

# BAKING THROUGH HOLY WEEK

Revd Guy

## Introduction

Throughout the Bible food is used for all manner of occasions from affirming friendship (John 12:1-2) to celebrating royalty (1 Kings 4:22-28). Often food is connected to festive or sacred uses and recollects the times when God has intervened on behalf of his people. Examples of this include the celebration of Passover with the recollection of God's mercy when sending the tenth plague over Egypt that passed over Jewish households; the feast of Unleavened Bread which recalls God's quick deliverance of the Jews from Egypt and Sukkot which reminds the Jews of God's provision for them in the wilderness.

For Christians, Holy Week is one of the most significant times of the year as we recall the events that lead up to the crucifixion and glorious resurrection of our saviour Jesus Christ, the events of our redemption and salvation. What follows is an attempt to celebrate each of those days of Holy Week, starting with Palm Sunday, and to associate each with a recipe as a physical (and hopefully edible!) reminder of what God has done for us.

*Revd Guy*

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## Palm Sunday

### Date Slices

Palm Sunday celebrates the waving of palms as Jesus rode into Jerusalem where crowds of people acknowledged Jesus as the messiah - the promised king of God's kingdom. As Christians, we also remember this event as marking the start of Jesus' road to his crucifixion and our redemption. So, in remembrance of that event, today we are going to be making date slices based on the date fruit found on date palms.

### Recipe

1. Preheat oven to 160C/325F and line a 9"/23cm square tin.
2. Chop the dates into small pieces and place them in a small saucepan with the water. Bring to a boil and cook until soft. Then stir in the vanilla and set aside to cool.
3. Sift the flour with the baking soda and baking powder. Stir in the sugar and oats. Then rub in the butter, lightly.
4. Press half the mixture evenly into the base of the tin. Spread the dates over this (trying not to disturb the oat mixture too much) then cover with the other half of the crumb mixture and press down firmly.
5. Bake for 25-30 minutes or until golden brown.
6. Remove from the oven, cut into slices while still warm and then leave in the tin until cool.

## Ingredients

- 225g dates
- 1 tsp vanilla extract
- 125ml water
- 1 tsp baking soda
- 180g sugar
- 110g plain flour
- 1 tsp baking powder
- 110g porridge oats
- 110g butter



Image courtesy of [www.traybakesandmore.com](http://www.traybakesandmore.com)

Recipe from: <http://traybakesandmore.com/date-slices/>



Image from 'The Visual Bible: The Gospel of John' © Gospel of John Ltd.

## Holy Monday

### Tiffin

On Holy Monday we remember Jesus cleansing the temple of traders and merchants who were buying and selling, as well as cheating people who have come to worship God out of their money. Jesus responds to them with righteous anger overturning their tables. As we remember Jesus angry at injustice we have a recipe that provides ample release for our own anger at the injustices of the world as we bash digestive biscuits up to make tiffin.

### Recipe

1. Butter and line a 15-20cm tin with baking parchment. In a large saucepan, melt the butter, sugar, syrup and cocoa.
2. Place the digestive biscuits in a bag and bash them with a rolling pin. As you do so, call to mind the injustices of the world and offer them up to God.
3. Stir the crushed biscuits and the raisins into the melted butter mix.
4. Pour the mixture into the prepared tin and press down, then smooth the top with the back of a spoon.
5. Microwave both chocolates in short 20 second bursts, stirring frequently, until melted. Pour them over the mixture in the tin. Use a palette knife or spoon to smooth over, so it's completely coated in chocolate.
6. Put the tin into the fridge and leave for about 2 hrs to set, or overnight. Run a kitchen knife under the hot tap then cut into squares.

## Ingredients

150g butter

3 tbsp caster sugar

3 tbsp golden syrup

6 tsp cocoa powder

225g digestive biscuits

Handful of raisins

110g milk chocolate

110g dark chocolate



Image courtesy of [www.bbc.co.uk/food/fridge\\_cake](http://www.bbc.co.uk/food/fridge_cake)

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



## Holy Tuesday

### Heart-shaped Biscuits

Jesus not only smashed things up in the temple, but also returned to it to share teaching with those inside. One of the things he spoke about was the law. Jesus summed up the entirety of the books of the law with two simple and easy to remember ideas — love God, and love your neighbour. Easy to remember; difficult to put into practice!

Today we'll make heart shaped biscuits to remind us of Jesus' summary of the law.

### Recipe

1. Preheat oven to 200C/180C fan and line a baking sheet with baking parchment.
2. Put the butter in a bowl and beat it with electric beaters until soft and creamy. Beat in the sugar, then the egg and vanilla, and finally the flour to make a dough. If the dough feels a bit sticky, add a little bit more flour and knead it in.
3. Pull pieces off the dough and roll them out to about the thickness of two £1 coins on a floured surface.
4. Cut out the shapes using a heart shaped cutter. (If you do not have a cutter then make a template by drawing a heart on grease proof paper and cut around it). Re-roll any off-cuts and repeat.
5. Transfer the biscuits to the baking sheet and bake for 8-10 minutes or until the edges are just brown.
6. Leave to cool for 5 minutes, then enjoy!

## Ingredients

- 200g unsalted butter
- 200g golden caster sugar
- 1 large egg
- ½ tsp vanilla extract
- 400g plain flour



Recipe from: <https://www.bbcgoodfood.com/recipes/easiest-ever-biscuits>

Image courtesy of [www.gillianskitchen.com/](http://www.gillianskitchen.com/)



## Spy Wednesday

### Chocolate Coin Cookies

The Wednesday of Holy Week, known as Spy Wednesday, recalls the betrayal of Judas Iscariot for the price of thirty pieces of silver. As we remember Judas' betrayal we are reminded that we each have a choice to either devote ourselves to Christ or give up on him. As we eat these chocolate coin cookies let us remember Christ's sacrifice and think of ways we can continue to devote ourselves to him rather than abandon him.

### Recipe

1. Preheat oven to 200C/180C fan and line a baking sheet with baking parchment.
2. Cream the butter and sugar until light and fluffy, then beat in the vanilla extract and eggs.
3. In a separate bowl, sift the flour, cocoa powder, and baking powder together.
4. Add the flour mix to the butter mix in stages (one third at a time) and mix well.
5. Spoon a tablespoon of the mixture on to the baking sheet and just let it drop off the spoon. Repeat until you have used up all the cookie mixture.
6. Place a chocolate coin in the centre of each lump of cookie mixture.
7. Bake in the preheated oven for 12 minutes.
8. Leave to cool on the baking tray, then enjoy!

## Ingredients

- 200g unsalted butter
- 300g soft brown sugar
- 2 eggs
- 2 tsp vanilla extract
- 300g self raising flour
- 80g cocoa powder
- 1 tsp baking powder
- 1 bag of white chocolate coins



Recipe adapted from: <https://www.bbcgoodfood.com/user/123568/recipe/chocolate-chip-cookies>

Image courtesy of [www.nikilfood.com](http://www.nikilfood.com)



## Maundy Thursday

### Charoset Turnovers

On Maundy Thursday, we often celebrate with a Seder meal, the meal of the Jewish festival of Passover. It's very possible that Jesus' Last Supper was a Passover meal. The remembrance of the Exodus story in this meal helps put the Last Supper into context as we remember Jesus preparing for God's judgement to pass over humanity and onto himself.

One of the dishes on a Seder plate is charoset, a mixture of apples, walnuts, cinnamon, and honey, to look like the mortar and clay bricks the Israelites had to build while slaves in Egypt. Charoset also makes a tasty filling for a turnover.

### Recipe

1. Preheat oven to 200C/180C fan and line a baking sheet with baking parchment.
2. Chop up the apples and mix it with the chopped walnuts, cinnamon, and honey. Mix it until it forms a paste.
3. Roll the puff pastry out, and cut it into 6 squares. Blob a spoonful of charoset into the middle of each square, and fold it over to make a triangle. Seal the edges with a fork and brush with the egg.
4. Transfer the turnovers onto the baking sheet and bake for twenty minutes.
5. Allow to cool then dust with icing sugar.

## Ingredients

- 3 apples — peeled, cored, and chopped
- 50g chopped walnuts
- 3 ½ teaspoons of honey
- ½ tsp cinnamon
- 320g sheet of puff pastry
- 1 beaten egg
- Icing sugar for dusting



*Recipe adapted from: <https://www.bbcgoodfood.com/recipes/jam-turnovers>*



## Good Friday

### Hot Cross Buns

It seems only right that on Good Friday, when we remember Jesus' crucifixion, that we make hot cross buns! This recipe requires time to let the dough rise giving you time to reflect on the events of that fateful day and what Christ did for us.

### Recipe

1. Bring 300ml full-fat milk to the boil, then remove from the heat and add 50g butter. Leave to cool until it reaches hand temperature.
2. Put 500g strong bread flour, 1 tsp salt, 75g caster sugar and 7g sachet fast-action or easy-blend yeast into a bowl. Make a well in the centre. Pour in the warm milk and butter mixture, then add 1 beaten egg. Using a wooden spoon, mix well, then bring everything together with your hands until you have a sticky dough.
3. Put 500g strong bread flour, 1 tsp salt, 75g caster sugar and 7g sachet fast-action or easy-blend yeast into a bowl. Make a well in the centre. Pour in the warm milk and butter mixture, then add 1 beaten egg. Using a wooden spoon, mix well, then bring everything together with your hands until you have a sticky dough.
4. Put the dough in a lightly oiled bowl. Cover with oiled cling film and leave to rise in a warm place for 1 hr or until doubled in size and a finger pressed into it leaves a dent.

## Ingredients

- 300ml full-fat milk, (plus 2 tbsp)
- 50g butter
- 500g strong bread flour
- 1 tsp salt
- 75g caster sugar
- 1 tbsp sunflower oil
- 7g sachet of fast-action yeast
- 1 beaten egg
- 75g sultanas
- 50g mixed peel
- Zest 1 orange
- 1 apple , peeled, cored and finely chopped
- 1 tsp ground cinnamon
- For the cross & glaze**
- 75g plain flour , plus extra for dusting
- 3 tbsp apricot jam



Recipe from: <https://www.bbcgoodfood.com/recipes/hot-cross-buns>



5. With the dough still in the bowl, tip in 75g sultanas, 50g mixed peel, zest of 1 orange, 1 finely chopped apple and 1 tsp ground cinnamon. Knead into the dough, making sure everything is well distributed. Leave to rise for 1 hr more, or until doubled in size, again covered by some well-oiled cling film to stop the dough getting a crust.
6. Divide the dough into 15 even pieces (about 75g per piece). Roll each piece into a smooth ball on a lightly floured work surface. Arrange the buns on one or two baking trays lined with parchment, leaving enough space for the dough to expand. Cover (but don't wrap) with more oiled cling film, or a clean tea towel, then set aside to prove for 1 hr more.
7. Heat oven to 220C/200C fan. Mix 75g plain flour with about 5 tbsp water to make the paste for the cross – add the water 1 tbsp at a time, so you add just enough for a thick paste. Spoon into a piping bag with a small nozzle. Pipe a line along each row of buns, then repeat in the other direction to create crosses. Bake for 20 mins on the middle shelf of the oven, until golden brown.
8. Gently heat 3 tbsp apricot jam to melt, then sieve to get rid of any chunks. While the jam is still warm, brush over the top of the warm buns and leave to cool.



Recipe from: <https://www.bbcgoodfood.com/recipes/hot-cross-buns>



## Holy Saturday

### Sticky upside-down banana cake

Holy Saturday is an unusual day, a day of waiting and anticipation for us, a day of anxiety and disappointment for the disciples. But unseen, this was a day where marvellous things were going to happen. A day where the world was about to be turned upside-down. To represent this unusual day what better recipe than upside-down banana cake!

### Recipe

1. Preheat oven to 180C/160C fan and lightly grease a deep 23cm round cake tin, lining the base with baking parchment.
2. To make the topping, put the butter and sugar in a small saucepan and cook over a medium heat until melted and combined. Add the vanilla and mix together. Pour the caramel into the cake tin and spread in an even layer. Cut the bananas in half lengthways and arrange on top of the caramel, cut-side down.
3. To make the batter, put all the ingredients in a large bowl. Use an electric mixer to beat together on a low speed until the batter is smooth and evenly mixed. Pour the batter on top of the bananas and level out with a spatula. Bake in the oven for 55 mins - 1 hr or until a skewer inserted in the middle comes out clean. If the cake begins to look too dark, cover with foil after 45 mins.
4. Allow to cool in the tin for 10 mins before turning out onto a plate. Best eaten within 2 days.

## Ingredients

### For the topping

- 80g unsalted butter , plus extra for greasing
- 150g light muscovado sugar
- ½ tsp vanilla extract
- 4 large bananas

### For the cake

- 240g plain flour
- 2 ½ tsp baking powder
- 1 tsp icing sugar
- ½ tsp ground ginger
- 300g golden caster sugar
- 120g unsalted butter, very soft
- 3 large eggs
- 150ml soured cream
- ¼ tsp salt

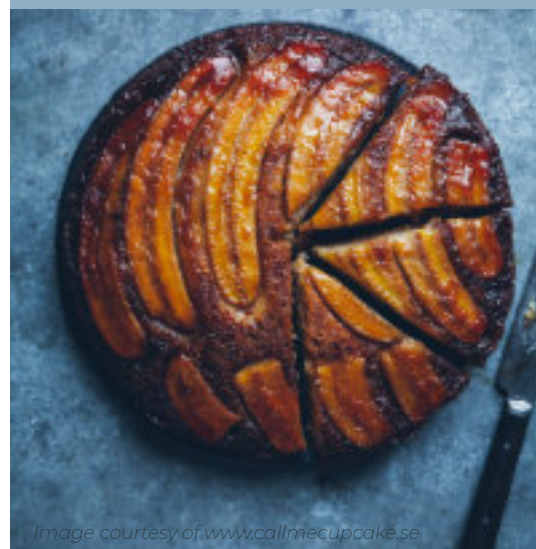


Image courtesy of [www.callmecupcake.se](http://www.callmecupcake.se)

Recipe from: <https://www.bbcgoodfood.com/recipes/sticky-upside-down-banana-cake>

# Easter Sunday

## Marshmallow Puffs

On Easter Sunday we remember the empty tomb, the resurrection of Jesus Christ from the dead, and the hope of eternal life made possible for us all. This recipe is unusual but reminds us of these miraculous events on this special day.

### Recipe

1. Preheat the oven to 200C/180C fan. Grease a muffin tin.
2. In a small bowl, mix the granulated sugar, flour and cinnamon.
3. Dip each marshmallow in the melted butter and then roll around in the sugar mix until fully coated. This represents Jesus' body being buried in spices and oils.
4. Separate the dough into 16 triangles then place each coated marshmallow on a triangle (at the narrow end), roll it up, and pinch the edges closed. This represents Jesus being wrapped in graveclothes..
5. Dip 1 end in remaining butter; place butter side down in muffin tin.
6. Bake 12 to 15 minutes or until golden brown. Cool in tin for 1 minute. Remove rolls from the tin and place on cooling racks.
7. In small bowl, mix powdered sugar, vanilla and enough milk for desired drizzling consistency. Drizzle glaze over warm rolls. Sprinkle with nuts to taste. Serve warm. As you eat them you will notice that the marshmallow has gone! This represents the empty tomb reminding us of Jesus being raised from the dead! Alleluia!

## Ingredients

- 60g granulated sugar
  - 2 tbs plain flour
  - 1 tsp ground cinnamon
  - 2 cans of ready made croissant mix
  - 16 large marshmallows
  - 60g butter (melted)
- For the glaze**
- 60g icing sugar
  - ½ tsp vanilla extract
  - 2-3 tsp milk



Recipe adapted from: [www.pillsbury.com](http://www.pillsbury.com)

Image courtesy of [www.theculinarycellar.com](http://www.theculinarycellar.com)