

The Master's Cookbook

Taste and see
that the Lord
is good...

Psalm 34:8



By: Miss Katie

Name:

Grade:

Quarter 1: Foundation & Flour (Weeks 1-7)

Week 1: The Blueprint (Measuring & Scale Accuracy)

Bible Verse: "Honest scales and balances belong to the Lord; all the weights in the bag are of his making.." — Proverbs 16:11

Spiritual Connection: Just like exact measurements ensure a perfect bake, God's truth is precise and reliable. We can trust His exact standards for our lives.

Baking Fun Facts:

Baking is pure chemistry, not guessing! A single extra tablespoon of flour can make a cookie dense and dry instead of soft.

Professional bakers rarely use measuring cups. They use digital scales to weigh ingredients in grams because weight is always more accurate than volume.

Fill in the Blanks:

Professional bakers prefer to use a digital _____ instead of measuring cups because measuring by _____ is much more accurate than volume. Just like precise measurements make a recipe work, Proverbs reminds us that God cares about honesty and exact _____ in our lives.

Baking Challenge:

Classic Chocolate Chip Cookies

(Practice measuring flour by spooning it into a cup and leveling it off with a knife, comparing it to weighing it).



Soft & Chewy Chocolate Chip Cookies

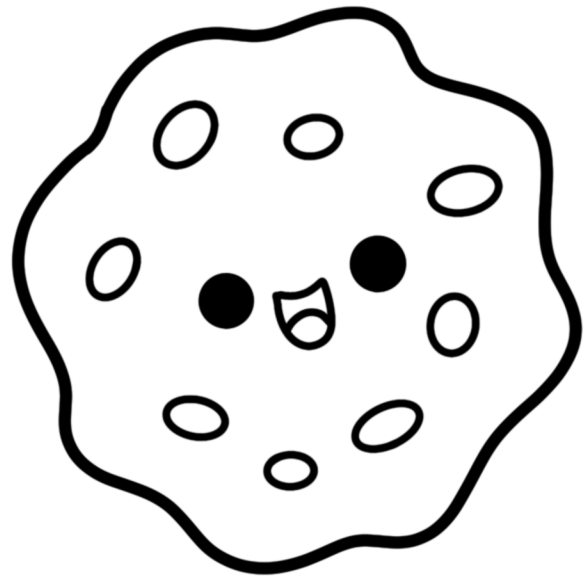
This recipe yields cookies with beautifully crisp edges and a soft, melt-in-your-mouth center.

Overview

- **Prep Time:** 15 minutes
- **Cook Time:** 8–10 minutes
- **Servings:** 24 cookies

Ingredients

- 1 cup salted butter, softened
- 1 cup granulated sugar
- 1 cup light brown sugar, packed
- 2 teaspoons pure vanilla extract
- 2 large eggs
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 1 teaspoon sea salt
- 2 cups chocolate chips



Instructions

1. **Preheat and Prep:** Heat your oven to 375°F (190°C). Line three baking sheets with parchment paper. [1]
2. **Cream Butter and Sugars:** In a large bowl, cream together the softened butter, granulated sugar, and brown sugar until the mixture is fully combined and smooth.
3. **Add Wet Ingredients:** Beat in the eggs and vanilla extract for about 1 minute until the mixture looks light and fluffy.
4. **Combine Dry Ingredients:** Gently mix in the all-purpose flour, baking soda, baking powder, and sea salt just until a dough forms. Do not overmix. [1]
5. **Fold in Chocolate:** Stir in the chocolate chips until they are evenly distributed throughout the dough.
6. **Shape the Dough:** Roll 2 to 3 tablespoons of dough at a time into round balls. Place them evenly spaced on your prepared cookie sheets. [1]
7. **Bake:** Bake for 8 to 10 minutes. Take them out of the oven the moment the edges barely start to turn a light golden brown. The centers should still look soft.
8. **Cool:** Let the cookies sit on the hot baking pan for 5 minutes to firm up before transferring them to a wire rack to cool completely. [1]

Pro Tips

- **Avoid Overbaking:** The secret to a soft cookie is taking them out when they look slightly underdone. They will continue to cook and firm up on the hot pan after leaving the oven.
- **Butter Consistency:** Make sure your butter is truly softened at room temperature, not melted, to prevent the cookies from spreading too flat during baking.

Week 2: The Core Ingredient (All-Purpose Flour & Gluten)

Bible Verse:

- Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.." — John 6:35
- Spiritual Connection: Flour forms the structural base of almost every baked good. Jesus is the ultimate structural foundation of our daily lives.
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Baking Fun Facts:

- a. When flour mixes with water, two proteins (gliadin and glutenin) link up to create gluten. Gluten forms an invisible, stretchy web that traps air bubbles and allows bread to rise.
- b. Different flours have different protein levels. Cake flour has very low protein (soft texture), while bread flour has high protein (chewy texture).

Fill in the Blanks:

- When flour mixes with liquid, it forms a stretchy protein network called _____. Jesus calls Himself the _____ of Life, showing us that He is the essential foundation we need every single day.
- (Answers: gluten, bread)

Baking Challenge: Homemade Flour Tortillas (Notice how the dough becomes stretchier the more you work it).

Homemade Flour Tortilla Recipe

- Prep Time: 15 minutes
- Rest Time: 20 minutes
- Cook Time: 10 minutes
- Yield: 10-12 tortillas

Ingredients

- All-purpose flour: 2 cups
- Baking powder: 1 teaspoon
- Salt: $\frac{1}{2}$ teaspoon
- Unsalted butter (softened): 1 tablespoon (Alternatively, use $\frac{1}{4}$ cup lard or vegetable shortening for a traditional texture)
- Warm water: $\frac{3}{4}$ cup



Step-by-Step Instructions

1. Mix Dry Ingredients: Whisk the flour, baking powder, and salt together in a medium bowl until thoroughly combined.
2. Incorporate Fat: Work the softened butter (or lard) into the flour mixture using your fingers or a pastry cutter until it resembles coarse crumbs or cornmeal.
3. Form Dough: Slowly pour in the warm water while stirring gently with a fork. Mix until the dough begins to clump together and forms a shaggy ball.
4. Knead: Turn the dough onto a lightly floured surface. Knead for 1 to 2 minutes until it becomes completely smooth and elastic.
5. Rest the Dough: Divide the dough into 10 to 12 equal portions and roll them into golf-ball-sized rounds. Place them under a clean, damp kitchen towel and let them rest for 15 to 20 minutes. Do not skip this step, as resting relaxes the gluten so the dough won't snap back when rolled.
6. Roll Thin: Heat a large, dry cast-iron skillet or griddle over medium-high heat. On your floured surface, roll a dough ball from the center outward into a thin 7- to 8-inch circle.
7. Cook: Lay the tortilla into the hot skillet. Cook for 30 to 45 seconds until bubbles form on top and light brown spots appear on the bottom. Flip and cook the other side for another 30 seconds.
8. Keep Soft: Immediately transfer the cooked tortilla to a plate and cover it with a clean kitchen towel. The trapped steam will keep them incredibly soft and flexible.