



# **BARLEY HARVEST STUDENT COOKBOOK**

INTERVARSITY



## FORWARD

"I'm hungry!" These are words I'm sure each of us have told our moms or thought as we drove during a midnight drive. Hunger is a universal feeling in our bellies, but it can also be a deeper reality in our souls.

Food is a wonderful gift that gathers people. This cookbook came about to celebrate different cultures, stories, and God's faithful care for his people. In the book of Ruth, the reader discovers how God fills the empty and uses the ordinary in his redemption story. In addition to these recipes, we have sprinkled simple prayers based on simple objects throughout the book. We wanted to provide moments of reflection and prayer on these everyday objects. They invite the cook to practice abiding in God in the middle of everyday tasks, even during the preparation of a meal.

On behalf of InterVarsity BC, we present to you: The Barley Harvest Student Cookbook! May it bring joy in the midst of your pandemic cooking and when we are able to share a meal with one another again.

- Ruth Creative Team

# TABLE OF CONTENTS

## Forward

## Salads

Preparation of a Meal .....	6
Borborygm Xertz Pasta Salad .....	7
Pear, Avocado, Pecan Salad with Lemon Dijon Dressing ..	8
Candied Pecans .....	9
Pearl Couscous Tomato Basil Salad .....	10
Santa Fe Chicken Salad .....	11

## Soups

The Ceiling Prayer .....	14
Cozy Autumn Wild Rice Soup .....	16
Leftover Veggie Soup .....	18
Sweet Potato Red Lentil Soup .....	19
Summa Borscht .....	21

## Side Dishes

The Chemex Prayer .....	23
Chimichurri Verde .....	25
Funeral Potatoes .....	27
The Fanciest Asparagus .....	30
Spinach Dip .....	31

## Entrées

Master of the Feast .....	33
Beet Pizza .....	35
Egg Sauce .....	38
Sous Vide Duck Confit .....	39
Pesto Risotto with Roasted Tomatoes and Chickpeas .....	41
Pesto Lasagna Rolls .....	42

## **Baking**

Lightbulb Prayer .....	45
Bavarian Peach Torte .....	46
Blueberry Raspberry Tart .....	49
Couch Prayer .....	51
No-Knead Peasant Bread .....	52

# SALADS





# PREPARATION OF A MEAL

Father in Heaven,

This meal I make may be small in size or as large as a feast.

I start hands outstretched upon my cutting board, asking that this moment of preparation be an act of worship to you.

As I prepare vegetables you have cared for,  
Lead my heart to abide.

As I cook the meat you have provided,  
Lead my heart to thankfulness.

May my heart express joy,  
from the smells and in the taste testing of spices.

May this be a time to process,  
to think and bring my day before you in surrender.

The worries, frustrations and hurt,  
You hear it all and still, you call me to you.  
Would you help me to see how you washed away my sin as I wash the dirt from these fruits?

Now I turn to the preparation of this meal.  
Guide me into this moment to surrender.

# BORBORYGM XERTZ PASTA SALAD

Submitted by Joran & Katie  
Wingerter

"This is our favorite summer  
lunch!"

## INGREDIENTS

1 (16 oz.) Box Barilla Rotini

1 English cucumber, sliced  
into half-moons

2 cups Grape tomatoes

1/2 Small red onion, thinly  
sliced (scant 1/2 cup)

1 cup Pitted black olives,  
sliced

1 Green pepper (seeds  
removed), chopped

1/4 cup Chopped fresh  
parsley

( 1 cup) 5 oz. Feta, crumbled

## DRESSING

1/2 cup Extra-virgin olive oil

3 tbsp Red wine vinegar

2 tbsp Fresh lemon juice

1 1/2 tsp Dried oregano

1 tsp Dried basil

1 1/2 tsp Minced garlic

2 tsp Honey

Salt, to taste



## DIRECTIONS

1. Cook the pasta according to box  
directions.

Drain and put aside to cool.

2. While the pasta is cooking, prepare  
your vegetables.

3. Combine ingredients for the dressing  
and mix well.

4. Combine and toss all ingredients  
together and enjoy!



# PEAR, AVOCADO, PECAN SALAD WITH LEMON DIJON DRESSING

Submitted by Daniela Lakey

"My brother has never been a fan of salad or veggies until he ate this one. Now he makes it all the time (literally). He'll send me pictures of him eating the salad and call me up to ask for tips."

## DIRECTIONS

1. Mix all dressing ingredients together and set aside.
2. Thinly slice red onion and cut avocado and pear into cubes.
3. Combine red onion, avocado, pear, and greens in a mixing bowl.
4. Top with crumbled feta, raisins, and candied pecans  
(see recipe on the next page for pecans).
5. Pour dressing over salad to taste.

Additional Note:

The salad also tastes great with added chicken, chickpeas, rice, and/or quinoa.

## INGREDIENTS

Greens (any mixture of lettuce)  
1 Avocado  
1 Pear  
Feta cheese (crumbled)  
Approx. 1/8 red onion (thinly sliced)  
Handful of raisins  
Candied Pecans

## DRESSING

2 tbsp Lemon  
4 tbsp Olive oil  
1 tsp Dijon mustard  
1 Clove garlic (minced)  
2 tsp Honey (or more to taste)  
Pinch of salt

# CANDIED PECANS

Submitted by Daniela Lakey

## INGREDIENTS

1 cup of Pecans

1 tsp Maple syrup

1/2 tsp White (or  
brown sugr)



## DIRECTIONS

1. Combine pecans in a saucepan with maple syrup and white (or brown) sugar.
2. Place the saucepan over medium heat and stir until sugar crystallizes and turns whitish in colour.
3. Set aside to cool.
4. Chop pecans



# PEARL COUSCOUS TOMATO BASIL SALAD

Submitted by Alli and Harrison Berg

"The Pearl Couscous Salad is my husband's favourite and is so nice to enjoy outside in the sun."

## DIRECTIONS

1. In the bottom of a bowl, mix olive oil, red wine vinegar, Dijon mustard, and salt and pepper to taste.
2. In a pot of boiling water, cook pearl couscous for roughly 8-10 minutes (cook as you would regular pasta).
3. Drain and run cold water on it to cool it down.
4. Add cooled pasta to the bowl, cherry tomatoes, spinach, basil, cheese, pine nuts, chives and olive.
5. Mix well and enjoy!

## INGREDIENTS

- ¼ cup Olive oil
- 2 cups Pearl couscous
- Salt and Pepper
- 3 tbsp Red wine vinegar
- 1 tsp Dijon mustard
- 12 oz Cherry tomatoes, quartered
- 2 cups Baby spinach
- 1 ½ cups Chopped fresh basil
- ¾ cup Feta or ricotta salata cheese
- ½ cup Pine nuts
- ¼ cup Fresh minced chives
- ⅔ cup Sliced black olives (optional)

# SANTA FE CHICKEN SALAD

Submitted by Alli and Harrison Berg

"The Santa Fe Chicken Salad reminds me of my mother in law and the first time we hung out together on a wonderful summer day."

## INGREDIENTS

6-7 cups Chopped lettuce

½ cup Corn

½ cup Black beans

6 tbsp Crumbled feta

4 Dates, chopped

1 Avocado, diced

Handful of tortilla chips

3 Chicken breasts cooked with cajun spice

## DRESSING

¼ cup Lime juice

2 tbsp Lime zest

3 tbsp Peanut butter

2 tbsp Oil

1 tsp Sugar

½ tsp Garlic, minced

½ tsp Soy sauce



## DIRECTIONS

1. For cajun spice mix combine, 2 tbsp paprika & garlic powder, 1 tbsp sea salt, 2 tsp dried oregano, dried thyme leaves, cayenne powder & onion powder, 1 tsp red pepper flakes.
2. Cover the chicken front and back with Cajun spice. You will have lots of spice left over for other yummy meals.
3. Bake at 400 F for 20 min or until fully cooked.

4. Mix your dressing in a separate bowl, or in the bottom of the bowl, you will be using.

5. Then add your lettuce, corn, black beans, feta, dates, avocado, and tortilla chips. When chicken is done add it too and mix well.

Can also be plated individually with dressing poured on top.



# SOUPS





## THE CEILING PRAYER

Father in Heaven,  
that place we think above us, but is around  
us  
yes, the Kingdom of Heaven, Kingdom of  
God.

I have that staring-up-at-the-ceiling kind of  
feeling  
lounging on the couch while my mind  
wanders  
would that it wanders with you  
wander as fools wander round the world  
wander in the wonders of this heaven you  
speak of

I'm dizzy with the weight of everything,  
the responsibility of hoping for those who do  
not hope,  
the responsibility of loving those who have  
had no fathers, no mothers, no friends,  
the responsibility of work, of grocery  
shopping, of tax season



so I'm letting my eyes turn above  
because I need some of that childish faith  
some of that mustard seed hope  
in the impossible, in miracles, in  
transformation.

And perhaps as I look to that funky, stain,  
left behind by the previous tenant, I'll come  
to realize, to understand, that it's time to  
roam the land with you. Time to join the  
adventure.

And perhaps, then I will find that I  
remember what the walls, and lights, and  
scents of the Kingdom of Heaven are like.

I've forgotten for a moment. But  
remembering can come, is coming.



# COZY AUTUMN WILD RICE SOUP

Submitted by Daniela Lakey

"This was the first vegetarian recipe I made for my husband and he liked it! He's a hunter so meat is a staple for him haha. (However, this recipe does taste good with chicken too if you want meat)."

## INGREDIENTS

- 6 cups Vegetable stock (or chicken stock)
- 1 cup Uncooked wild rice
- 8 ounces Baby bella mushrooms, sliced
- 4 Cloves garlic, minced
- 2 Medium carrots, diced
- 2 Ribs celery, diced
- 1 Large sweet potato, peeled and diced
- 1 Small white onion, peeled and diced
- 1 Bay leaf
- 1 1/2 tbsp Old bay seasoning
- 1 (14-ounce) can unsweetened coconut milk (or see cream sauce option below\*)
- 2 large Handfuls of kale, roughly chopped with thick stems

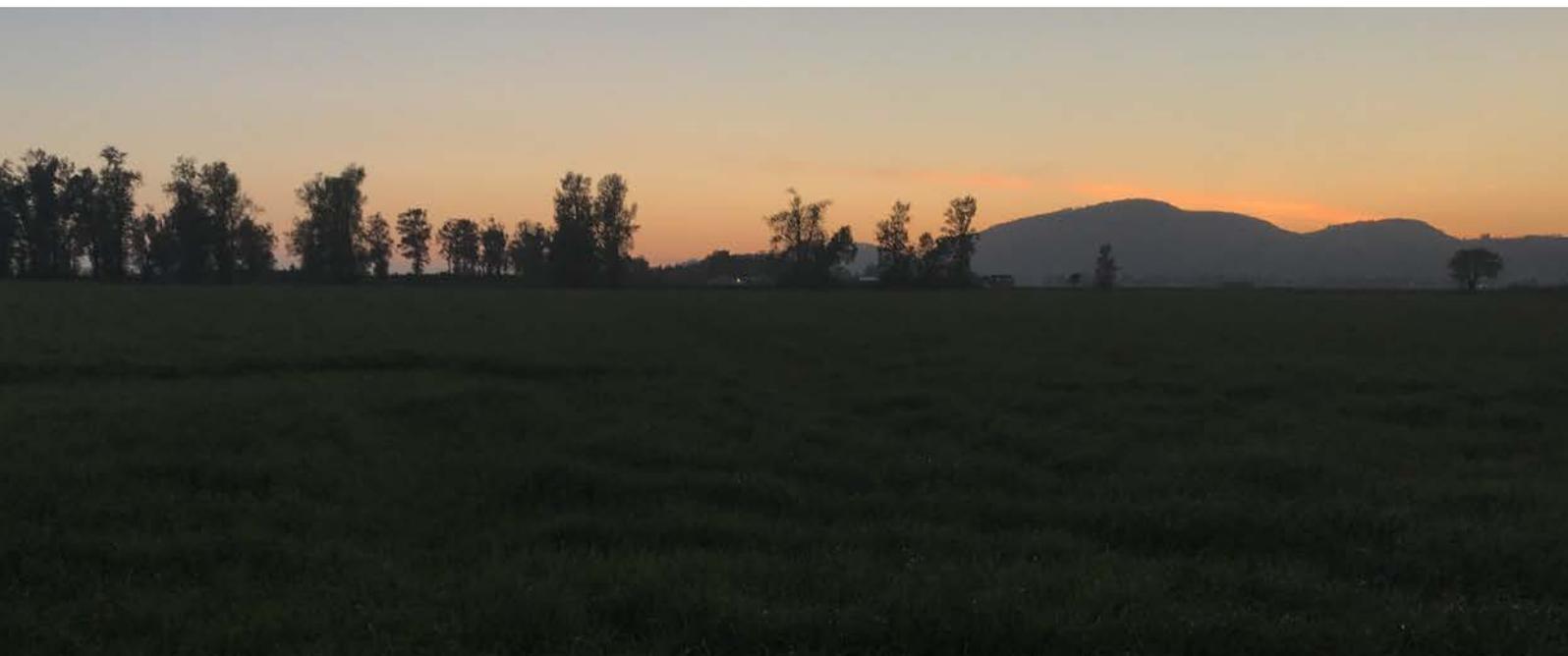
## DIRECTIONS

1. Sauté the veggies. Heat (an extra) 1 tablespoon butter or olive oil in a large stockpot over medium-high heat. Add onion and sauté for 5 minutes, stirring occasionally, until soft and translucent. Stir in the garlic and cook for an additional 1-2 minutes, stirring occasionally, until fragrant.
2. Add base ingredients. Add in the vegetable stock, wild rice, mushrooms, carrots, celery, sweet potato, bay leaf and old bay seasoning. Stir to combine.

3. Simmer. Continue cooking until the soup reaches a simmer. Then reduce heat to medium-low, cover, and simmer for 30 to 40 minutes until the rice is tender, stirring occasionally.

4. Add final ingredients. Add the coconut milk and kale to the soup, and stir gently until combined. Taste and season with salt and pepper (plus any extra Old Bay seasoning, if you would like) as needed.

5. Serve. Serve warm and enjoy!



# LEFTOVER VEGGIE SOUP

Submitted by Justin Yuen

## INGREDIENTS

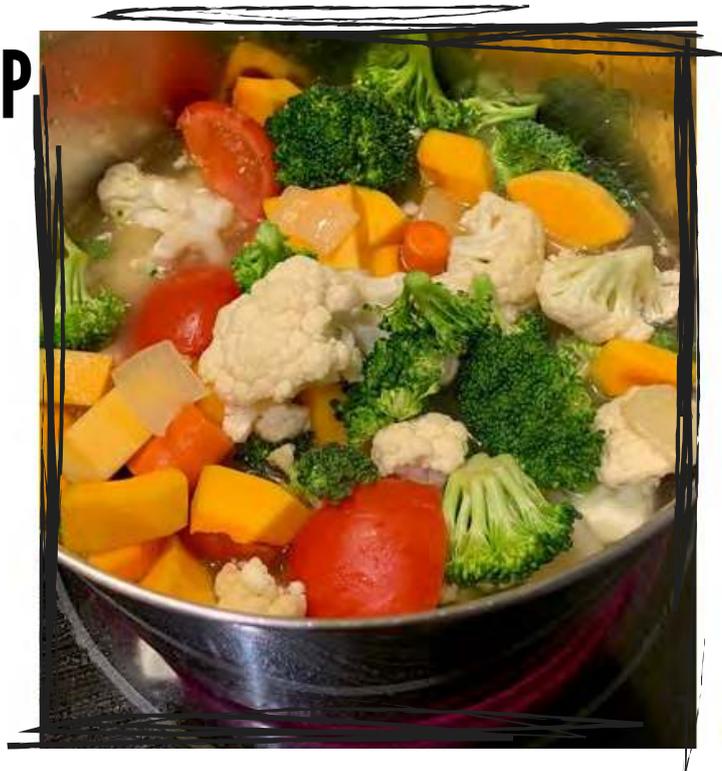
Any Leftover veggies

1 tbsp Butter

1 Large onion

4 Cloves of garlic

Water and/or/ broth



## DIRECTIONS

1. Chop onions, garlic, and any veggies you want to add to the soup.
2. In a large pot, sauté garlic and onions in butter for 5 minutes.
2. Add chopped veggies into the pot and add water and/or broth until it just covers the top of the veggies.
4. Turn the temperature down to low, cover the pot.
5. Simmer until everything is soft.
6. Blend everything until the mixture is smooth.
7. Add salt, pepper, and herbs to taste and enjoy!



# SWEET POTATO RED LENTIL SOUP

Submitted by Cristyn Bergen

"I made this soup for the first time in my community house in Ireland. This soup is sweet, warm on autumn days, and cheap! It has become my go-to when I make a meal for new moms and families in need."

## INGREDIENTS

¼ cup Butter  
2 Large sweet potatoes, peeled and chopped  
2 Large carrots, peeled and chopped  
1 Apple, peeled, cored and chopped  
1 Onion, chopped  
½ cup Red lentils  
½ tsp Minced fresh ginger  
½ tsp Ground black pepper  
1 tsp Salt  
½ tsp Ground cumin  
½ tsp Chili powder  
½ tsp Paprika  
4 cups Vegetable broth  
Plain yogurt

## DIRECTIONS

1. Melt the butter in a large, heavy-bottomed pot over medium-high heat. Place the chopped sweet potatoes, carrots, apple, and onion in the pot. Stir and cook the apples and vegetables until the onions are translucent, about 10 minutes.
2. Stir the lentils, ginger, ground black pepper, salt, cumin, chili powder, paprika, and vegetable broth into the pot with the apple and vegetable mixture. Bring the soup to a boil over high heat, then reduce the heat to medium-low, cover, and simmer until the lentils and vegetables are soft, about 30 minutes.

3. Working in batches, pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Purée in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and purée the soup right in the cooking pot.

4. Return the puréed soup to the cooking pot. Bring back to a simmer over medium-high heat, about 10 minutes. Add water as needed to thin the soup to your preferred consistency.

5. Serve with yogurt for garnish. You can also add a garnish of chili oil for garnish and flavour.



# SUMMA BORSCHT

Submitted by Alaysia Martin

"I learned this recipe from my grandma. This soup is a family favourite all throughout the year. The heritage is German-Mennonite."

## INGREDIENTS

Farmer Sausage or Ham

Potatoes

Salt

Dill

Buttermilk

Sourcream



## DIRECTIONS

1. Cover the diced meat in as much water as you want for your soup. Bring to a boil and simmer. Add peeled and diced potatoes.
2. Simmer and add salt to taste (No need to add salt at the beginning as sometimes the meat is salty enough).
3. When the potatoes are done (soft), remove from heat and add buttermilk (not a lot) and dill to taste.
4. You can also add a spoonful of sour cream to the bowl to stir in when served.

The recipe is often by taste instead of by measurement.

The image features three distinct side dishes arranged on a dark, textured wooden surface. In the upper left, a single, golden-brown fried roll, possibly a spring roll or a similar East Asian snack, is presented on a white, square-shaped ceramic plate. In the lower left, a long, rectangular breaded fish fillet, likely a Japanese kishidashi, is served on a light-colored wooden cutting board with a circular hole at the bottom end. In the lower right, a round, breaded cutlet, possibly a Japanese kishidashi or a similar fried patty, is served on a white, round ceramic plate. The text "SIDE DISHES" is overlaid in the center of the image in a bold, white, sans-serif font.

# SIDE DISHES



## THE CHEMEX PRAYER

Just like how the coffee drips,  
look to the Maker, turn the kettle on,  
the weight will lift, as you wait for the water to boil  
you'll want to grind the beans, want to rush  
but wait instead. Indeed, it's better.  
Listen to the word, for the word,  
The Word shall come.

Then, grind the beans  
now the water is ready  
pour slowly. Watch the pour.  
Do you not know? Do you not see?  
what was empty shall be filled  
Father is pouring into you.  
just like the water swirls  
there's a bubbling to the surface  
I stole that line, but the image is true

Watch what rises, then pour the water.  
Do you not know? Do you not see?  
Father is pouring into you.  
Father is transforming you.  
just like how the coffee drips  
a little, then the steep, then the whole

First the seed, then the bean, then the grind, then  
the pour, finally delight. See how Creator grows his  
Kingdom and his Kin.

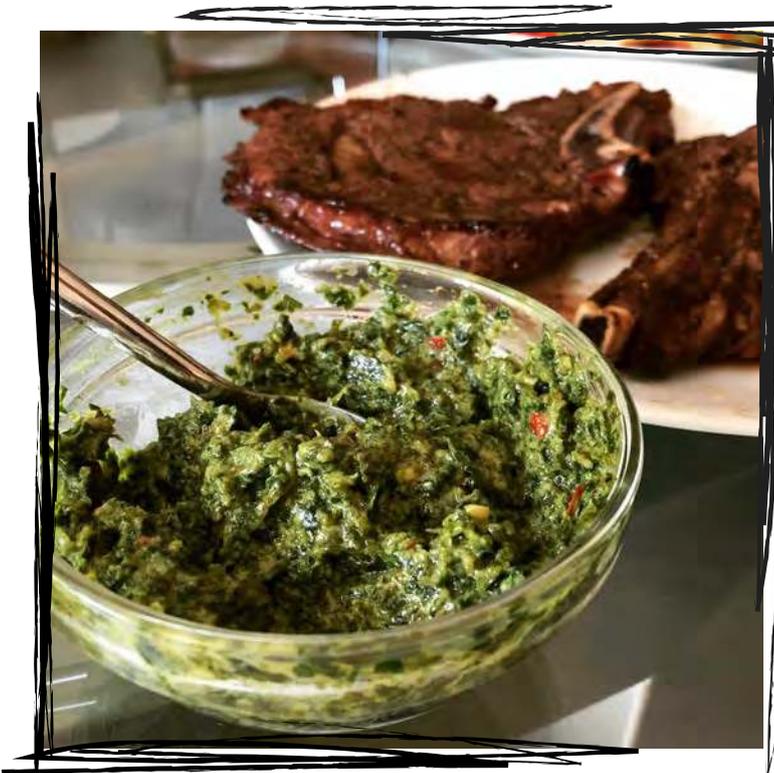
# ARGENTINA RELISH

"I first tasted chimichurri on top of a flank steak at a restaurant with my parents, and was amazed that such a simple herb relish of parsley and cilantro - both herbs that I'm not particularly fond of - contained so much flavor to balance the heaviness of grilled meat! At the end of summer 2020, with way too much parsley and cilantro harvested from my mother's backyard herb garden, I found a chimichurri recipe online, and experimented.

Chimichurri originated in Argentina, its name is said to be derived from an old Basque word meaning "hodgepodge". I think that's a good word to describe this recipe! Here is my basic guideline for chimichurri verde; feel free to play around with proportions of ingredients to suit your taste. I find that I need a good bit of onion or shallot to counteract the grassy taste of parsley and cilantro."

- Mallory Chow





# CHIMICHURRI VERDE

Submitted by Mallory Chow

## INGREDIENTS

2 Shallots, or half an onion

4-6 Cloves of garlic

Chilli peppers, to taste (1 for mild, 3 for medium, 5+ for spicy)\*\*

1 Lemon or 1.5 limes, juiced

Salt and pepper to taste

1.5-2 cups Flat parsley OR curly parsley (stems can be included)

1.5-2 cups Cilantro (stems can be included)

1.5-1 cup Fresh oregano leaf (optional, or substitute with another fresh mild-flavoured herb)

3-4 tsp Olive oil, drizzled on top of herbs

## DIRECTIONS

1. Place in your food processor, shallots, garlic, Chili peppers, lemon or lime juice, salt and pepper.

2. Pulse until minced finely and evenly.

3. Afterwards, gradually add: flat parsley or curly parsley, cilantro, oregano and oil.

4. Pulse until minced evenly and incorporated into the mixture.

3. Transfer mixture into an airtight container. Treat the chimichurri as a relish, best served on grilled red meats or seared fish, but also excellent on grilled eggplant or a fried egg sandwich.

Can keep in the refrigerator for 1-2 months, or in the freezer for up to 8 months.

\*\* If your resulting mixture is too spicy, mix chimichurri with softened butter or softened garlic butter, right before serving.



# FUNERAL POTATOES

Submitted by Ryley McWilliams

## INGREDIENTS

8 tbsp (1 stick) Salted butter  
One 28 to 32-ounce bag Frozen shredded hash browns potatoes  
1 Medium onion, finely diced  
1/4 cup All-purpose flour  
1 cup Milk  
2 cups Low-sodium Chicken broth  
Kosher salt  
Freshly ground black pepper  
1 1/2 cups Grated Monterey Jack cheese  
1 cup Sour cream  
1/2 cup Grated sharp Cheddar  
2 cups Kettle-cooked potato chips  
1/4 cup Grated Parmesan



## DIRECTIONS

1. Preheat the oven to 350 F. Grease a 9-by-13-inch baking dish with 1 tablespoon of butter. Take the potatoes out of the freezer while you are preparing the rest of the ingredients.
2. Heat a large, deep skillet over medium-high heat, then melt 6 tablespoons of the butter in it. Add the onions and cook, stirring occasionally, until the onions start to soften, 3 to 4 minutes. Sprinkle the flour over the onions and stir to incorporate.

3. Cook for a minute or 2 to cook out the raw flour, but do not let it colour. Whisk in the milk, making sure to get out all the lumps. Add the broth and whisk again if there are still lumps. Bring the mixture to a simmer and allow it to thicken for about 3 minutes.

4. Season to taste with salt and pepper. Turn off the heat and stir in the Monterey Jack, sour cream and Cheddar.

5. Add the hash brown potatoes and mix everything together. Transfer the mixture to the prepared baking dish.

6. Melt the remaining 1 tablespoon butter in a small pan. Put the potato chips and Parmesan in a bowl and crush the potato chips. Pour in the melted butter and toss to coat. Sprinkle the crumbs over the top of the potatoes.

7. Cover with foil and bake for 20 minutes, then remove the foil and continue baking until golden brown on top and bubbling around the edges, about 15 minutes more. Let rest for 15 minutes before serving.

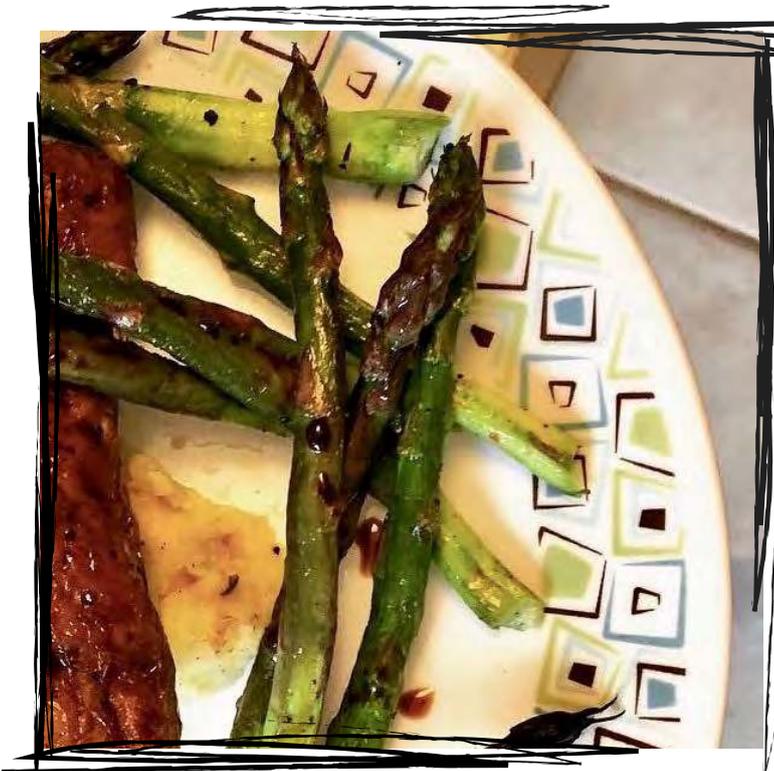


## BALSAMIC AND AROMATICS

"This recipe was born out of quarantine boredom and longing for a more special dinner experience for my family and me. We were recently gifted with a bottle of very nice balsamic vinegar and wanted to find ways to incorporate it into dishes other than salad, and thus this side dish was born! If you don't have balsamic vinegar, this dish is still just as tasty as garlicky roasted asparagus. You may also want to try this with lemon zest, for a fresher, more aromatic flavour!"

- Mallory Chow





## THE FANCIEST ASPARAGUS

Submitted by Mallory Chow

### INGREDIENTS

- 1 Bunch fresh asparagus
- 3-4 Cloves garlic
- 1-2 tsp Olive oil (or any other mild-tasting oil that can withstand heat)
- Salt & black pepper, to taste
- Balsamic vinegar, to taste
- Parmesan cheese\*\*

### DIRECTIONS

1. Preheat oven to 425 F.
2. Prepare asparagus by washing, and then snapping off bottom ends (they will break off at the point where they are tender and not woody). Toss lightly in olive oil, salt and black pepper.
3. Lay asparagus on a prepared baking tray, making sure no stalks are lying on top of each other.
4. Peel and mince garlic, then sprinkle minced garlic on top of asparagus. Bake for 10-15 minutes, or until asparagus spears are easily pierced with a fork.
5. Right before serving, drizzle balsamic vinegar and shave Parmesan cheese over asparagus.

# SPINICH DIP

Submitted by Jeremy Roy

## INGREDIENTS

8 oz Cream cheese  
1 cup Sour cream  
1 Package frozen spinach  
(10 oz) thawed with water  
squeezed out  
1 Package Knorr Vegetable  
Soup  
1 can Chopped water  
chestnuts  
1 cup Mayonnaise  
1 Whole pumpernickel loaf



## DIRECTIONS

1. Combine cream cheese and sour cream until smooth (I use a food processor, but you can use a mixer).
2. Add remaining ingredients (except pumpernickel loaf) and blend well.
3. Hollow out pumpernickel loaf. Place dip in the loaf. Use pieces of the loaf for dipping.

Can also cut up various vegetables (carrots, celery, mushrooms, peppers, broccoli, cauliflower, snow peas....) for dipping.



# ENTRÉES



# MASTER OF THE FEAST

Master of the Feast,  
The table is set but something is out of  
order, something is missing. So I come to  
you

Master of the house  
You come to every house as a guest but we  
know you can make water out of wine.  
I have some water but the wine is missing.  
I have some seeds but no mill to make flour

So would you say a blessing  
take what is on my table and now in your  
hands  
lift it up to the high heavens  
as a sacrifice.

Carve a welcome into the foundation of this  
house.

Grace us with your presence  
as we are merry and joyful  
create an altar and we shall praise your  
name.



Beloved,  
we give you glory  
we celebrate your goodness,  
the goodness of your land, the goodness by  
your hand, the goodness of heaven's band,  
we raise our glasses, your resurrection for  
the masses

once you spoke that family was like a great  
vine  
as we feast reveal your steadfast kindness  
steadfast as iron-strong, steadfast as morning  
dew,  
steadfast true, steadfast lionheart  
steadfast as the hour hand upon the mantle.

Thank you Beloved,  
I am glad you're here with us.  
to join us in the dance

Beloved,  
I see now that you were what was missing  
Twas you that we needed to see as we ate  
around the table

# BEET PIZZA

Submitted by Leah Reimer

## INGREDIENTS

- 1 Beet
- 1 Large red onion
- 1 Bulb garlic
- 1/4 cup Crushed walnuts
- 1/2 cup Crumbled goat cheese
- 1/2 cup Balsamic vinegar
- Handful of fresh spinach, chopped
- Pizza crust (homemade or premade)
- Olive oil
- Salt, pepper, herbs



"Last spring my roommate and I decided to make the best of COVID by starting weekly roommate dinners, where we would create random recipes out of the food in our fridge. Trying beets on pizza was a result of that, and it turned out incredible! So we spent the next year perfecting this recipe."

## DIRECTIONS

1. Chop the beet into thin, bitesize pieces. Toss with olive oil, salt and pepper and put on a baking tray. Roast at 400 °F for about 30 minutes, until tender and crispy on the edges.
2. Chop the top off the whole bulb of garlic, (don't peel it) drizzle with olive oil. Wrap in foil or cover with a small oven-safe dish and roast. It will take about 30 minutes as well.
4. Measure half a cup of balsamic vinegar into a small pot and cook over medium-low heat, stirring every now and then, to reduce. Do not let it boil. When it is thick and sticky it is done.

5. When the garlic is done, remove each clove and mash them together with olive oil, salt, pepper, chili flakes, and your preferred herbs (rosemary, basil, oregano, Italian).

6. Spread the garlic sauce over the pizza crust, add the caramelized onion, beets, goat cheese, walnuts, and sliced spinach.

7. Cook according to your crust, (if it is precooked it won't need long). When it is finished, drizzle the balsamic reduction over the top.



# EGGS, DUCKS AND COMMUNITY

"I grew up in a big extended family with aunties, uncles and cousins and one of the greatest things we looked forward to at our gatherings, was food. Egg sauce was a classic, because it was so easy to make and was very versatile. We often had it with yams, plantains or potatoes, but as I grew older, I found more pairings, including pasta, bread, rice, etc. For this reason, I still associate egg sauce with a happy feeling." - Sarah Itamunoala

"I was cat-sitting for my roommate, Peter, for 6 months. He got me a Sous Vide machine in return. Sous Vide Duck Confit is the first dish I made using this machine in community living." - Matthew Lee





## EGG SAUCE

Submitted by Sarah Itamunoala

### INGREDIENTS

3 Eggs

2 tbsp Cooking oil

2 Tomatoes

1 Small onion

1 Spring onion

1 Bell pepper

Chilli/habaneros (optional,  
to your spice level)

Boullion cubes to taste

Salt to tast

1/8 tsp Turmeric

1/8 tsp Curry

Other choice herbs,  
seasonings and spices  
(ginger, garlic, Italian  
seasoning, rosemary etc)

Tomato paste (Optional)

### DIRECTIONS

1. Chop all the vegetables.
2. Add the oil to a pot and add onions to the oil.
3. Add the other vegetables and spices, seasoning, etc.
4. Taste and adjust if necessary
5. Add the eggs and mix in.
6. Allow to simmer until well cooked.
7. Eat and enjoy!

# Sous Vide Duck Confit

Submitted by Matthew Lee

## INGREDIENTS

- 4 Duck legs
- Kosher salt and freshly ground black pepper
- 4 Medium cloves garlic, minced
- 4 Sprigs of thyme

## DIRECTIONS

1. Set up an immersion circulator and preheat the water bath to 155°F (68°C).
2. Season duck all over with salt and pepper. Rub garlic onto the meaty side of each leg and set a thyme sprig on top. Slide duck legs into vacuum bags and seal according to vacuum-sealer manufacturer's instructions.
3. Add sealed duck to water bath and cook for 36 hours. Make sure to top up water occasionally as it evaporates, and keep the bag completely submerged. If the bag floats, weigh it down by placing a wet kitchen towel on top of it.
4. Remove duck from water bath and transfer to the refrigerator to chill. The duck can be kept refrigerated within the sealed bag for up to 1 week.



5. When ready to use, remove the duck from the bag and scrape away thyme sprigs and excess fat and juices. Use duck confit according to any recipe you have; it can be cooked in a 450°F (230°C) oven or broiled until the meat is heated through and the skin is browned and crispy, about 7 minutes.





# PESTO RISOTTO WITH ROASTED TOMATOES AND CHICKPEAS

Submitted by Alli and Harrison Berg

"This Pesto Risotto is a new dish for us, but anything pesto is a favourite in our household."

## INGREDIENTS

3 tbsp olive oil  
4 cups Cherry tomatoes  
1 tbsp Cumin  
1 tbsp Garlic powder  
1 tbsp Onion powder  
16 oz Chickpeas  
1 tsbp Olive oil  
½ Large yellow onion, chopped  
3 Garlic cloves, minced  
1 ½ cups Arborio rice  
6 - 7 cups Vegetable stock  
1 tbsp Lemon juice  
½ cup Parmesan  
½ cup Pesto  
3 cups Baby spinach

## DIRECTIONS

1. Place cherry tomatoes on a baking pan, toss with 1 tbsp of olive oil.
2. Bake in the oven at 425 F for 10 min. Set aside once done.
3. In a bowl, combine 2 tbsp olive oil, cumin, garlic powder, onion powder, and chickpeas. Toss well and put on a baking sheet. Bake in the oven at 425 F for 20-25 min. Once finished, set aside.
4. Heat the vegetable stock in a separate small pot, keep warm while making risotto.

# PESTO LASAGNA ROLLS

Submitted by Ryley McWilliams

## INGREDIENTS

Kosher salt

Freshly ground black pepper

12 Lasagna noodles

2 tbsp Unsalted butter

2 tbsp All-purpose flour

1 1/2 cups Whole milk

1 Large egg

2 cups Whole milk ricotta

1 10-oz Package frozen

chopped spinach, thawed and squeezed dry

2 1/2 cups Shredded mozzarella

3/4 cup Grated parmesan

1 cup Store-bought pesto

1 tbsp Extra-virgin olive oil

Crushed red pepper flakes, optional



## DIRECTIONS

1. Position an oven rack to the middle position and preheat the oven to 425 F.

2. Bring a large pot of salted water to a boil. Cook the lasagna noodles 1 minute longer than the package directions for al dente.

The pasta should be tender enough that it will roll without cracking.

Drain well and rinse with cold water. Lay in a single layer on a baking sheet.

3. Meanwhile, melt the butter in a medium saucepan over medium heat. Add the flour and cook, stirring, until lightly toasted, about 2 minutes. Whisk in the milk, a large pinch of salt and a few grinds of pepper. Cook, stirring frequently, until the sauce thickens and is the consistency of a thin gravy, 6 to 8 minutes. Allow the béchamel sauce to cool slightly.

4. Beat the egg in a large bowl and then stir in the ricotta, spinach, 1 1/2 cups of the mozzarella cheese, 1/2 cup of the Parmesan, 1/2 cup of the pesto, a large pinch of salt and a few grinds of pepper. Stir the remaining 1/2 cup pesto into the slightly cooled béchamel sauce.

5. Brush a 13- by 9- inch baking dish with oil. Spread 1/4 cup of the pesto-béchamel sauce onto the bottom of the dish.

6. Lay half of the cooked lasagna noodles on a clean work surface and spread 1/3 cup of the ricotta mixture evenly over each.

Starting with a short end, roll each noodle up. As you make the rolls, transfer them to the prepared baking dish seam-side down.

Repeat with the remaining noodles and ricotta mixture. Spoon the remaining pesto-béchamel sauce over the lasagna rolls and sprinkle with the remaining 1 cup mozzarella and 1/4 cup Parmesan. Cover with foil and bake until the rolls are heated through and the sauce is bubbling, about 20 minutes. Remove the foil and bake until the cheese is browned on top, about 10 minutes.

7. Sprinkle with crushed red pepper, if using, and let stand for 5 minutes before serving.

# BAKING





# LIGHTBULB PRAYER

This is a lightbulb day  
apple turnover, blueberry pie kind of way  
because we get to awake to our  
Our Morning Chef,  
Our Father with shining eyes  
who watches us in heaven  
as your hear us on earth.

This is a day for sunshine worship  
to sing before the commute,  
to say before the morning Starbucks run,  
there is good work to be done  
kind words to be said  
wise elders to be cared for.

All I ask  
is for illumination  
the medieval, bookbinding kind  
flashlight truth, flashlight love

This is a lightbulb day  
and I'm turning on the switch  
a clever way to say  
that I'm opening myself up  
King of Lights  
Creator of the Heavens  
sweeping away the dusk and darkness  
I see you walking down the street  
like the postman  
like the morning post

# BAVARIAN PEACH TORTE

Submitted by Jennifer and  
Isaiah Boyd

## INGREDIENTS

1/2 cup Butter  
1/3 cup Sugar  
1/4 tsp Vanilla  
3/4 cup Flour  
2/3 cup Pecans, finely chopped  
8 ounces cream cheese  
1/4 Sugar  
1 Egg  
1 tsp Vanilla  
1 can (29 oz) Peach slices, drained  
1 tbsp Sugar  
1 tsp Cinnamon



## DIRECTIONS

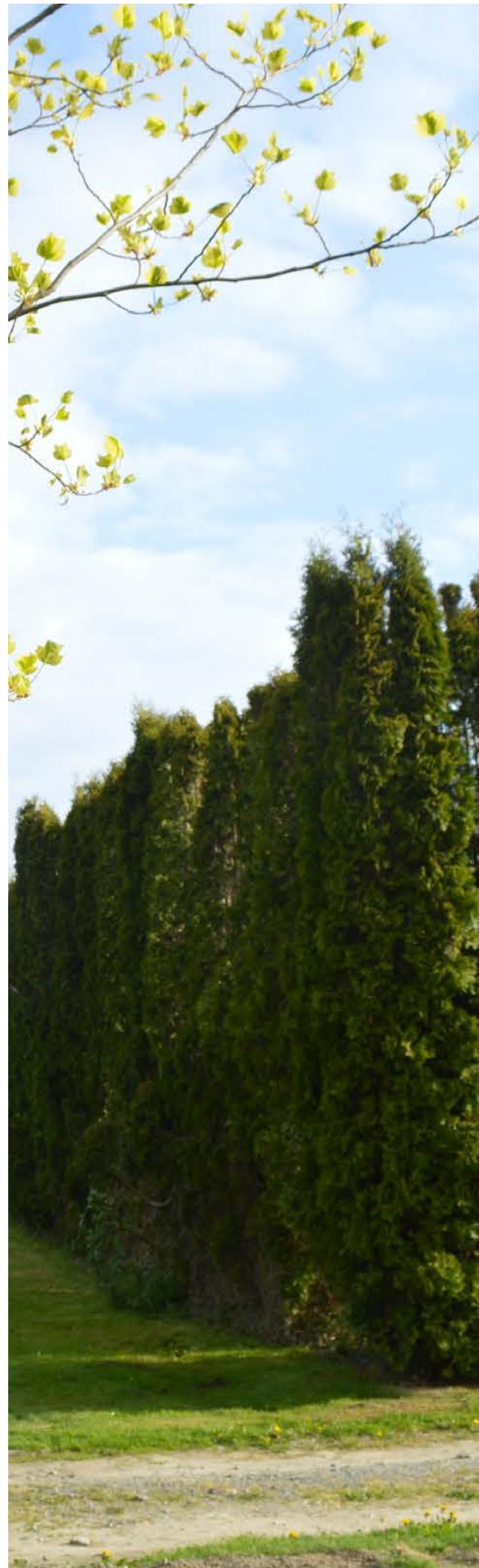
1. To make the bottom crust, cream together butter and sugar. Add vanilla, flour and pecans.
2. Press into a 10-inch springform pan, creating a side lip 1 -2 cm high.
3. To make the filling, cream together cream cheese, sugar and cinnamon.
4. Arrange peach slices in a circle, side by side, in the same direction on top of the filling.

5. Complete the inner circle by arranging peaches end to end.
6. Pour any leftover juices on top of torte.
7. Bake for 1 hour at 400F until cheese filling is firm. Cool before serving.



# BIRTHDAYS AND HAPPY CELEBRATIONS

This was an absolute family favourite in my childhood, and now, it's always my husband's baked treat of choice. When I smell the torte baking, I smell birthdays and happy celebrations, I hear glittering laughter and conversation around a crowded table, and I see full bellies and full hearts. - Jennifer Boyd





# BLUEBERRY RASPBERRY TART

Submitted by Cindy Westacott

## INGREDIENTS

Crust

1 cup Flour

2 tbsp. Sugar

1 stick (1/2 cup Cold  
butter)

1 tbsp. Lemon juice  
filling

2 tbsp. Flour

1/2 cup Sugar

1/4 tsp. Cinnamon

4 cups Blueberries

1 cup Raspberries

## DIRECTIONS

1. Place oven rack in lowest position.  
Heat oven to 400 degrees.  
Have ready a 9-inch spring-form pan.

2. To make the crust in a food processor: Process 1 cup flour, 2 tablespoons sugar and the butter with on/off turns until coarse crumbs form. With motor running, add lemon juice. Process until dough leaves sides of bowl). Remove blade, then dough.

OR By hand: Mix 1 cup flour and 2 tablespoons of sugar in a medium-size bowl. Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs. Sprinkle with lemon juice. Press crumbs together and knead briefly until mixture forms a dough.

3. Lightly flour fingers and press dough about 1/4 inch thick over bottom of pan, thinner up the sides. Press dough to about 1 inch high in spring-form pan.

4. Mix remaining 2 tablespoons flour, 1/2 cup sugar and the cinnamon in a large bowl. Add blueberries and stir to mix and coat. Spread evenly in crust.

5. Bake 50 to 60 minutes until crust is well browned and filling bubbles.

6. Remove from oven to wire rack. Top with the raspberries. Cool completely. Run knife around pastry, remove pan sides and place tart on serving plate. Dust with icing sugar.





# COUCH PRAYER

This is my Sabbath prayer

As I sit on my couch

Feeling the warmth from my cup

Let my heart know your tender care

May my soul find rest in you

As I take in this space during my day of rest.

Help me to know your ways,

your yoke, your heart and hands.

You rested at the end of creation.

May I reflect your rhythms in my day today.

Teach me to slow my soul,

To leave my work aside

Teach me to find true rest

Protect my heart from the lies

The lie of the hussle

The lie of guilt

The lie I'm not enough

May my soul find rest in you

As I lay on my couch

and feel the warmth of this cup.

# NO-KNEAD PEASANT BREAD

Submitted by Cheralyn Post

## INGREDIENTS

4 cups (512 g) Unbleached all-purpose or bread flour  
2 tsp (10 g) Kosher salt  
2 cups (454 g) Lukewarm water (made by mixing 1.5 cups cold water with 0.5 cup boiling water)  
2 tsp (8 g) sugar  
2 tsp (8 g) instant yeast  
room temperature butter, about 2 tbsp  
sesame seeds and/or Italian spice mix (optional)



## DIRECTIONS

1. **Mixing the dough:** In a large mixing bowl, whisk together the flour, salt, sugar, and instant yeast. Add the water. Mix until the flour is absorbed.
2. **Let it rise.** Cover bowl with a tea towel or plastic wrap and set aside in a warm spot to rise for at least an hour. (In the winter or if you are letting the bread rise in a cool place, it might take as long as two hours to rise.) This is how to create a slightly warm spot for your bread to rise in: Turn the oven on at any temperature (i.e. 350°F) for one minute, then turn it off.

Note: Do not allow the oven to get up to 350°F, for example, and then heat at that setting for 1 minute — this will be too hot. Just let the oven preheat for a total of 1 minute — it likely won't get above 100°F. The goal is to just create a slightly warm environment for the bread.

3. Preheat the oven to 425°F. Grease two 1-qt or 1.5-qt oven-safe bowls with about a tablespoon of butter each. Using two forks, punch down your dough, scraping it from the sides of the bowl, which it will be clinging to. As you scrape it down, try to turn the dough into itself. You want to loosen the dough entirely from the sides of the bowl, and you want to make sure you've punched it down. Then, take your two forks and divide the dough into two equal portions — eye the center of the mass of dough, and starting from the center and working out, pull the dough apart with the two forks.

Then scoop up each half and place it into your prepared bowls. This part can be a little messy — the dough is very wet and will slip all over the place. Using small forks or forks with short tines makes this easier. It's best to scoop it up fast and plop it in the bowl in one fell swoop.

4. Let the dough rise again for about 20 to 30 minutes on the countertop near the oven (or near a warm spot) or until it has risen to just below or above (depending on what size bowl you are using) the top of the bowls. (Note: Do not do the warm-oven trick for the second rise, and do not cover your bowls for the second rise. Simply set your bowls on top of your oven, so that they are in a warm spot.) Optional: Top with sesame seeds and/or Italian spice mix.

5. Bake it. Bake for 15 minutes. Reduce the heat to 375° and bake for 15 to 17 minutes longer. Remove from the oven and turn the loaves onto cooling racks. If you've greased the bowls well, the loaves should fall right out onto the cooling racks. If the loaves look a little pale and soft when you've turned them out onto your cooling racks, place the loaves into the oven (outside of their bowls) and let them bake for about 5 minutes longer. Remove from oven and let cool for 10 minutes before cutting.

# Challah, Sabbath and Friends

A few years ago, I spent a month on Denman Island, living with Ian & Naomi Elliot. Naomi is Jewish and she taught me how to make challah, the bread shared at Shabbat dinner on Friday evenings. For a long time, I made challah every Friday night to share with my own household and guests. When the pandemic hit Canada, we stopped having dinner parties and many people were initially reluctant to eat food prepared in other kitchens. There is a decent amount of kneading involved in making challah, so I set out to find a no-knead bread to share with student friends and neighbours. I discovered this recipe online and it became the new Friday night bread! It makes two loaves, so every week I would share one with a different friend. Baking and sharing this bread has become a fun way to mark the end of the week!

- Cheralyn Post



The Barley Harvest Student Cookbook was designed for InterVarsity Christian Fellowship of Canada's RUTH CON - May 3-5 & 8, 2021.

The recipes were submitted by students in British Columbia, Manitoba and InterVarsity Christian Fellowship staff from across Canada.

Prayers were written by Alan Thorimbert

Prayers for Preparation of a Meal and Couch Prayer were written by Cristyn Bergen

The Barley Harvest Student Cookbook was designed and formatted by Cristyn Bergen

Titles and Numbered Text: League Gothic

Body Text: Marion