each square segment.





Teaching ideas

Place the scrambled egg into a small lettuce cup.

Place the lettuce cup in the centre of a plate.

Stand the four sandwich sections upright around the lettuce cup in a square. Garnish with alfalfa sprouts and a tomato rose.

Vegetable melt

Ingredients

1 long bread roll

Mashed avocado

Tomato slices

Grated cheese

French fries

Ornamental salad (see **Badge requirement 3**)

Method

Begin to cook French fries.

Cut the long roll along the side being careful not to cut right through.

Spread the roll with the mashed avocado on both sides.

Place tomato slices and grated cheese on top of the avocado.

Place the bun under a grill until the cheese is melted.

Serve on a plate with the golden French fries and the ornamental salad.



Hot dog with crisps

Ingredients

1 hot dog roll

1 long frankfurter or sausage of choice

Tomato/BBQ sauce

Mustard

Potato crisps Garnish of choice – alfalfa or snow pea sprouts

Method

Cut diagonal slits in the frankfurter and fry in a small amount of oil or cook on the barbecue.

Slit the roll down the middle lengthways.

Add the cooked frankfurter into the bread roll and apply sauces in a decorative pattern.

Place a quantity of potato crisps beside the hot dog.

Garnish with alfalfa or snow pea sprouts.



Tuna Bunwiches

Ingredients

2 hardboiled eggs, chopped

$\frac{1}{2}$ cup mayonnaise

$\frac{1}{2}$ teaspoon salt

Pinch pepper

Approx. 250g can tuna

$\frac{1}{4}$ cup sweet pickle relish

6 hamburger buns

Potato crisps

Method

Boil eggs ahead of time.

Drain tuna.

Place tuna in a bowl and flake with a fork.

Add mayonnaise, chopped eggs, relish, salt and pepper.

Blend together.

Divide tuna mixture evenly and spread over bottom half of buns.

Cover with the top half of the bun and serve with potato crisps, and Ornamental Salad (See **Badge Requirement 3**.)

Variation to the above tuna mixture –

Tuna, chopped eggs, mayonnaise, chives, lemon juice and sour cream.



Teaching ideas

Triple-decker sandwich

Ingredients

3 slices of white or wholemeal bread
Butter or margarine
Variety of fillings – sliced ham, lettuce, chopped or sliced chicken, mayonnaise, boiled or fried egg, bacon, cheese
Small salad or coleslaw side accompaniment
2 small wooden skewers

Method

Remove the crusts from the bread and apply butter.

Make a sandwich with two or three of the fillings.

Butter the top of the sandwich and place at least two or three more fillings and close with third slice of bread.

Cut through the triple-layered sandwich forming two triangles.

Place short skewers into each half to hold the sandwich together.

Serve with a small side salad.



Variation to the triple-decker sandwich – Club sandwich

Method

Toast three slices of bread.

Prepare as for the triple-decker sandwich with similar fillings.

Cut the sandwich into four triangular sections.

Put a toothpick through the middle of each triangular section of sandwich.

Place the triangles in an upright position in a row across the plate.

Serve with either French fries or potato crisps and a small cup of coleslaw.

Pinwheel sandwich

Ingredients

2 slices of very fresh bread
Soft butter or margarine
Spreads such as Vegemite, Nutella or any fruit preserves

Method

Trim the crusts off the bread.

Spread with butter or margarine.

Spread the filling on the bread.

Roll the slice of bread from the edge.

Refrigerate for a short time.

Cut along the roll of bread in one centimetre intervals to reveal the 'pinwheel' effect in the cut segment.

Serve on a plate with a colourful garnish, e.g. carrot sticks, celery sprouts and striped cucumber circles.



5. Cook slices and cakes suitable for morning tea, supper and serve in an appealing manner.

Included here is a sample of recipes that are suitable for members to make and could be used for a special morning tea or supper: i.e. morning tea after Church Parade, Enrolment night supper, special event night. Many of these recipes also lend themselves to being packaged for sale. Should you wish to do this ensure that the ingredients are listed with the item and/or better include the recipe as a selling point. Always present in an appealing manner, serving on a tray with a doily or serviette.





Teaching ideas

Luscious Chocolate Macadamia Squares

Serving size: Serves 10 or more

Cooking time: Less than 60 minutes

This recipe can be made a week ahead and kept, covered, in the refrigerator.



Ingredients

200g packet plain chocolate biscuits (similar to Tiny Teddy biscuits), crushed finely

185g butter, melted

2 x 395g cans sweetened condensed milk

50g butter

2 tablespoons golden syrup

1 cup (150g) macadamias, toasted, chopped coarsely

200g dark eating chocolate, melted

50g butter, melted, extra

Method

Grease 20cm x 30cm lamington pan; line base and two long sides with baking paper, extending paper 2cm above edge of pan.

Combine biscuit crumbs and butter in medium bowl; press over base of prepared pan. Cover; refrigerate until firm. Combine condensed milk, butter and syrup in medium saucepan; whisk over heat until butter melts. Simmer, whisking constantly, about 8 minutes or until mixture thickens and is dark golden brown. Stir in nuts; spread over crumb layer. Cover; refrigerate until firm. Spread combined chocolate and extra butter over caramel layer; refrigerate until set.

Lemon Coconut Slice

Serving size: Serves 10 or more

Cooking time: More than 1 hour

This recipe can be made a week ahead; store in an airtight container.

Ingredients

90g butter, chopped

2/3 cup (150g) caster sugar

1 egg

3/4 cup (110g) plain flour

1/4 cup (35g) self-raising flour

280g jar lemon butter

Topping

2 eggs, beaten lightly

1/3 cup (75g) caster sugar

2 cups (180g) desiccated coconut

Method

Preheat oven to moderate. Grease 20cm x 30cm lamington pan.

Beat butter, sugar and egg in small bowl with electric mixer until light and fluffy; stir in combined sifted flours. With lightly floured hands, press mixture evenly over base of prepared pan. Place pan in freezer for 15 minutes, then bake in moderate oven about 15 minutes or until browned lightly; cool.

Meanwhile, place lemon butter in small bowl; whisk until smooth. spread lemon butter over cold base.

Topping

Combine ingredients in medium bowl; mix well. Sprinkle topping onto slice. Bake in moderate oven about 35 minutes or until browned, cool slice in pan before cutting.



Teaching ideas

Rocky Road Slice

Ingredients

- ½ cup coconut
- 100g mini marshmallows
- ½ cup choc bits (white or milk)
- ½ cup chopped nuts
- ¼ cup mixed glazed cherries
- 375g choc melts, melted



Method

Sprinkle half the coconut over the base of a foil lined baking dish.
In a bowl mix together the marshmallows, choc bits, cherries, remaining coconut and melted chocolate.
Scrape into baking dish.
Allow to set in refrigerator. When set cut into small squares.
Place three rocky roads in a cellophane bags and tie with curling ribbon; present as gifts or use as table decorations.

Coconut Ice Slice

Ingredients

- 4 cups icing sugar
- 3 cups coconut
- 1 tin sweetened condensed milk
- 1 tsp vanilla essence
- Pink food colouring



Method

Mix all the ingredients (except the food colouring) together in a bowl.
(Hands may be the best way.)
Separate half the mixture into another bowl and add pink food colouring.
Mix again
Press both mixtures into a square tin/dish forming layers then, refrigerate. When set cut into small squares.
To serve lay coconut ice on a doileyed tray and garnish with Holly leaves at Christmas or Rosebuds.

Fruity Chocolate No Bake Slice

Makes 25 slices

Ingredients

- 250g pkt milk arrowroot biscuits
- 200g dried apricots
- 400g dark chocolate, broken up
- ½ cup (125ml) thickened cream
- 170g pkt raisins (dried cranberries)



Method

Line a 20cm x 30cm slab pan with non-stick baking paper. Place biscuits into a large sealable plastic bag and close. Wrap in a tea towel and use a rolling pin to roughly crush biscuits.
Using children's scissors cut up the apricots into small pieces.
Melt the chocolate and cream in a heatproof bowl over a saucepan of simmering water. (Alternatively, melt in the microwave on medium/50 per cent power, stirring every minute.)
Add the crushed biscuits, apricots and raisins to the melted chocolate mixture and stir until well combined. Spoon into the pan and use the back of the spoon to smooth the surface. Place in the fridge for 3-4 hours or until set. Cut into squares and serve on a high tea tray.





Teaching ideas

Basic vanilla cupcakes

Serving Size:

Makes 12 muffin size or 24 small cupcake size

Ingredients

125g unsalted butter, softened

1 cup caster sugar

3 eggs

1 teaspoon vanilla extract

1 teaspoon baking powder

Icing

50g unsalted butter

2 cups icing sugar

2 tablespoons milk

Sprinkles or lollies (e.g. mini marshmallows or jaffas) to decorate

Method

Preheat oven to 180°C. Place muffin papers in one 12-hole muffin tray or cupcake papers in two 12-hole cupcake trays. In an electric mixer, beat butter for 2 minutes until pale in colour and creamy. Add sugar one third at a time, beating well between each addition. Add the eggs one at a time, beating for about a minute between each addition. Add the vanilla essence and beat until combined.

Sift flour and baking powder and add half to butter mixture with half the milk, mix until well combined. Repeat with remaining flour and milk.

Fill cupcake papers three quarters full (an ice-cream scoop is perfect for this). Bake muffin size cupcakes for 20-25 minutes and small cupcakes for about 15 minutes or until a skewer inserted into the middle of a cupcake comes out clean. Transfer to wire racks and allow to cool completely.

Icing

Cream butter until pale and smooth. Add the milk and half the sifted icing sugar. Beat until well combined. Add the remaining icing sugar and beat until mixture is light and fluffy. The mixture should be a spreadable paste; if it is too dry add some more milk, if too wet add more icing sugar.

When cakes are cold, spread generously with icing and dip into sprinkles or decorate with small lollies. Serve on a Cupcake stand or lined platter.



1 ½ cups plain flour

¾ cup (185mL) milk

Mini Pavlovas

Preparation Time 20 minutes

Cooking Time 25 minutes

Makes 26

Ingredients

2 egg whites

1/2 cup (110g) caster sugar

300ml thickened cream, whipped

2 bananas, sliced

1/2 punnet (125g) fresh strawberries, hulled

2 passionfruit, pulped

Method

Preheat oven to 150°C. Line 2 baking trays with baking paper.

Place egg whites into a clean bowl. Beat with electric beaters until soft peaks form.



Teaching ideas

Gradually add caster sugar, beating well between each addition. Beat until mixture is thick and glossy – this will take at least 5 minutes.

Spoon heaped teaspoonfuls of the mixture onto baking trays. Flatten meringue into a disc. Bake for 20-25 minutes or until crisp. Cool completely in the oven with the door ajar.

Top meringue with cream, and decorate with fruit. Serve immediately.



TEACHING
IDEAS

Leaders Resource 1

<p>For Health and strength For health and strength and daily food We praise Thy name, O Lord, For fellowship and all things good, We praise Thy name, O Lord. Amen.</p>	<p>Be present at our table Lord (Tune: Duke Street, or Fernando's Hideaway, Three Blind Mice, Star Wars) Be present at our table Lord Be here and everywhere adored Thy mercies bless And grant that we May feast in Paradise With thee. Amen</p>
<p>Thank you for the world so sweet Thank you for the food we eat Than you for birds that sing Thank you God for everything</p>	<p>Thank you Lord (Tune: "Superman" theme) Actions of arms in air as though flying can be added! Thank you Lord, for this food Our daily bread, we must be fed We're very grateful For every plateful Thank you lord, for this food.</p>
<p>Johnny Appleseed (Source unknown) The Lord is good to me and so I thank the Lord. For giving me the things I need, The sun and the rain and the apple seed. The Lord is good to me. And every seed that grows, shall grow into a tree. And one day soon there'll be apples there, For everyone in the world to share. The Lord is good to me.</p>	<p>For Thy gracious blessings, For Thy wondrous word, For Thy loving kindness, We give thanks, O Lord.</p>
<p>God Our Father (Tune: Frere Jacques) God Our Father God Our Father Once again Once again We would ask thy blessing We would ask thy blessing Amen, Amen</p>	<p>God is Great, God is Good, (Tune: Michael Row the Boat) God is great, God is good, Alleluia Let us thank him for our food, Alleluia By His hand we all are fed, Alleluia Thank you Lord, for daily bread, Alleluia</p>
<p>God is Great (Tune "Rock Around The Clock") God is Great, God is Good And we Thank Him for our Food. We're going to thank Him, morning, noon and night. We're going to thank you Lord You're outa sight Amen. (Clap, Clap) Amen. (Clap, Clap) Amen.</p>	<p>Father God (Tune: Edelweiss) Father God, Father God, For thy blessings we thank Thee, Telling us of Thy Grace And Thy goodness towards us. Grant that our service may be of use In our life's endeavour, Father God, Father God, Bless us now and forever.</p>

Handout 1

Adventurers/sunbeams

Name of recipe_

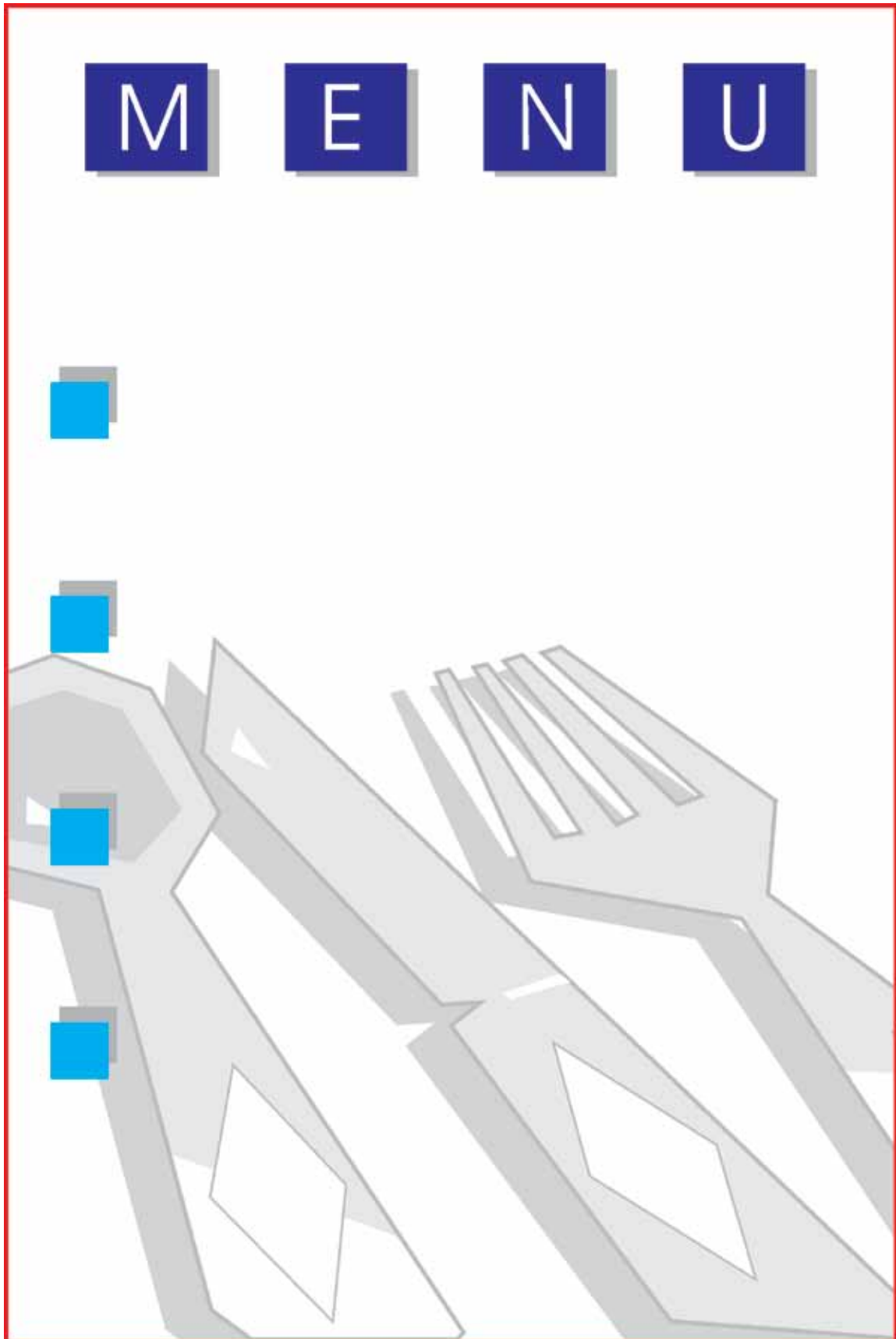
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Name of recipe_

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Handout 2

Adventurers/sunbeams



Devotional ideas



1. **Title:** The taste test

Bible: Psalm 34:8a (NIV or Message)

Thought: The only way to find out if God is real is to try Him

Supplies: Apple – a shiny bright red one, apples to share

Show members a red shiny apple. Comment on its shine and colour. Ask members if it is real; if it will taste nice; if it is genuine. How can we tell? It looks so juicy. It looks like it is ripe – it's very red so maybe it won't be sour. It feels firm not soft so maybe it will be crisp and juicy not floury. It smells like it is fresh and sweet. But how can we tell? *(Allow members to comment and suggest that we must actually taste it.)*

To know that it is a real apple, to know if it is good to eat we must actually taste it then our tongue and stomach will tell us the truth if it is good. We must taste, chew, and swallow a bite of the apple.

It is the same with God. We need to taste and chew and swallow. We can't really eat God but we can trust and experience him. To know God we need to be close to Him, to experience Him and His love. Read Psalm 34:8a. (NIV or Message.)

Pray with members that they can truly taste God and know that He is good. You may like to cut and share the apples among members.



DEVOTIONAL
IDEAS



Devotional ideas



2. Title:

It's a party

Bible:

Matthew 22:9 - 10

Thought:

Everyone is invited to God's celebration

Supplies:

Party invitations (perhaps serve the items you have prepared for a celebration supper)

Ask members how many have ever been to a party? Ask how many have ever given a party? We have all given a party at some time. Perhaps it was a birthday party, or a slumber party. Maybe you had a picnic or a costume party. No matter what kind of party you give, it is a lot of work to get ready for a party. First, you have to decide what kind of a party you are going to have. Then you have to go out and buy the decorations or make them yourself. You have to plan what games you are going to play and make sure that you have all of the proper equipment for the games. Next you have to decide what you are going to serve and go shopping. When you have made all the plans, you make a list of who you are going to invite and send out the invitations.

Have you ever planned a party and sent out the invitations, but no one showed up? If that happened, how do you think it would make you feel? Would you be angry? Would your feelings be hurt? What do you think you might do?

Jesus once told a story about a king who threw a party. The king was going to have a party for his son who was getting married. Since he was a king, and this was his only son, you can imagine that it was going to be quite a celebration and it was a tremendous honour to be invited!

All of the plans had been made, the invitations had been sent. The food was prepared. The day of the celebration came, but no one showed up! The king sent his servants to see where the people were and why they had not come to his celebration. The people all began to make excuses about how busy they were.

The king was very upset, so he told his servants to go out into the streets and invite everyone they saw to come to his son's wedding celebration. They did exactly what the king told them to do and the Bible tells us that the wedding hall was filled with guests.

In this story, the King is God and, of course, Jesus is His Son. God is going to have a great celebration for His Son in Heaven and we have all been invited. I can't imagine why, but some people will turn down God's invitation. You've been invited – I hope you will accept God's invitation.

Dear Father, thank you for inviting us to join you in your heavenly celebration. If there are any here today who have not accepted your invitation, we pray that today will be the day. Amen.

Devotional ideas



3. Title: Changed on the inside

Bible: 1 John 3:9

Thought: Believing in God changes us from the inside

Supplies: Two eggs; one raw, one hard boiled, two bowls or containers

Show members the two eggs and ask them if there is any difference between the two.

Explain that one has been through a change and is no longer the same as it was. Can members guess this change?

Ask a member (or two) to crack each egg into the bowls. Members will then discover that one egg is raw and one hard boiled.

Explain to members the process of boiling the egg and the change that has occurred. The egg that has been boiled is no longer the same although it still looked the same from the outside. This is the same with us, when we choose to become a Christian, we are changed inside – this change means we cannot keep sinning and living the ‘wrong’ way.

Ask a member to read the Bible verse and then pray with members thanking God that His ‘life-changing power’ is inside us when we accept Him.



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Devotional ideas



4. Title: Love binds us

Bible: Colossians 3:14

Thought: We need to accept all people with love

Supplies: Rocky Road or Dip or Muesli or Chocolate Crackles

Use this devotion after making one of the above. In the recipe that was made it was (chocolate) that made the cherries, nuts and coconut stick together. (Substitute according to the item that you made). The chocolate is the main part of the recipe and what was made would not be the same without it. The Rocky Road would be loose pieces falling all over the place.

Almost everything we have is held together some way. There is something else that needs to be held together – it's people. We need to be close to people. If we are not we become lonely, and sad. We need to be close to our family and friends to our school friends, church friends and our neighbours.

What holds people together better than anything else? It's love.

The Bible tells us that it is love that ties everything together.

Read Colossians 3:14.

We may like the person because they go to the same school or live near us or play soccer with us, but, if that is all that makes you friends, then it will be all over the first time you have a fight or disagreement. Even living in the same family does not make you close to those people. In every case what we need is love for that person. No matter what you like doing together just remember that love makes us into a family, a team, a neighbourhood, a group. To love people is the most important thing of all.

Give members the Rocky Road to take home and share with others as an expression of love.

Devotional ideas



5. Title:

Gloves on

Bible:

Philippians 2:1

Thought:

Use the tools to achieve the work

Supplies:

Bible; a few pairs of different gloves, e.g. garden gloves, washing up gloves, leather gloves, food handler's gloves, doctor's gloves (blue); an item that would be used with the gloves perhaps a weedy pot or dirty dishes or a lettuce or packet biscuit mix; have sufficient gloves for each member; and ingredients for one of the slices

Show gloves to members and comment on their purposes – there are washing up gloves; this pair are a pair of garden gloves; this pair – leather gloves for handling wood. These ones are for doctors – they are blue so that they can be seen next to the patient's skin. (*Refer to the gloves that you have.*)

Gloves are for working and doing so let's see these gloves work. (*Lay out gloves for members to see them 'work'.*)

Why aren't these gloves working? (*Response should be that you need to put your hands in them – they won't work without you.*)

Like any tool they won't work without picking them up, putting them on, and using them.

That's like the tools God gives us. They won't work without us picking them up and using them. What tool does God give us?

He gives us prayer, the church, the Bible, the Holy Spirit. We have to pick them up and use them! Read the Bible passage and pray with members asking for God to help us use those things that he gives us. You may choose to finish with the Adventurer/Sunbeam prayer.

You may like to give each member a pair of gloves to use for their intended purpose such as disposable kitchen gloves – and then proceed to make the cake or slice.



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IDEAS