


Theo's
FEAST

SETTING THE TABLE
FOR SPIRITUAL
CONVERSATIONS



VISUAL COOK BOOK RECIPES

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Introduction

Welcome to the wonderful world of Theo's Feast! Inspired by Jesus' model of sharing His Kingdom truths 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!



Amuse Bouche Apple Fennel Soup

An Amuse Bouche is a bite sized appetizer, which literally translated from its original French means ‘mouth amuser’ or ‘mouth teaser’. This dish is optional, but it provides your guests with a small but tasty dish and some time to get to know one another. It also builds some anticipation for the dishes to come.

This dish tastes best if you prepare the soup a day in advance and the salad right before you are ready to serve it, so plan appropriately.

Serves 12. 30 min prep time. Best made the day before. + 20 min to finish for the day of the Feast.

Equipment:

Liquid measuring cup
Paring knife
Medium saute pan
Fine Sieve
Blender
Cutting Board
Chef Knife
Medium bowl
12 very small bowls

Ingredients:

50 g (2 oz) butter
2 Granny Smith Apples, cored, peeled and chopped
200 g (8 oz) fennel bulb, cored and thinly sliced.
1 pinch fennel seed
400 ml (1.5 cups) whole milk
150ml (1/2 cup) heavy cream
1 teaspoon of freshly squeezed lemon juice
1 pinch of salt
1 pinch of sugar (optional if the lemon juice is too acidic)
1 pinch of ground white pepper
12 freshly picked fennel fronds off of the fennel bulb. (This can be difficult to find, so try a few stores if you can't find fennel bulbs with the fronds intact first.)

Optional: Edible Flowers (These are specific species of flowers that you can buy online or in certain stores. They must come from a reliable source and are grown for culinary uses. Don't go eat flowers from your garden, because many are poisonous!)

Method:

To make the soup, core and chop the apples and fennel. Place the butter in a medium sauté pan and melt over medium heat. Add the 2 chopped apples, 200 grams of chopped fennel, and fennel seed and cook for 7 minutes. Do not allow the apples or fennel to brown.

Add the milk and cream and bring to a simmer. Cook for another 7 minutes.

Transfer to a blender and blend on high speed until fully smooth, which is usually about 2 minutes.

Strain through a fine-mesh sieve and add 1 teaspoon of lemon juice, and a pinch of salt. Refrigerate.

To make the salad, you'll need:

20 g (1 oz) fennel bulb, cored and thinly sliced.

1 Granny Smith apple, peeled and cut into match sticks/baton
(approximately 36)

5 strawberries, cored and cut into match sticks/batons
(approximately 36)

2 pineapple rings, cut into match sticks/batons (approximately 36)

1 teaspoon of lemon juice

1 pinch of salt

1/2 teaspoon of Tarragon (dried, or fresh if you can get it)

Method:

In a medium bowl, whisk together olive oil, lemon juice, tarragon, and salt. Add the apple, pineapple, and strawberry batons, and the remaining 20 grams of shaved/sliced fennel bulb. Toss together gently to coat. Set aside.

Plating:

To serve this dish, pour the soup into small bowls. Place a mound of apple-fennel salad in the center of the bowl. Place 1 fennel frond over the top of each. If you want to make it extra fancy, you can garnish it with small edible flowers.

A note on plating... when plating a dish, try and make it as artistic as possible. Do your best and feel free to use your imagination! Your guests will appreciate the extra effort.



Apple Fennel Soup plated with edible flowers.

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Adamah Salad

And the Lord God formed man of the dust (Adamah) of the ground, and breathed into his nostrils the breath of life; and man became a living soul. (Adam) And the Lord God planted a garden eastward in Eden; and there he put the man whom he had formed.

~ Genesis 2:7-8

The first course is Adamah Salad. This is a dish that represents the Garden of Eden and the dirt that humans were originally made from. It's a layered salad that is served in a clay pot and is often the most commented dishes of the feast.

Adamah Salad

Serves 12. Prep time 90 minutes

Equipment:

Blender

Large sauté pan or heavy-bottomed pot

Spatula

Kitchen knife

Cutting board

12 terra cotta or ceramic pots. Or anything that looks at home in a garden. Alternatives include a cake or roasting pan or even a mug if your options are limited. You can get glazed terra cotta pots at arts and crafts stores or hardware stores. Make sure they are food safe, and glazed is better than non-glazed. Clean them well before use!

Ingredients:

1 loaf of dark rye pumpernickel bread, sliced

3 cups of chopped fresh tomatoes. A variety of yellow, orange and red tomatoes is best for visual appeal, but use what is available.

1 can fire-roasted tomatoes

1/3 cup fresh basil, chopped

1/4 cup fresh oregano

1 cup fresh parsley, very finely chopped

1/8 cup fresh tarragon

1 Sweet Onion

3 cups fresh mushrooms, very finely chopped and divided into two equal parts

1 Cup Canola oil

1 cup olive oil

1 1/2 Cups Ricotta Cheese

1/2 Cup prepared fresh Basil Pesto

1- 2 teaspoons Liquid Smoke (Tasting as you go is important, so the amounts of these ingredients depend on the overall flavour.)

1-2 Teaspoons Smoked Paprika

1-2 Tablespoons Chili Powder

Salt & Pepper to Taste (Fresh ground is best)

Balsamic Vinegar

12 carrots with greens

Now let's start putting it all together.

Tomato Salad:

Finely chop the basil, oregano, and tarragon, and very finely chop the sweet onion.

Chop and mix the tomatoes and yellow pepper in a large bowl. Mix in the fire-roasted tomatoes and 1/2 cup of chopped sweet onion.

Once those are mixed, add the basil, oregano, and tarragon.

Add salt and pepper to taste.

Mix in 2 tablespoons of olive oil and lightly sprinkle balsamic vinegar.

Cover and put in the fridge.

In a separate medium bowl, mix the ricotta cheese with 1/2 cup basil pesto. Cover this and put in the fridge.

How to make the Soil:

Toast the sliced pumpernickel bread in an oven at 250 degrees for 40 minutes (or until dry and crispy). Turn over the slices at 20 minutes.

Break up the pumpernickel bread and blend it into a powder in a blender.

Clean the mushrooms and chop them to a very small dice. Put half of the mushrooms (1 1/2 cups) aside for later use.

Drizzle olive oil into a pan and cook 1 1/2 cup of mushrooms with 3/4 cup of the finely chopped sweet onions until they are caramelized. Add spices, herbs, and bread crumbs. Slowly add 3/4 cup of canola oil. Cook, stirring regularly, for 10 to 15 minutes.

Slowly add more canola oil as needed to make the pumpernickel soil dark and moist but not wet. Add sprinkles of liquid smoke to taste as you stir — 1-2 tablespoons in total.

Once the pumpernickel soil is well seasoned, mix in the remaining chopped tarragon, basil, parsley, oregano, and the uncooked finely chopped mushrooms. Set this aside to cool.

Taste the soil to be sure it tastes good. It should be earthy, smokey and well seasoned with salt and fresh cracked pepper.

Wash and trim the carrots to the right length by cutting the bottom of the carrot at a sharp angle approximately 3/4 of an inch shorter than the depth of your serving dish. You want to be able to insert your carrot into the salad so just the top 1/2" (12mm) of the carrot remains.

Plating:

In the terra cotta or ceramic pot, spoon in an even layer of the chilled basil ricotta mixture, followed by the chilled tomato salad. Top this with a thin layer of pumpernickel soil just to cover the tomatoes no more than 1/4 inch thick. Insert the carrots evenly spaced in a way that suits the serving dish.

You may need to trim the greens of the carrots if they are too heavy and cause the carrots to droop or fall over



We had a lot of fun with Adamah Salad when we incorporated Theo's Feast into a wedding reception. We placed the pots on the tables before the guests arrived. They all thought the colourful pink pots were a part of the wedding decor. Everyone was very surprised when they discovered that the first course of their wedding feast was already on the table!





Chapter 4

Paradise Lost

"You will not surely die," the serpent said to the woman. "For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil."

- Genesis 3:4-7

The inspiration for this dish is from Genesis 3:4-7, also known as the fall of man. The pear represents the fruit of the knowledge of good and evil. The fruit is pleasing to the eye, yet marred, as our world is marred or damaged since the fall of man. As Adam and Eve were tempted and deceived by the serpent, the pear has an unexpected twist, as it's stuffed with a very spicy goat cheese.

Let dinner guests discover this on their own. The pork tenderloin represents the end of the peace and harmony of Eden and the eating of meat. The edible orchid represents the Garden of Eden.

Equipment:

A Sous Vide Immersion Circulator such as the Anova. Anova.com
Sous vide refers to the process of vacuum-sealing food in a bag, then cooking it to a very precise temperature in a water bath. It's almost impossible to overcook your food as the temperature is precisely controlled, it's a great technique for beginners and pros alike. The best thing about sous vide cooking is that it's very easy, and gives you incredible, restaurant-quality results. Cooking Sous Vide is used in most of our Theo's Feast protein-based dishes. I can't recommend it enough.

A Vacuum Sealer with bags (or food-grade ziplock bags)

2 large stock pots

An Apple corer

A Grapefruit knife

A Vegetable peeler

A Paring knife

A Culinary torch with butane.

A Strainer

Clothespins, clamps, or alligator clips to hold the sous vide bags in place.

A Meat thermometer

Ingredients:

12 Bartlett pears. Select pears that are firm with stems.

2 bottles of Riesling White Wine

1 liter of unsweetened apple juice

1 lemon, sliced

3 cinnamon sticks

4 cloves

4 dried Chinese star anise stars (or 1 teaspoon of ground star anise)

2 Tablespoons of vanilla extract

1 - 1' knob of ginger root

A fresh, unfrozen pork tenderloin. You'll need approximately 85-100 grams per person. Try to use smaller loins that come in packs of 4 or 5 rather than big loins as they are easier to work with and portion.

1 pack of Soft Chevre' Goat Cheese

1 460 ml bottle of Sambal Oelek hot sauce (Sriracha is a good alternative, but Sambal is preferred).

1 bottle of grainy dijon style mustard.

1/3 cup maple syrup

2 fennel bulbs, with healthy fronds.

2 sweet onions

6 carrots

1/4 cup of Chinese 5 spice

1 knob of peeled ginger, chopped

Salt

Pepper

12 edible orchids. If you don't want to order the edible orchids, you could garnish the plate with thinly sliced radishes. Arrange them as a flower on the plate.

Method:

Poached Pear:

It's a good idea to poach the pears one day ahead. To create the poaching liquid, add the following in a large stockpot:

2 bottles of Riesling White Wine

1 liter of unsweetened apple juice

1 lemon, sliced

3 cinnamon sticks

4 cloves

2 dried Chinese star anise stars (or 1 teaspoon of ground star anise)

2 Tablespoons of vanilla extract

1 knob of peeled ginger, chopped

With a sharp knife, slice 1/4 inch off the bottom of pears so they sit flat. Core and peel the pears, leaving the stems intact.



Place the peeled and cored pears in the poaching liquid in a large stockpot. Bring to a low simmer. Once simmering, poach for 12 - 15 min testing at 12 min. Pears should be firm yet fully poached. Test them with a knife. It's important to not overcook the pears. Poach in batches, depending on the size of your pot. Be sure all of the pears are submerged in poaching liquid. You could add 1 liter of water, or more apple juice if needed, to ensure all the pears are covered. Stir occasionally to ensure even poaching.

Place the pears on a parchment paper-lined sheet tray to cool. Cover and place in the fridge.

Next, prepare the goat cheese. If you're using Sambal Olek, remove the seeds with a strainer and discard them. Using a stand mixer with a paddle or a wooden spoon, mix together the goat cheese and the strained hot sauce so they're fully mixed. The goat cheese should be very spicy. Store this in the fridge, covered.

On the day of service, use a culinary torch to slightly mar or burn a half-inch wide vertical strip up the side of the pear. Stuff the poached pears with the spicy goat cheese. Set covered in the fridge until ready for service. The pear will be served cold.



Sous Vide Pork Tenderloin ingredients:

¼ cup Chinese 5 spice

salt

black pepper, freshly ground

2 fennel bulbs with fronds. Core and slice the bulbs, and save fronds for garnish.

4 apples cored and sliced into eight slices

Maple syrup drizzled on each tenderloin

Salted butter, 1 knob per tenderloin

Carrots, peeled and chopped in half. 1 carrot per tenderloin.

2 sweet onions, sliced

1 Bunch of fresh thyme (or dried thyme)

12 Sprigs of fresh rosemary, 1 sprig per tenderloin

Sous Vide Pork Tenderloin Method:

Set up the Sous Vide machine in the stockpot with hot tap water. The water should be around 50 - 55 degrees celsius from the tap. Set the Sous Vide machine to 56 C or 138 F, and cover the pot with foil.

Vacuum Seal the Tenderloin. Season the pork tenderloins with salt, pepper, and Chinese five-spice. Place one seasoned tenderloin in a vacuum bag. Add a tablespoon of maple syrup, 4 apple slices, 1 rosemary sprig, 2 thyme sprigs, 2 - 3 slices of fennel bulb, 2 - 3 slices of onion, and 1 knob of butter which should be about a tablespoon. Seal the vacuum bag according to the sealer instructions.

If you are using a food-grade ziplock bag, place all ingredients in the bag as above, then fill the sink or pot with cool water. Slowly immerse the bag into the water to displace air out of the bag. The pressure of the water will help remove the air. Once the air is removed, seal the bag.

Sous Vide Tenderloins. Place the sealed tenderloins in the sous vide bath and clip the bags to the edge of the pot using clothespins, clamps, or alligator clips. It is important to keep the bags separate to ensure proper cooking. Don't overcrowd the pot. Cover the pot with

aluminum foil, cutting space for the Sous Vide machine. Set a timer for 90 min at 56C.

56C will give you medium-rare, or you can get medium at 60C, or medium-well at 66C. I prefer medium-rare as it is much juicier. Even though the medium-rare looks pink, it is fully cooked and completely safe to eat.

After 90 minutes in the bath, remove one and test it with a meat thermometer by piercing the thermometer directly through the bag into the centre of the thickest part of the tenderloin. The thermometer should read one degree lower than what you set the bath for, so for medium-rare, the thermometer should read 55 C. If it is the right temperature, remove the tenderloin. If it is below 55 C, then rewrap the tenderloin in a new bag, seal it, and put it back into the water bath for an additional 20 min or until it reaches a min of 55C for 7 minutes.

Finishing the sauce: This should be done about 20-30 min prior to sending them out for service. Once the temperature of the tenderloin is confirmed to be 55C, cut up the bag and strain the jus into a medium-sized pot. Place the tenderloin on a cutting board. Add the remaining ingredients of the bag (carrots, apples, herbs, onions, etc.) into the pot with the jus. Bring jus and remaining ingredients to a simmer on the stove. If there isn't enough Jus left to make a sauce, add some apple juice or more white wine. Mix 1/3 cup of white wine with 3 tablespoons of cornstarch to make a slurry. Add this to the simmering jus, stirring well to fully incorporate it. Simmer for 10 - 15 minutes. Strain the solids from the jus. Stir in 1/4 cup of grainy mustard. Taste it – it should have a pleasant, sweet and spicy flavour. Add salt and pepper to taste.

Sear the Pork. Place a heavy-bottomed frying pan on the stove on high. Cut the portions of pork tenderloin according to how many guests you have, but aim for about 85 - 100-gram sections, about the size of a mandarin orange. You don't want the pieces to be too big as there are still more courses coming! The tenderloin will be a little pink inside, but it is fully cooked. This is normal when cooking Sous Vide. Add a little butter or oil to the pan and sear the meat for about 1

minute per side until it's nicely seared. Remove the seared pork and place it on a platter. Cover with foil until it's ready to plate.

Plating:

Place the stuffed pear and pork on the plate with the torched line aligned with the centre of the pork. Spoon a tablespoon of the mustard jus on top of the pork. Garnish with an edible orchid and chopped fennel fronds. Serve it with the marred line on the pear facing the guest. This dish pairs well with sparkling apple juice.





Chapter 5

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.

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.





Chapter 6

Bread of Life - Beef Wellington

**“I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.”
- John 6:35**

Bread of Life, Beef Wellington Roasted Red Grapes, Roasted Garlic Creamed Potatoes & Tossed Salad.

Our next dish is a Beef Wellington and a delicious red wine gravy that we call the ‘Bread of Life’. This dish and its corresponding narrative represents Jesus, His miracles, and the sacrifice He made for us. The Bread is represented by the puff pastry, and the wine is represented in the red wine gravy. The main components are beef tenderloin, mushroom duxelles, roasted red grapes, and puff pastry. The creamy roasted garlic potatoes and simple tossed green salad complement this dish nicely.

The dish is elegant, yet relatively easy to make. I like to dress up my dish with some garlic flowers and maybe some Thyme flowers which are available to order through Mikuni marketing. You can order them in advance online at mikuniwildharvest.com.

I prefer to make individual sized Wellingtons as they look fantastic on the plate. But you could make one large Wellington by using the same process as below but wrapping the entire tenderloin rather than portioning it individually. The choice is yours.



Bread of life Equipment:

Sous vide machine

1 large pot

3 vacuum seal bags or 3 zip lock bags

Parchment paper

Pastry brush

2 medium saucepans

1 heavy-bottomed saute pan

Tongs

Lattice pastry cutter (Optional)

Potato ricer or masher (you could also use a stand mixer to whip the potatoes)

Fine mesh strainer

Tinfoil

Gravy boat

2 cookie sheets

Chef Knife

Clothes pins, clamps, or alligator clips to hold the sous vide bags in place.

2 cutting boards

Meat thermometer

Bread of Life Ingredients:

For the Red Wine Gravy

1 bunch of fresh thyme

1 sprig of fresh rosemary

1 liter of low sodium beef stock (reduced salt is best)

1 cup red wine (used in two separate 1/2 cups)

2 heaping tablespoons of cornstarch

4 Mushrooms cleaned & sliced

2 Carrots, chopped

2 Celery stick, chopped

1 onion, sliced

1/2 fennel bulb, sliced

2 tablespoons of tomato paste

1/4 cup soy sauce.
Two pinches of pepper
3 cloves Garlic

Mushroom Duxelles:

4 cups fresh mushrooms
6 shallots
6 cloves of garlic
2 medium onions
1 fresh rosemary sprig
1 bunch of fresh thyme
Splash of red wine. I recommend Cabernet Merlot or Malbec
1/4 cup prepared Balsamic reduction glaze
1 tablespoon of butter
2 tablespoons of grainy mustard
1 tablespoon of soy sauce
Drizzle of olive oil

Beef Wellington:

Beef Tenderloin, trimmed (or untrimmed for those who don't mind trimming it yourself. It's easy to do and saves you a lot of money. I'll demonstrate this shortly).

2 eggs
4 boxes of puff pastry – thawed in the fridge overnight.
4 cloves of garlic
4 sprigs of Rosemary
Salt
Pepper
1 package of prosciutto or sliced ham.
For the Roasted Red Grapes:
2 - 3 bunches of red seedless grapes on the vine cut into 12 clusters.
(one cluster per person)
Dried Thyme
Fresh Rosemary
Olive oil
Salt & pepper
Balsamic Vinegar reduction

For the Creamy Roasted Garlic Potatoes:

2 heads of garlic plus 2 garlic cloves

A drizzle of Olive oil

Salt

Pepper

Dried Thyme

Fresh Thyme

1 Sprig of Rosemary

2 cups of heavy cream

1 pinch of whole peppercorns

1 bunch of Chives

2 Tablespoons of Butter (add more to taste if needed)

Potatoes vary in size, so use approximately 15 yellow potatoes or a small bag.

Start the gravy first since it takes the longest, then after an hour start on the mushroom duxelles.



Method:

Red Wine Gravy:

In a medium, heavy-bottomed pot, melt the butter and saute the garlic and onions. Add all the vegetables and herbs. Add the beef stock, soy sauce, tomato paste, and 1/2 cup of red wine. Simmer this for 2 - 3 hours while preparing the beef wellington. Keep an eye on it. If it starts to run out of stock, simply add some more beef stock. Keep on low heat.

Just before serving, strain it through a fine-mesh strainer and discard the solids. Make a slurry of 1/2 cup red wine and cornstarch. Add the slurry to the stock and stir well. Increase to medium heat for 10 minutes until it starts to thicken. Then turn down the heat to low.

Mushroom Duxelles:

Clean and finely chop the mushrooms, onions, garlic, rosemary, and shallots. Sauté these ingredients with butter in a pan. Add salt and pepper to taste.

After 5 minutes of cooking, add the balsamic reduction and a splash of red wine.

Reduce heat to low and simmer for one hour, stirring occasionally. Once the duxelles is reduced, add the grainy mustard. Remove from heat and place in a bowl.

Beef Wellington:

Prepare the Sous Vide bath by filling a large stockpot with hot water. Attach the Sous vide Machine as to the manufacturer's instructions. Set the Sous Vide to 56C.

Trim the beef tenderloin. Remove the excess fat and silver skin with a sharp knife. Trim the tenderloin so that you have one or two cylinders that will fit in your vacuum or zip lock bag lengthwise. Season the beef tenderloin with salt and pepper. Add 2 cloves of garlic, one sprig of rosemary and 2-3 branches of thyme. Vacuum pack or

seal in a ziplock bag using the water extraction method. If you are using a food-grade ziplock bag, place all the ingredients in the bag as I just described, then fill the sink or pot with cool water. Slowly immerse the bag into water to displace air out of the bag. The pressure of the water will help remove the air. Once the air is removed, seal the bag.

Place the sealed tenderloins in the sous vide bath and clip the bags to the edge of the pot using clothespins, clamps, or alligator clips. It is important to keep the bags separate to ensure proper cooking. Don't overcrowd the pot. Cover the pot with aluminum foil, cutting space for the Sous Vide machine in the foil. Set timer for 90 min at 56C (for medium-rare set at 56C, medium at 1C, medium well at 67C. I prefer medium rare as it is much juicier. Even though the medium-rare looks pink, it is fully cooked and completely safe to eat).

After 90min in the bath, remove one and test with a meat thermometer by piercing thermometer directly through the bag into the center of the thickest part of the tenderloin. The thermometer should read one degree lower than what you set the bath for, so for medium-rare, the thermometer should read 55 C. If it is the right temperature, then remove the tenderloin. If it is below 55 C, then rewrap the tenderloin in a new bag, seal it, and put it back into the water bath for an additional 20 minutes or until it reaches a minimum of 55C for 7 minutes. Once the desired time and temperature is reached, remove the tenderloin from the bath.

Preheat the oven to 375 C. Cut open the bags and drain the jus into the red wine gravy that is still simmering on low on the stove. Let the beef tenderloin cool for a few minutes on a plate. Portion into steaks according to the number of guests in your dinner party. Sear the individual portions in a hot frying pan with garlic cloves, thyme branches, one rosemary sprig, and butter. Sear for a maximum of one minute per side. Then let them cool as you prepare the next step.

We will be making individual-sized beef wellingtons, so I'll break down the steps to do that.

Wrapping the tenderloin:

Place some parchment paper on a cookie sheet and line the parchment with plastic food wrap. Lay the prosciutto or ham slices on the plastic wrap. There should be 2 - 3 slices per person. The ham is optional, so you don't have to include it if you'd prefer not to.

Spread an even ¼ inch thick layer of mushroom duxelles on the ham. Center the tenderloin on the duxelles and gently fold the ham and duxelles over tenderloin using the plastic wrap. Wrap it tightly with plastic wrap, and put it in the fridge.

Puff Pastry:

Cut each sheet of puff pastry into 2 equal parts. It is best and easiest to work with puff pastry when it's cold, so if it gets difficult to work with (too soft), just put it back in the fridge for 20 minutes.

Lay down a 12" square of plastic wrap and place the portioned puff pastry on the plastic wrap.

Putting them together:

On a separate cutting board, remove the plastic wrap from the chilled ham wrapped tenderloins.

Place the wrapped tenderloin on the center of the puff pastry, and wrap the puff pastry over the tenderloin using the plastic wrap.

Once it is nicely wrapped, remove the plastic wrap and place on a parchment-lined cookie sheet.

Egg wash:

Scramble the two eggs to make a simple egg wash. Using a pastry brush, lightly brush the tenderloin with egg wash.

Optional step: If you have a stencil, cookie-cutter design, or lattice pastry roller, lay your secondary decorative pieces over the tenderloin. Gently brush this with egg wash.

To finish up:

Sprinkle the top with black sesame seeds and/or coarse sea salt.
Bake the wellingtons in the preheated oven at 375F for 15 - 20 minutes
or until puff pastry is puffed and brown.



Creamy Roasted Garlic Potatoes:

Preheat the oven to 375 F.

Prepare the roasted garlic ahead of time.

With a sharp knife, cut the top 1/4 off 2 whole heads of garlic off leaving the skin and bulb intact. Place the cut bulb in a small square of tinfoil, ensuring there is enough tin foil to wrap the bulb. Drizzle olive oil over the cut head of garlic. Then season it with salt, pepper, and dried thyme. Tightly wrap the bulb in tinfoil, and place it in the oven for 25 min at 375 F.

After 25 minutes, the garlic will be nicely roasted and very tender. Let it cool for 10 minutes. Once it's cool, open up the tinfoil and squeeze the roasted garlic out of the bulb into a bowl. Add a drizzle of olive oil and mix into a paste with a spoon.

Preparing the potatoes:

Peel and dice the potatoes into 1-inch cubes. It's important that the potatoes are the same size so they cook evenly. Place the potatoes in a pot of cold water just enough to cover and turn the heat to medium-high. They should take 15 - 20 minutes to cook from cold.

In a second pot, pour in 2 cups of cream, 2 garlic cloves, 3 thyme branches, a rosemary sprig, and 6 peppercorns. Turn the heat to medium-high and simmer for 15 minutes, about as long as the potatoes. While the potatoes and cream are simmering, chop the chives. They will be used for garnishing the potatoes. Once the potatoes are fork-tender (this means it's easy to put a fork all the way through it, the potatoes are no longer raw and hard), drain the potatoes and turn off the heat for the cream. Pass the potatoes through a potato ricer or mash them.

Strain the herbs from the cream.

Add some butter and $\frac{1}{3}$ of the cream to the riced potatoes while stirring with a spatula or wooden spoon. You could also use a hand blender or stand mixer to whip the potatoes. Then, slowly mix in the cream in batches. Mix in the roasted garlic paste. Season the potatoes with salt and pepper to taste.



Roasted Red Grapes:

Preheat the oven to 375 F. Wash the grapes and let them air dry. Remove the rosemary leaves from the stem and finely chop the rosemary.

Line a sheet pan/cookie sheet with parchment paper. Place the grapes in a bowl and drizzle them with olive oil. Then dust the grapes with salt, pepper, dried thyme, and finely chopped rosemary. Lightly toss the grapes in the bowl to ensure even coverage.

Roast them in the preheated oven for 15 - 20 minutes. Drizzle the Balsamic reduction over the warm grapes.

Mixed Green Salad:

Prepare a simple mixed green salad with lettuce, a few cherry tomatoes, sliced cucumbers, and sliced carrots. You can buy one ready at a store if that's simpler.

Plating:

Place a pinch of salad and a large serving spoon full of potatoes on the plate. Next to that, lay a cluster of roasted grapes. Then place the Beef Wellington on the plate and garnish with two chives, a sprig of fresh rosemary or Garlic flowers. Accompany the dish with a bowl of chopped chives and a gravy boat for the red



wine gravy. Some people tend to be picky about how much gravy they like. The same goes for chives, so I prefer to have people add their own gravy and chives to the dish.

You could also use a lattice cutter to add an extra layer of puff pastry. The lattice puff pastry looks great and adds another level of elegance to the plate.

Fresh Garlic flowers add a wonderful pop of color and class to your plate, they also taste great! You can order them in advance on line at Mikuniwildharvest.com.



Chapter 7

A Taste of Grace

Meyer Lemon & Vanilla bean Ice cream
Raspberry Coulis
Chocolate Crumb
Miracle Berry

”For it is by grace you have been saved, through faith, and this is not from yourselves, it is the gift of God, not by works, so that no one can boast.”

~Ephesians 2:8-9

Grace changes everything.

The transformational power of experiencing & tasting God’s grace is the inspiration of this show stopping dish. This is the final dish of the meal, and it is often the most memorable one. The miracle berry will transform the flavor from sour to sweet, but don’t tell your guests what’s coming! Let them experience “A Taste of grace” For themselves.

For this dish, it is important that the guests follow the instructions in the accompanying dinner video regarding what order to eat everything.

Equipment:

Ice cream Maker (Optional but recommended)
Grapefruit Spoon
Grapefruit Knife
Cutting board
Very Sharp Chef knife
Strainer
Cookie Sheet
Parchment paper
Instant read Thermometer
2 metal bowls to make a Bain-marie, also known as a double boiler
Whisk
Lemon Zester or micro plan

Ingredients:

15 Lemons (Meyer Lemons are ideal, but any lemon will work. Hand pick your lemons if you can and look for lemons that have a nice bright yellow rind with no blemishes)
Chocolate Cookie Crumbs
Frozen Raspberries
1 teaspoon of honey
2 1/4 cups Heavy Cream
7 Egg yolks separated from whites
1 1/4 cups of fresh lemon juice.
12 Miracle Berries
1/4 teaspoon of powdered ginger
2 Teaspoons of Vanilla extract divided.
1 A teaspoon of Vanilla Paste
1 Cinnamon Stick
1 pinch ground Star Anise or 1 Whole Star Anise
1 tablespoon freshly squeezed orange juice
1/4 cup of melted Butter

Method:

If you have an ice cream maker, you can make this 20 minutes before it is served. If you do not have an ice cream maker, prepare this dish the night before. The non-ice cream maker version is called a

Semifreddo.

Place a mixing bowl in the fridge.

Wash and hand dry the lemons. Cut $\frac{1}{8}$ inch off the bottom of each lemon so the lemon will sit vertical and flat on the plate. Then cut $\frac{1}{2}$ inch off of the top of each lemon. Be sure to reserve the tops in a way that you can match the right top with each lemon as you will be placing the top back on each lemon for serving. The goal when serving this is for the lemon to look brand new and have the guests not even notice that they are cut.

Using a grapefruit knife and a grapefruit spoon, gently remove the fruit of each lemon while being careful to leave the rind and bottom intact. It's a bit like carving a pumpkin. Reserve the lemon juice and segments in a bowl.

Once you have finished removing the fruit of each lemon, strain the lemon segments and juice through a strainer into a second bowl by pressing down with the back of a spoon. Reserve $1\frac{1}{4}$ cups of fresh lemon juice in a metal bowl.

Separate the egg yolks from seven eggs. Add Egg yolks to Lemon Juice and add one teaspoon of honey and $\frac{1}{2}$ teaspoon of powdered ginger. Prepare the bain-Marie or double boiler by finding a metal bowl that rests well in a medium-sized pot. Place the medium-sized pot on the stove with 2 inches of water and bring to a simmer. Place the bowl of egg yolks and lemon juice on top of the pot of simmering water and stir with a whisk vigorously for about 4-6 minutes until it reaches 77 C or 170 F on an instant-read thermometer. The egg and lemon mixture should be thick like a custard.

Place the bowl of lemon mixture into an ice bath or in the fridge.

Chocolate Crumb:



Place 1 cup of chocolate cookie crumbs in a bowl. Drizzle 1 teaspoon of fresh squeezed Orange juice over the crumbs.

Grate 1 teaspoon of orange rind. Mix well in the bowl. Drizzle melted butter over the chocolate crumbs and stir well. Empty the bowl on parchment paper and roll flat with a rolling pin. Place in the fridge.

Raspberry Coulis:

Place 2 cups of frozen raspberries in a medium pot and place it on medium heat. Add one squeeze of lemon juice, 1 cinnamon stick, 1 pinch of ground ginger, 1 pinch of ground clove, and 1-star anise or 1 pinch of star anise.

Simmer, stirring regularly, until the berries have broken down to syrup. This should take about 10 minutes.

Pass the syrup through a fine sieve to extract the seeds. Add one teaspoon of Vanilla extract, and store this in the refrigerator.

If you are not using an ice cream maker:

In a cold mixing bowl, mix the cream until it forms soft peaks. Add 1 tablespoon of vanilla paste and one teaspoon of vanilla extract.

Gently fold the whipping cream into the lemon curd until they are fully incorporated.

Taste it – it should be very tart.

If you are using an Ice Cream maker.

Make this 20 min before serving. Mix the cold lemon curd with the cold whipping cream. Add the Vanilla paste and Vanilla Extract. Put these in the Ice cream maker and churn for about 20 min or until it has turned into ice cream.



Plating with the Semi-freddo or Freezer Method:

Make the Semi-freddo the night before. Set out 12 plates and 12 lemon rinds with matching tops. Break up the chocolate crumb and place chunks the chocolate in the bottom of each lemon. On top of the chunks, place a small scoop of lemon cream. Then put a spoon full of

Raspberry Coulis on the lemon cream. Top off the layers with another scoop of Lemon Cream so that the lemon is filled to the top.

Freeze overnight. Reserve the lemon tops covered in the fridge. We recommend freezing the lemons in a fridge freezer (-17) not a deep freeze (-40) if possible.

Replace the top of the lemon to match the tops and aligning them so it looks like a complete Lemon.

Cut the remaining 3 lemons into lemon wedges, with at least 12 separate wedges. You want at least one wedge per person, but more is fine. Carefully remove the seeds and place the wedges in a bowl. Separate the Miracle berries into their individual blister packs and place them in a separate bowl. You will serve one with each dish, but don't take them out of the pack yet to ensure they don't get wet.

Plating with Ice cream maker:

Set out 12 plates and 12 lemon rinds with matching tops. Break up the chocolate crumb and place chunks of it in the bottom of each lemon. On top of the chunks, place a small scoop of lemon ice cream. Then put a spoon full of Raspberry Coulis on the lemon ice cream.

Top off the layers with another scoop of Lemon Ice Cream so that the lemon is filled to the top.

Put the tops back on the lemons, matching the tops and aligning them so it looks like a complete Lemon.

Cut the remaining 3 lemons into lemon wedges, with at least 12 separate wedges. You want at least one wedge per person, but more is fine. Carefully remove the seeds and place the wedges in a bowl. Separate the Miracle berries into their individual blister packs and place them in a separate bowl. You will serve one with each dish, but don't take them out of the pack yet to ensure they don't get wet.

Again, it is very important to follow the instructions in the accompanying Theo's Feast Dinner script regarding what order to eat everything, but I'll pass on those instructions here as well so you are well aware of how this dish is supposed to be experienced.

*****Once A Taste of Grace has been brought out, ensure that it is not eaten right away.*****

1. Take a small taste of the dish and the lemon, but not the pink tablet.
2. Then take the pink tablet in the spoon, and slowly suck on it without chewing. It should take three to four minutes for the tablet to dissolve on your tongue.
3. Once the tablet has fully dissolved, taste the lemon and ice cream again and discover the Taste of Grace.
4. Enjoy the dessert! Provide the extra lemon wedges. Trust me, once people's perceptions change, they'll want to try more lemon!

The orange and ginger scented dark chocolate crumb and sour raspberry coulis adds a surprise of texture and flavour to this transformational dish.

You can purchase Miracle berries on [Amazon.com](https://www.amazon.com) or our online store at [Theosfeast.com](https://www.Theosfeast.com) They are available as a Freeze dried whole berry or as a tablet. We recommend the tablet for the best and most consistent results.



Chapter 8

Thank You

Creating this ministry and video series has been a long journey and there are so many people to thank...

