

CREATIVE COOKERY STATION

STATION FOCUS

The Hebrew people gave generously of their possessions, skills, and time to build the Tabernacle, a sacred place to worship God. Today, we can use our possessions, skills, and time for the church, the special place where we worship God.

SCRIPTURES

Exodus 25–40,
focusing on Exodus 25:1–9;
36:1–2; 40:34

COOKERY

STATION OBJECTIVES

Children will have opportunities to

- * learn about the Tabernacle, a large moveable tent built as a special place to worship God;
- * use their time and skills to serve God through the church.

STATION SETUP

Display a picture, poster, or wall chart of the Tabernacle.

- Pictures are available in *What's What in the Bible* by Derek Williams (page 24) or on page 13 of this unit.
- You can purchase a "Tabernacle in the Wilderness" poster at www.rockofisrael.org for \$20.00. Search the online store for TTTW.
- You can find a laminated wall chart at www.rose-publishing.com for \$13.99. Search by Product Code for 551L.

Be sure that each leader and shepherd has a copy of the Main Idea, Objectives, Bible Story, Bible Background, Check Your Facts, About the Children, Shepherd Tips, and Mission Project (pages 3–7). These photocopies may have been handed out at the Staff Meeting.

Resources

pages 3–7 and 13
picture, poster, or
wall chart of the
Tabernacle

Supplies

poster-mounting
supplies

Supplies

large, heavy piece of fabric or a small tent

WANT TO DO MORE?

Make the entrance to your space look like a tent. Pitch a small tent in front of the door, or hang fabric from the doorway in the manner of a tent flap so that the children can enjoy the fun of entering a tent as they enter the room.

SAFETY CHECK

- The church should be a place of security—a place where children can count on things and people being reliable.
- Each shepherd should know the whereabouts of every child in his or her group and where to reach a parent in case of an emergency.
- If you use the stove, oven, or electric burner, take precautions that will ensure the children's safety. However, let the children work with the ingredients as much as possible.
- Know your children's food allergies before selecting foods to prepare.
- Be sure that children and adults wash their hands before working with food and that all foods and equipment are kept clean and sanitary.
- Make sure any electrical equipment being used is safe. Be sure all electrical cords and equipment are out of the way to avoid tripping.

BIBLE STORY (5–10 minutes)

Say: God's people had left Egypt and were on their way back to the Promised Land. But it took a long time to get there—they wandered in the desert for forty years! However, God was with them and asked them to build a place to worship God.

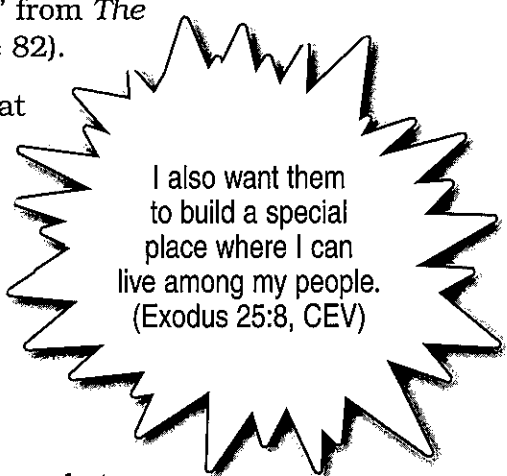
Read story 66, "God's Special Tent," from *The Children's Bible in 365 Stories* (page 82).

Say: Of course, the people had to eat during those forty years they were in the desert! Let's see what God provided for them.

Read Exodus 17:2, 5-6 and Exodus 16:11-15, 31 to younger children. Divide older children into two groups, and have each group read one of the passages.

Ask: What did God provide for the people to eat? (*water, manna, and quail*)

Say: We are going to sample water, manna, and quail today.



ACTIVITY OPTIONS

(45–50 minutes)

Choose from the following activities those that are appropriate for the age level of the children as your time, space, and resources allow.

For All Ages

Mission Project: Bread for the Tabernacle

Prepare

Gather the ingredients and make a sample of the bread to be sure you can help the children as they work.

Check with your pastor about using the bread the children make for a service of Holy Communion. If that is not possible, perhaps you will want to plan a Communion service during Gathering Time.

Note: Additional recipes for unleavened bread may be found in *Food at the Time of the Bible* by Miriam Feinberg Vamosh (page 90).

With the Children

Read Exodus 12:39.

Say: The people made the same kind of bread for the Tabernacle. Let's make bread for our worship area as a reminder of the bread they made.

Help the children follow the directions to make bread.

Ingredients (Yield: 12 rounds of bread)

3 cups flour
1 teaspoon salt
warm water
olive oil (to grease skillet or griddle)

1. Combine 3 cups of flour and 1 teaspoon of salt.
2. Stir in enough warm water so the dough pulls away from the sides of the bowl. It should no longer be sticky. Stir until smooth.
3. Knead the dough on a pastry board for five minutes.
4. Shape the dough into a rectangle. Divide into 12 pieces, and shape each piece into a smooth ball.
5. Cover the balls with damp towels and let rest 5–10 minutes.
6. Press balls flat and roll into 6-inch circles. Cover with damp towels.
7. Lightly oil an electric griddle or skillet.
8. Work with one circle of dough at a time, leaving the other circles covered. Stretch the dough circle as thin as possible. Cook until brown with bubbly spots on the bottom, about 90 seconds. Turn the circle over and brown the other side.
9. Remove from the griddle and wrap immediately in towels.

Note

Resources and websites are constantly changing. Check www.powerxpress.com for updates that may help you in planning.

Resources

Bible
optional: *Food at the Time of the Bible* by Miriam Feinberg Vamosh

Supplies

recipe ingredients
measuring cups
measuring spoons
mixing bowl
mixing spoon
pastry cloth or board
tea towels
rolling pin
electric griddle or skillet
pancake turner
butter knife
butter, honey, or jelly



Set aside some of the bread rounds to place in the worship area during the Gathering Time. These may be frozen. Let the children eat the rest of the bread with butter, jelly, or honey.

For All Ages

Manna

Prepare

Gather the ingredients and make a sample of the manna to be sure you can help the children as they work.

With the Children

Read Exodus 16:31 to the children.

Say: No one has a recipe for manna, but we are going to make some pancakes with the flavors mentioned in the Bible—coriander and honey.

Help the children follow the directions to make manna.

Ingredients (Yield: 12 manna pancakes)

- 1 cup of cake-quality matzo flour
- 2 teaspoons dried coriander leaves, finely ground
- ½ cup of boiling water
- 1 tablespoon sesame oil; plus extra oil for coating dough
- honey

1. Sift one cup of matzo flour and two teaspoons of dried coriander together in a bowl. In the center of the mixture make a well.
2. Pour ½ cup of boiling water and one tablespoon sesame oil into the well. Mix into a dough.
3. Knead the dough on a floured board until smooth and elastic. Divide into 12 equal pieces.
4. Roll one of the pieces of dough into a 4-inch circle. Brush with sesame oil. Roll a second piece of dough into a 4-inch circle. Put this on top of the first circle, making a sandwich. Roll the sandwich to make a 6-inch circle.
5. Repeat step 4 until you have six circles.
6. *(This step should be done by an adult.)* Heat a heavy skillet over moderate heat. Do not oil the skillet. Fry the pancake sandwiches, one at a time, turning once. The skillet should be moving constantly to keep the pancakes from sticking.
7. When all of the pancakes have been cooked, separate the pancake sandwiches. Spread one side of each pancake lightly with honey and fold in half and then in half again. Serve at once or cover with a lightly dampened cloth and set aside to keep warm until ready to serve.

Resources

Bible

Supplies

recipe ingredients
measuring cups
measuring spoons
mixing bowl
mixing spoon
pastry cloth or board
rolling pin
pastry brush
cast iron or other
heavy skillet
stove
pancake turner
tea towel



For All Ages

Quail #1**Prepare**

Gather the ingredients and make a sample of the quail to be sure you can help the children as they work.

With the Children

Help the children follow the directions to make quail.

Ingredients

6 quail (or 2 Cornish game hens, quartered, or 6 chicken thighs)
 ½ cup plus 1 tablespoon flour
 ½ teaspoon salt
 ¼ teaspoon black pepper
 ½ cup butter, divided in half
 1 tablespoon shortening
 2½ cups water, divided

1. Measure ¼ cup butter and 1 tablespoon shortening into an electric skillet. Heat over low heat, being careful not to scorch the fats.
2. Measure ½ cup of flour, ½ teaspoon salt, and ¼ teaspoon black pepper into a paper bag. Close the bag and gently shake to mix.
3. One at a time, shake the quail (or pieces of other bird) in the bag.
4. Carefully place the birds in the skillet, browning quickly to seal in the juices. Turn frequently.
5. Lower the temperature, add 1½ cups water, cover, and simmer until tender. Add more water if necessary.
6. When the birds are tender, discard the water. Add ¼ cup butter and brown birds over low heat. Remove the birds to a warmed platter.
7. Make gravy by adding 1 tablespoon flour to butter drippings and stirring until smooth. Add one cup of water and stir until thick.

All Ages

Quail #2**Prepare**

Gather the ingredients and make a sample of the quail to be sure you can help the children as they work.

With the Children

Help the children follow the directions to make quail.

Ingredients

6 quail (or 2 Cornish game hens, quartered, or 6 chicken thighs)
 ½ tablespoon butter for each quail; plus melted butter for basting
 salt
 pepper

Supplies

recipe ingredients
 measuring cups
 measuring spoons
 electric skillet with cover
 lunch-size paper bag
 tongs or fork
 platter
 mixing bowl
 mixing spoon

Supplies

recipe ingredients
 measuring spoon
 damp cloth
 broiler pan
 oven
 baster
 hot pads
 tongs or fork



Supplies

recipe ingredients
skillet, with cover
measuring cup
measuring spoons
lunch-sized paper
bag
fork or tongs

1. Wipe quail (or game hens or chicken thighs) with a damp cloth.
2. Rub each quail thoroughly with ½ tablespoon of butter and sprinkle with salt and pepper.
3. Place skin side down on a broiler pan. Broil for five minutes and baste with butter.
4. Broil for five more minutes, turn, brush with melted butter, and broil for 10 more minutes.

All Ages

Quail #3

Prepare

Gather the ingredients and make a sample of the quail to be sure you can help the children as they work.

With the Children

Help the children follow the directions to make quail.

Ingredients

6 quail (or 2 Cornish game hens, quartered, or 6 chicken thighs)
½ cup of flour
½ teaspoon salt
½ teaspoon black pepper
vegetable oil

1. Fill a skillet half full with oil. Heat on medium.
2. Measure ½ cup of flour, ½ teaspoon salt, and ½ teaspoon black pepper into a paper bag. Close the bag and gently shake to mix.
3. One at a time, shake the quail (or pieces of other bird) in the bag.
4. Carefully put the birds, one piece at a time, in the skillet.
5. Brown the birds on both sides.
6. Cover the skillet and lower the heat.
7. Cook until tender, about 20 minutes. Turn once to brown evenly.

All Ages

Mission Project: Cookies

Prepare

Gather the ingredients and make a sample of the cookies to be sure you can help the children as they work.

With the Children

Talk to the children about the people who work to maintain your church. Tell them they will be making cookies as a thank-you treat for these persons. Perhaps the cookies can be served at the next church workday or at a trustees' meeting.

Help the children follow the directions to make cookies.

Supplies

recipe ingredients
measuring cups
measuring spoons
oven
mixing bowl
electric mixer
cookie sheets
pot holders
spatula
cooling rack
small bags



Ingredients (Yield: 7 dozen cookies)

- ½ cup shortening
- ½ cup butter, softened
- 1 cup granulated sugar
- 1 cup brown sugar, packed
- 2 eggs
- 2 teaspoons vanilla
- 3½ cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup chopped nuts
- 12 ounces semisweet chocolate chips

1. Preheat oven to 375 degrees.
2. Thoroughly mix the shortening, butter, sugars, eggs, and vanilla.
3. Add the dry ingredients, mixing thoroughly.
4. Fold in nuts and chocolate chips.
5. Drop dough by rounded teaspoonfuls onto ungreased cookie sheets. Cookies should be 2 inches apart.
6. Bake 8 to 10 minutes, until light brown.
7. Allow cookies to cool slightly before removing from cookie sheet to cooling rack.

Let each child eat one cookie.

Have the children package the rest of the cookies in small bags so that they will be ready to hand out to the church workers. The cookies may be frozen until the time comes for them to be delivered.

Talk Tip

Do you think people brought food to the people who were working on the Tabernacle? What do you think they brought?

Supplies

food made in the station (excluding chocolate chip cookies)
 small bottles of water
 small plates
 napkins

CLOSING (5 minutes)

Gather the children around the table to taste the foods they have made. As they eat, lead a discussion about how God provided food for the people while they were in the desert.

Ask: What would it have been like to eat manna and quail and drink water every day for forty years? Do you think the people remained grateful to God for providing food for them?

Close With Prayer: God, we give you thanks for all your gifts to us. Help us be grateful for what we have received. Amen.



Notes

COOKERY

