

BAKING THROUGH *Lent*

**Friday Lunch midday
beginning on Feb 26th**



A recipe for each week of Lent, linked to the Sunday Gospel reading.

Option 1

- Make the week's bake.
- Bring it with you to the Zoom chat (30 mins)
- Eat your creation while we talk about the passage and how the bake might or might not be related to it!

Option 2

- Make the week's bake.
- Eat your creation as you explore the questions about the passage at your leisure
- Send us a photo of your creation!

For more information and link to Zoom chat contact

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1st Sunday Feb 21st

Mark 1

⁹ At that time Jesus came from Nazareth in Galilee and was baptized by John in the Jordan. ¹⁰ Just as Jesus was coming up out of the water, he saw heaven being torn open and the Spirit descending on him like a dove. ¹¹ And a voice came from heaven: “You are my Son, whom I love; with you I am well pleased.”

¹² At once the Spirit sent him out into the wilderness, ¹³ and he was in the wilderness forty days, being tempted^[g] by Satan. He was with the wild animals, and angels attended him.

- *What struck you the most about this passage? What really stood out?*
- *How does this passage make you feel?*
- *How would you connect what you have baked to this week's passage?*
- *What questions does this passage make you ask?*
- *How does this passage apply to your life?*

Bread

You will need:

- 500g bread flour
- 1 sachet quick acting yeast
- 1 tblsp honey or agave syrup
- 1 tsp salt
- 300ml warm water

1. Stir all ingredients together until a ball of dough is formed.
2. Put the dough onto a floured surface and knead for 5-10 mins.
3. Put the dough onto an oiled baking tray or loaf tin and cover with cling film or a damp tea towel. Place it in a warm place for an hour or until it has roughly doubled in size.
4. Split the dough into 8-10 rolls or keep it in the loaf tin. Bake in a preheated oven at 200°C for 30-40 mins for a loaf and 15 mins for rolls. When the bread is ready, it should sound hollow if you tap the bottom of it.

<https://www.bbcgoodfood.com/recipes/pitta-bread>

<https://www.bbcgoodfood.com/recipes/simple-soda-bread>

2nd Sunday Feb 28th

Mark 8

Jesus Predicts His Death

³¹ He then began to teach them that the Son of Man must suffer many things and be rejected by the elders, the chief priests and the teachers of the law, and that he must be killed and after three days rise again. ³² He spoke plainly about this, and Peter took him aside and began to rebuke him.

³³ But when Jesus turned and looked at his disciples, he rebuked Peter. “Get behind me, Satan!” he said. “You do not have in mind the concerns of God, but merely human concerns.”

The Way of the Cross

³⁴ Then he called the crowd to him along with his disciples and said: “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. ³⁵ For whoever wants to save their life^[b] will lose it, but whoever loses their life for me and for the gospel will save it. ³⁶ What good is it for someone to gain the whole world, yet forfeit their soul? ³⁷ Or what can anyone give in exchange for their soul? ³⁸ If anyone is ashamed of me and my words in this adulterous and sinful generation, the Son of Man will be ashamed of them when he comes in his Father’s glory with the holy angels.”

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Cross imprinted shortbread

You will need:

- 75g plain flour
- 50g butter
- 25g cornflour
- 25g caster sugar + extra for dusting
- $\frac{1}{2}$ teaspoon salt

1. Cream together the butter and sugar.
2. Stir in the dry ingredients and keep mixing until a dough is formed.
3. Chill in the fridge for 30 mins to an hour
4. Roll out the mixture and cut out shapes with cookie cutters. If the dough is a little bit sticky, try rolling it out between 2 sheets of greaseproof paper.
5. When you have cut out your shapes, put them on a greased baking tray.
6. With a knife, gently make the imprint of a cross on top of each biscuit.
7. Dust the tops of the biscuits with caster sugar
8. Bake in a preheated oven at 180°c for 12-15 mins
9. Cool on a wire rack.

<https://www.bbcgoodfood.com/recipes/shortbread-biscuits>

<https://www.bbcgoodfood.com/recipes/basic-biscuit-dough>

3rd Sunday Mar 7th

John 2

Jesus Clears the Temple Courts

¹³ When it was almost time for the Jewish Passover, Jesus went up to Jerusalem. ¹⁴ In the temple courts he found people selling cattle, sheep and doves, and others sitting at tables exchanging money. ¹⁵ So he made a whip out of cords, and drove all from the temple courts, both sheep and cattle; he scattered the coins of the money changers and overturned their tables. ¹⁶ To those who sold doves he said, “Get these out of here! Stop turning my Father’s house into a market!” ¹⁷ His disciples remembered that it is written: “Zeal for your house will consume me.”^[c]

¹⁸ The Jews then responded to him, “What sign can you show us to prove your authority to do all this?”

¹⁹ Jesus answered them, “Destroy this temple, and I will raise it again in three days.”

²⁰ They replied, “It has taken forty-six years to build this temple, and you are going to raise it in three days?” ²¹ But the temple he had spoken of was his body. ²² After he was raised from the dead, his disciples recalled what he had said. Then they believed the scripture and the words that Jesus had spoken.

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Rocky road

You will need:

- 200g chocolate
- 150g butter
- 1 tblsp golden syrup
- A bag of marshmallows
- 200g biscuits (any kind you like!)
- optional extras such as dried fruit, nuts, cornflakes, rice krispies

1. Line a 30cm square tin with greaseproof paper
2. Chop the marshmallows into bite sized chunks.
3. Put the biscuits into a food bag and break them up by bashing them with a rolling pin until they are in pieces of varying sizes
4. Melt the chocolate, butter and syrup together in a bowl over a pan of hot water.
5. Stir in the marshmallows, biscuits and any of the optional extras you fancy.
6. Pour the mixure into the tin and spread it out.
7. Chill in the fridge until set.

<https://www.bbcgoodfood.com/recipes/easy-rocky-road>

<https://www.bbcgoodfood.com/recipes/chocolate-tiffin>

4th Sunday Mothering Sunday Mar 14th

John 19

²⁵ Near the cross of Jesus stood his mother, his mother's sister, Mary the wife of Clopas, and Mary Magdalene. ²⁶ When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to her, "Woman,^[b] here is your son," ²⁷ and to the disciple, "Here is your mother." From that time on, this disciple took her into his home.

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Gingerbread

You will need:

150g butter

350g plain flour

4 tablespoons golden syrup

125g soft brown sugar

½ teaspoon bicarbonate of soda

3 teaspoons ground ginger

1 teaspoon cinnamon

1. Melt the sugar and syrup together over a medium heat.
2. Mix the dry ingredients together and then add the sugar and syrup mixture.
3. Mix together to form a ball of dough.
4. Cover the dough with cling film and let it chill in the fridge for 1 hour.
5. Put the dough between 2 sheets of greaseproof paper and roll it out.
6. Cut people shapes out of the dough (or any other shapes to reflect your family or community) and place on a greased baking tray.
7. Bake the biscuits in a preheated oven for 12-15 mins at 180°C.
8. Cool the biscuits on a rack and then decorate them to reflect people you know or to remind you of family and friends.

<https://www.bbcgoodfood.com/recipes/ultimate-easy-gingerbread>

<https://www.bbcgoodfood.com/recipes/vegan-gingerbread>

5th Sunday Mar 21st

John 12

Jesus Predicts His Death

²⁰ Now there were some Greeks among those who went up to worship at the festival. ²¹ They came to Philip, who was from Bethsaida in Galilee, with a request. “Sir,” they said, “we would like to see Jesus.” ²² Philip went to tell Andrew; Andrew and Philip in turn told Jesus.

²³ Jesus replied, “The hour has come for the Son of Man to be glorified. ²⁴ **Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.** ²⁵ Anyone who loves their life will lose it, while anyone who hates their life in this world will keep it for eternal life. ²⁶ Whoever serves me must follow me; and where I am, my servant also will be. My Father will honor the one who serves me.

²⁷ “Now my soul is troubled, and what shall I say? ‘Father, save me from this hour’? No, it was for this very reason I came to this hour. ²⁸ Father, glorify your name!”

Then a voice came from heaven, “I have glorified it, and will glorify it again.” ²⁹ The crowd that was there and heard it said it had thundered; others said an angel had spoken to him.

³⁰ Jesus said, “This voice was for your benefit, not mine. ³¹ Now is the time for judgment on this world; now the prince of this world will be driven out. ³² And I, when I am lifted up^[g] from the earth, will draw all people to myself.” ³³ He said this to show the kind of death he was going to die.

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Lemon poppy seed cake

you will need:

- 200g butter
- 200g self-raising flour
- 200g caster sugar
- 4 eggs
- The zest of 4 lemons + extra for decoration
- 2 tablespoons poppy seeds
- 4 tablespoons milk
- 200g icing sugar
- 3-4 tablespoons lemon juice depending on how thick you like your icing.

1. Grease an 8 inch square or round cake tin. Preheat the oven to 180°C.
2. Cream together the sugar and butter until light and fluffy.
3. Beat in the eggs, one at a time and then add the yoghurt, poppy seeds and lemon zest.
4. Gently fold in the flour and pour the mixture into the cake tin
5. Bake for 40-50 mins until the cake springs back when you touch it.
6. Cool on a wire rack
7. When the cake is cool, mix together the icing sugar and lemon juice.
Drizzle over the top of the cake and decorate with some extra lemon zest.

<https://www.bbcgoodfood.com/recipes/parmesan-poppy-seed-caraway-twists>

<https://www.bbcgoodfood.com/recipes/caraway-seed-cake>

<https://www.bbcgoodfood.com/recipes/lemon-poppyseed-cake>