



# SETTING THE TABLE FOR SPIRITUAL CONVERSATIONS



SALT OF THE EARTH  
RECIPE & PRESENTATION GUIDE  
FREE SAMPLE

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## Introduction

Welcome to the wonderful world of Theo's Feast!

Inspired by Jesus' model of sharing His Kingdom truth's over intimate meals, Theo's Feast is an innovative outreach that ignites deep spiritual conversations through creative edible metaphors, giving dinner guests a unique opportunity to experience the gospel with all of their senses.

Our first Theo's Feast was on March 1, 2014. A group of university students at Simon Fraser University were looking for a fun way to share the gospel with their friends. After hearing that Gary Stevenson,

a chaplain at the university, was working on a new concept focused on sharing the gospel over a gourmet meal, they invited Gary to explain the concept of Theo's Feast to them. The students were very excited about Gary's vision and invited 40 friends to a Feast through personal handmade invitations. Everyone was amazed as the first event sold out and had a waiting list within a few days.

We have now developed 6 exciting themes and have hosted over 2000 dinner guests in a variety of cities including Vancouver, Orlando, and Toronto.

Gary Stevenson and his creative team of culinary artists and chefs have created a growing collection of dishes that uniquely communicate the gospel through the presentation and flavours of the food. Each dish is paired with a Biblically based narrative that sparks significant gospel centred conversations.





## **A word from Gary Stevenson, creator of Theo's Feast.**

Hello! I hope you enjoy these recipes that, when used alongside the videos, will enable you to recreate the Theo's Feast experience for friends, neighbours, and people in your community. I pray that God will bless and inspire you as you present your guests with an edible metaphor of God's love for them. The Visual Cookbook videos will help to show some of the more intricate details of creating these dishes so that anyone, no matter your level of experience in the kitchen, should be able to present your guests with a fine dining experience that keeps

them thinking about the meal, and the message behind each dish, long after they leave the table.

The recipes as presented serve 10-12 people, so adjust the quantity of ingredients according to the number of people who will be attending your feast. And don't forget to make enough that the people who are helping with the feast don't go hungry! Your helpers and volunteers are an integral part of putting on a successful Feast, so value them and make sure they're well fed.

It's obvious in the video's that we are preparing these dishes here in a commercial kitchen. In the same way that you don't need to be a chef to prepare these recipes, a commercial kitchen is not a requirement to successfully recreate the Theo's Feast dishes. Use what you have available. Some of these dishes may look intimidating, but they are not difficult to make.

The thing that really matters is the stories behind the dishes, and those are unpacked more in the Theo's Feast Dinner Narrative that we encourage you to share prior to each dish being served. Reviewing the narrative beforehand will give you greater insight into the meaning of each course and how they bring out biblical principles in a fresh and exciting way.

Let's get cooking!



## **Salt of the Earth**

“Let me tell you why you are here. You’re here to be salt-seasoning that brings out the God-flavours of this earth.”

~ Jesus, Matthew 5:13 - The Message

“The Hebrew word for this perfect, harmonious interdependence among all parts of creation is called shalom. We translate it as “peace,” but the English word is basically negative, referring to the absence of trouble or hostility. The Hebrew word means much more than that. It means absolute wholeness—full, harmonious, joyful, flourishing life.”

~ Timothy Keller, Pastor, Philosopher, Theologian

This wonderful, simple salad is the ultimate flavour pairing when all of the ingredients come together in the mouth. The saltiness of the creamy feta and crunchy pistachio and prosciutto bring out the natural sweetness of the watermelon. The fresh herbs bring delicate harmony while the ripe cherry tomatoes add a unique slightly acidic sharpness. This unique salad is shalom in the mouth!

### **Salt of the Earth Equipment:**

Cutting board

Sharp chef knife

Parchment paper  
2 cookie sheets  
Measuring cup  
Medium-sized bowl  
Plastic wrap  
Paper towels  
3 bowls  
12 plates  
1 4 1/2 - 5" ring mold (optional)  
1 - 1 1/2 square pastry cutter. (optional)

**Ingredients:**

1 medium watermelon  
1 cup of feta cheese  
1 cup cherry tomatoes (yellow tomatoes are best, if available)  
4 - 6 pieces of prosciutto chips  
1/3 cup of fresh mint  
1/3 cup of fresh basil  
2/3 cup of salted pistachios with shells removed

Now let's put it all together.

Start by preheating the oven to 300 degrees.  
Cut the watermelon into 1 1/2" x 1 1/2" uniformed cubes. I use a square cutter, which is a bit easier. Remove any visible seeds and rind. Place the squares in a bowl, and cover and refrigerate as it is best served cold.

Separate the prosciutto into individual strips and place on a cookie sheet lined with parchment paper. Place the second piece of parchment paper over the prosciutto, followed by placing the second cookie sheet on top. Bake this in the preheated oven for 10 - 15 minutes or until fat is rendered and the prosciutto is crispy (this depends on your oven, so keep an eye on it). Once the prosciutto is crispy, remove it from the oven and place between paper towels to cool. The paper towels will absorb excess fat. Once cool, break it into shards and put it in an airtight container for later.



Cut the cherry tomatoes in half, and place them in a covered container in the fridge to chill.

Roughly chop the pistachios and place them in a bowl.

Cut the feta cheese into 1/4 inch cubes if you are using a block of feta, or simply use crumbled.

Roll and cut the fresh basil and mint into Chiffonade strips:

Place the leaves in a stack.

Roll the leaves holding firmly.

Cut them into uniform strips.

Mix the basil and mint strips in a bowl.

Set aside for plating.

### **Plating:**

Neatly arrange 4 watermelon cubes evenly spaced on each plate. Evenly sprinkle over the feta cheese followed by chopped pistachios, then herb strips. Lean 3 or 4 tomato halves against the watermelon cubes. Break prosciutto chips into rough shards and spear one into each watermelon cube. Because this dish is all about how the flavors blend together, let your guests know to taste a bit of all the ingredients in one bite.



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If you want to “chef it up”, there is a second plating option. I prefer this version because it allows the flavours to blend together naturally

instead of having to intentionally gather all the ingredients up on your fork, however, it must be plated immediately before serving to avoid the mixture becoming mushy.

Just before serving, cut all of the ingredients except the prosciutto chips into uniform  $\frac{1}{4}$  inch cubes. Mix together with the chopped herbs in a large bowl. Place a 4.5" ring mold in the centre of each plate. Using a slotted spoon, fill the ring mold with the watermelon salad, gently pressing down with the back of a spoon to compress the salad into the mold. Gently insert the prosciutto shard into the centre of the salad, and then lift the ring mold off. Garnish with a sprinkle of mint, basil, and few chopped pistachios. Serve immediately.



## Theo's Feast Presentation guide

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#### Course 3: Salt of the Earth Narrative

How do we fix the brokenness of our world both individually and universally? Can humanity fix itself? “Let me tell you why you are here. You’re here to be salt — seasoning that brings out the God-flavors of this earth.” Matthew 5:13 (The Message)

Jesus calls His followers to be “salt.” Why salt? What’s so special about it? A Time magazine article from 1982 entitled ‘A Brief History of Salt’ sums it up well by saying,

“Salt comes from dead, dried-up seas or living ones. The history of the world according to salt is simple: animals wore paths to salt licks; men followed; trails became roads, and settlements grew beside them. When the human menu shifted from salt-rich game to cereals, more salt was needed to supplement the diet. But the underground deposits were beyond reach, and the salt sprinkled over the surface was insufficient. Scarcity kept the mineral precious. As civilization spread, salt became one of the world's principal trading commodities.”

Salt is a precious commodity. As early as the 6th century, in the sub-Saharan, Moorish merchants routinely traded salt for gold - ounce for ounce! A Roman soldier would often be paid with salt. If the Roman Soldier failed to perform his duties, then he was “not worth his salt” and his pay would be cut.

We all know that salt serves to flavour and preserve food. And so, looking to our next course this evening, the first impression is salt. But salt is not the focal point of this course. Rather, salt provides a harmonious blending of flavours. This dish points to a full and meaningful life that is summed up in a single word in the Bible: shalom. Often times, the word is translated and understood simply as “peace,” but shalom has a much richer meaning.

Theologian Timothy Keller tells us: “The English word “Peace” is basically negative, referring to the absence of trouble or hostility. The Hebrew word for this perfect, harmonious interdependence among all parts of creation means much more than that. It conveys absolute wholeness — a full, harmonious, joyful, flourishing life.”

Humanity once knew this absolute wholeness in the garden, but we can't go back there on our own. There are countless examples of humans trying to achieve wholeness on their own — just look at the hippie movement of the 1960s and 70s, the massive self-help sections in most bookstores, or even the outlandish and destructive beliefs of Nazi Germany. None of these work. So, how do we fix the brokenness in us and in our world? We can't. We need someone to fix us, heal us, make us whole and produce change in us that we can't produce on our own.

Jesus said, “Let me tell you why you are here. You're here to be salt — seasoning that brings out the God-flavours of this earth. If you lose your saltiness ... you've lost your usefulness and will end up in the garbage.” Matthew 5:13 (The Message)

Jesus wants humanity to be “salt” in the world in order to bring shalom: restoration, joy, harmony, holistic health and flourishing, fullness and permanence instead of brokenness in relationships. We can't do it without Him, but with Him we can bring shalom to this world.

In the next course of our meal tonight, salt is the key ingredient that brings shalom into your mouth. Each ingredient tastes good on its own, but when you eat them all together, the salt brings the sweetness to life. Shalom in one bite!

**For more recipes like this go to [Theosfeast.com/resources](https://theosfeast.com/resources)**