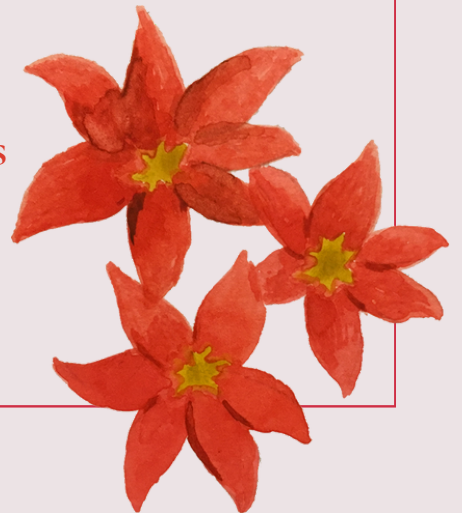




CHRISTMAS TREATS

Warm wishes and sweet dishes
from Hebron School, Ooty



CHRISTMAS GREETINGS FROM HEBRON!

This is a season of celebration. In the words of the carols we sing, and through the gifts we give, we celebrate the good news of the birth of our saviour Jesus Christ. Over the years, food has become an important part of this celebration, with different countries developing their own festive culinary traditions. For many of us, the smells and tastes of Christmas treats are an inseparable part of the season; it is that first taste of a mince pie or a gingerbread cookie that makes us feel that Christmas is here!

As we head into the holidays, we have compiled a few favourite Christmas recipes from the Hebron community. We encourage you to make these with family and friends in the weeks ahead. As your home fills with delicious sweet fragrances, we pray that your lives will be filled with God's love and peace.

Happy Christmas!

Tim Wright
Principal



And there were shepherds living out in the fields near by, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, 'Do not be afraid. I bring you good news that will cause great joy for all the people. Today in the town of David a Saviour has been born to you; he is the Messiah, the Lord. This will be a sign to you: you will find a baby wrapped in cloths and lying in a manger.' Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, 'Glory to God in the highest heaven, and on earth peace to those on whom his favour rests.' -Luke 2: 8-14

SPITZBUBEN

Sweet and scrumptious cookies



Ingredients

- 375 g flour (Maida)
- 250 g butter
- 80 g sugar
- Red fruit jelly / jam (best if a little bit sour)

Method

1. Mix all the ingredients (except the jam) in a bowl to form a dough.
2. Chill in the fridge for 1 hour.
3. Preheat the oven to 175°C.
4. Roll out the dough to ½ cm thick on a slightly floured surface and cut out the cookies.
5. Place them on a greased baking tray.
6. Bake for about 10-15 minutes.
7. Spread the jam on one cookie side when they are still warm and stick it to another cookie. Finally roll them in sugar (or sprinkle them with icing sugar).

Modification

Get creative and experiment with different flavours of jam and different size and shapes of cookie cutters

KOKOSMAKRONEN



Ingredients

- 3 egg whites
- 150 g icing sugar
- juice and skin of ½ lemon
- 200 g desiccated coconut

Method

1. Beat the egg white until it is really stiff.
2. Slowly add the sugar, later the lemon juice and beat.
3. Finally fold in the coconut. With two teaspoons form the macaroon and let them dry for several hours on the tray.
4. Bake at 150-180°C for 10-15 minutes.

Modification

You can use a piping bag and star nozzle to create a mountain peak shape. Dip in or drizzle with melted chocolate.

VANILLEKIPFERL



Ingredients

- 560 g flour
- 420 g butter
- 145 g sugar
- 200 g shredded hazelnuts (or almonds)
- vanilla-sugar –for coating (or fine/icing sugar)

Method

1. Roast the finely shredded nuts in a pan (with no fat!) till slightly brown. Let cool a little.
2. Add the nuts, flour, butter and sugar in a big bowl and knead till you get a dough that is slightly crumbly but holds together. This will take some time and seem impossible at first but don't give up.
3. Put in the fridge for approx. 10-20 minutes.
4. Then form approx. 30 cm long rolls and cut equal slices. Shape each of these into a moon/crescent with your hand.
5. Place the Vanillekipferl onto a tray lined with parchment/ baking paper or greased with butter.
6. Bake in a preheated oven for 10-15 minutes. at 180 °C.
7. Once they are golden-brown at the bottom, take out, and while still hot (Careful! They will break easily!). Roll in the vanilla sugar to give it a nice coating. Let fully cool on a cooling rack.
8. To store, place in an airtight dry container lined with napkin paper. A good tin box works well.

A NOTE FROM THE KITCHEN

These three German Christmas biscuit recipes are courtesy of the Lämmle family, who are current Hebron parents. The Vanillekipferl recipe is Judith's favourite, especially when made with hazelnuts. Joshua used to bake mountains of festive biscuits on a Sunday afternoon in the dorm. The sweet smells soon drew the rest of the boys to the kitchen, and the biscuits rarely lasted very long!



SUGAR COOKIES



Ingredients

- 1 & ½ cups powdered/ icing sugar
- 1 cup butter
- 1 egg
- 1 tsp. vanilla extract
- ½ tsp. almond extract
- 2 & ½ cups of flour
- 1 tsp. baking soda (use less when baking in ooty)
- 1 tsp. cream of tartar

Method

1. Mix together sugar, egg, butter, vanilla, & almond extract until light and fluffy. Mix in remaining ingredients until well incorporated. Refrigerate dough for at least 2 hours.
2. Heat oven to 185°C
3. Divide dough in half. Roll on a lightly floured surface to ¼ inch thick. Cut into shapes. Do not handle the dough too much or the cookies will become hard.
4. Place on lightly greased or parchment lined baking sheets and bake for 7-8 minutes. Allow to cool completely before decorating.

To decorate with glaze icing, mix together

- 4 cups powdered/ icing sugar
- 1 tablespoon corn syrup
- 2 tablespoons water (more may be needed)
- 1 teaspoon vanilla extract (or flavour of your choice)

Add drops of food colouring if desired. (You can divide this into 3 or 4 bowls and then make different colours.) Dip the cookies face down into the icing and allow excess to drip off. Then place on parchment paper to dry, adding any sprinkles while the icing is still wet.



GINGERBREAD COOKIES



Ingredients

- 115 g softened butter
- ¼ C packed brown sugar
- ⅓ C dark molasses
- 1 egg
- 2 tbsp. water
- 2 + ⅔ C flour
- 2 tsp. ground ginger (you can use 3-4 tsp. fresh ginger, pulverized in a mortar & pestle)
- 1 tsp. baking soda (use less when baking in Ooty)
- ½ tsp. salt
- 1 tsp. cinnamon powder
- ½ tsp. nutmeg

Method

1. Cream butter and sugar together until fluffy. Beat in molasses, egg, & water.
2. Combine dry ingredients in a separate bowl & add gradually to the wet until well incorporated.
3. Divide dough in half, place in a covered bowl in the refrigerator for 30 minutes.
4. Preheat the oven to 180°C.
5. On a lightly floured surface, roll dough to ⅛ inch thick. It will seem thin. Cut with a 4-inch cutter in a design of your choice and place on a greased or parchment-lined cookie sheet/ baking tray.
6. Bake for 8-10 minutes until the edges are firm. Cool completely before decorating.

Royal Icing for Decorating

- 4 pasteurised egg whites (For in-shell eggs to be pasteurized, place the entire egg into a water bath. Bring the water up to 140°C, and then hold at 140°C for 3.5 minutes. This will not cook the egg, but will kill any salmonella).
- 4 cups sifted icing/ powdered sugar
- 1 teaspoon lemon juice

Add egg whites & lemon juice to a glass or metal bowl. Using a whisk or electric beater, whisk the eggs until soft peaks start to form. Slowly add the sugar while beating until it is all incorporated. Refrigerate until ready to use.

A NOTE FROM THE KITCHEN

“My babysitter always made these sugar cookies at Christmas time. We loved dipping them in the icing and then decorating them with sprinkles. They instantly take me back to my childhood when I make them. Growing up, a relative of mine always brought these gingerbread biscuits to our annual Christmas gathering. They were my favourite part as a child and I have carried on the tradition in my own family.” - Rebecca Klumpenhouwer

CHRISTMAS BREAD



Ingredients

Dough

- 700-800 g maida
- 100 g sugar
- 1 tsp. salt
- 1 ½ tbsp. instant yeast
- 375 ml milk
- 125 g butter
- 2 eggs

Filling

- 4 tbsp. butter, melted
- 1 cup brown sugar
- ½ cup chopped nuts
- 1 tbsp. cinnamon

Method

1. Melt the butter, add milk. Add the warm liquid and the eggs to the dry ingredients and knead until smooth. Adjust with either more flour or milk if the dough is too dry or wet. Let it rise in a covered bowl till it doubles in size.
2. Divide the dough into two halves. Roll into a triangle with about 12-inch sides and 16-inch base. Brush with melted butter.
3. Sprinkle half the filling over the triangle. Fold the 12-inch sides (starting at the top) to meet the centre, pressing all seams to seal. Invert, seam side down onto the baking tray. With scissors make 10 slits about 1 inch apart along each long outside edge of the tree, cutting to within ½ inch of the centre of the dough. Starting at the bottom, twist each strip so the cut side is up to show the filling. Cover and let it rise until doubled.
4. Bake for about 20 minutes or until gently brown.

Cool for 30 minutes. Then drizzle topping and place chopped red and green glace cherries. Topping: 1 cup powdered/ icing sugar, 2-3 tbsp. milk, a few drops vanilla/ almond/ or maple flavouring or essence.



A NOTE FROM THE KITCHEN

Germany is arguably the home of the delicious baked Christmas treat and this recipe comes from Astrid Verghis, current member of staff and a baking maestro. It was also a favourite of Annette Faszer who would feed her dorm with these spectacular and spiced Christmas tree-shaped loaves, inspiring Bianca Wright, in the neighbouring dorm to do the same. Jill Hines, a former parent, who helped develop many of the much-loved recipes at the Smyrna bakery, also loved to make these. It is a tricky recipe but well worth the effort!

CHRISTMAS MINCE PIES



MINCEMEAT

Ingredients

- rind of 1 lemon
- rind of 1 orange
- 1 cup brown sugar
- 3 small sturmer apples (small Ooty apples are also delicious but you'll need about 6)
- juice of 1 lemon
- 2 cups sultanas
- 2 cups mixed dried fruit
- 1 tsp. cinnamon
- 1 tsp. mixed spice
- 1 tsp. grated nutmeg
- 1 tsp. salt
- ½ tsp. ground cloves
- 1/4 cup brandy, whisky, rum or apple juice

Method

1. Remove all the coloured rind from the lemon and orange with a potato peeler, then chop with the sugar in the food processor until very fine.
2. Add the chunks of unpeeled apple, lemon juice, half the sultanas and half the mixed fruit. Process until apple is finely chopped.
3. Add remaining fruit and flavourings, and process again, briefly without mashing.
4. Spoon into jars which have been boiled for 3-4 minutes, and top with a little more spirits/apple juice. Top with boiled screw tops, and refrigerate up to a year, adding more liquid if the mixture becomes dry.

PIES

Ingredients

Pastry

- 100 g butter
- 1/2 cup sugar
- 1 egg
- 1 cup plain flour
- 1 cup self-raising flour

Filling

- mincemeat (can be bought in store or use the recipe on this page)

Method

1. Preheat the oven to 170 -180°C.
2. Soften but do not melt butter. Beat in sugar and egg until well combined. Stir in unsifted flours and mix well to form a dough. If too dry, add a little milk. If too soft to work with, refrigerate rather than adding more flour.
3. Lightly flour a board, to prevent sticking and roll out the pastry.
4. Using a glass, round lid or fluted cutter, cut out the circles for the bottom of the pies (size will depend on the muffin pans in which the pies will be baked). The circles for the tops are cut with a smaller cutter or, if available, small biscuit cutters which form hearts, stars, diamonds etc.
5. Ease the dough into (medium or mini) muffin pans, then spoon in the mincemeat mixture and top with the smaller shapes or circles of pastry, pressing the edges lightly. Glaze/brush with milk.
6. Bake for 10-15 minutes, removing from the oven as soon as the edges start to brown. Cool for 2-3 minutes before carefully lifting from the tins onto cooling racks.
7. Serve warm, dusted with icing sugar.

A NOTE FROM THE KITCHEN

This easy and relatively quick mince pie recipe comes from Wendy McCabe, former staff member. It has no doubt blessed many Hebronites over the years, and Mrs Wright remembers this recipe coming to the rescue when she was a dorm parent to a horde of ever-hungry Std 10 and 11 boys. They also make a great snack for long winter train journeys - but be prepared to share!

EDIBLE GIFTS

LEMON CURD

Ingredients

- 5 unwaxed lemons
- 225 g white sugar
- 100 g butter, cubed
- 6 eggs (3 whole eggs and 3 yolks)
- pinch of salt

Method

1. Zest three of the lemons into a bowl with the sugar and rub together with your fingertips to release the oils, then squeeze enough of them to give 225ml juice.
2. Whisk eggs into the sugar followed by lemon juice, a little at a time, until fully incorporated.
3. Put in a heavy-based pan over a low heat and stir continuously with a rubber whisk or wooden spoon until as thick as custard which should take about 7-8 minutes. Whisk in the salt and pour into a food processor or blender if you have one. Cool for five minutes.
4. Start the motor and blend on a low speed for 30 seconds (alternatively, beat with a wooden spoon), then start dropping in the butter, a little at a time, still with the motor on, until smooth.
5. Transfer to sterilised jars and store in the fridge for up to 2 weeks (if it lasts that long!).



DARK CHOCOLATE SAUCE



1. In a cold saucepan, whisk $\frac{1}{2}$ cup cocoa and $\frac{3}{4}$ cup light brown sugar until there are no lumps. Add 1 pinch of salt and $\frac{1}{2}$ cup cold water.
2. Bring to the boil. Reduce and simmer, whisking constantly for about a minute.
3. Cool and add 1 tsp. vanilla extract. Pour into a prepared sterilised jar and store in the fridge.
4. Modification: You can experiment with different essences, mint, orange or almond are great flavours too!



EDIBLE GIFTS

SALTED CARAMEL SAUCE

Ingredients

- 1 cup/ 200g granulated sugar
- 1/2 cup / 120ml heavy cream
- 1 teaspoon salt
- 6 tablespoons (90g) salted butter, room temperature cut up into six pieces

Method

1. Heat granulated sugar in a medium saucepan over medium heat, stirring constantly with a high heat resistant rubber spatula or wooden spoon.
2. Sugar will form clumps and eventually melt into a thick brown, amber-coloured liquid as you continue to stir. Be careful not to burn.
3. Once sugar is completely melted, immediately add the butter. Be careful in this step because the caramel will bubble rapidly when the butter is added.
4. Stir the butter into the caramel until it is completely melted, about 2-3 minutes. A whisk helps if you find the butter is separating from the sugar.
5. Very slowly, drizzle in 1/2 cup of heavy cream while stirring. Since the heavy cream is colder than the caramel, the mixture will rapidly bubble and/or splatter when added.
6. Allow the mixture to boil for 1 minute. It will rise in the pan as it boils.
7. Remove from heat and stir in 1 teaspoon of salt. Allow to cool down before using.
8. Make ahead tip: You can make this caramel in advance. Make sure it is covered tightly and store it for up to 2 weeks in the refrigerator. Warm the caramel up for a few seconds before using in a recipe. This caramel is OK at room temperature for a day if you're traveling or gifting it.



A NOTE FROM THE KITCHEN

"If you're struggling to find the perfect Christmas gift, then show someone how special they are to you by making them a sweet treat to enjoy over the festive season. These sauces are family favourites. They are perfect for drizzling over ice-cream, pancakes, waffles, cakes, cookies, cheesecake, and adding to milkshakes or even coffee. The deliciously delectable dark chocolate sauce recipe comes from Mrs Daven, former staff member. It is also great as a quick hot chocolate when added to warm milk." -Bianca Wright



EASY-MIX FRUIT CAKE



Ingredients

- 1 kg small dark raisins (or mixed dried fruit – see modifications)
- ¾ cup liquid (see Method step 1)
- 200 g butter
- 2 cups flour
- 1 cup sugar
- 1 tsp. baking soda
- ½ tsp. salt
- ¼ cup golden syrup
- ½ cup milk
- 2 large eggs

Modification

Extra spices and flavourings can be added—1 tsp. cinnamon and 2 tsp. mixed spice, ¼ tsp. ground clove, zest and juice 1 orange, zest and juice 1 lemon. A mixture of cranberries, cherries, apricots, sultanas, raisins, currants, prunes or figs all work well.

Method

1. Put the raisins in an unpunctured plastic bag with ¾ cup of liquid (apple juice, rum or a mixture of sherry and rum) and leave the fruit to stand in it for 24-48 hours, until the fruit has soaked up all the liquid.
2. Cut or rub the cold butter into the flour, sugar, baking soda and salt, using a food processor, a pastry blender, or your fingers. If adding spices or citrus zest, add now.
3. Measure the syrup in a measuring cup/spoon preheated with very hot water (prevents sticking).
4. Warm the syrup and milk just enough to combine them, beat in the eggs, and then mix this liquid, the prepared fruit and the dry mixture together.
5. If you do not intend to ice your cake, decorate the top with a pattern of blanched almonds, cherries, etc.
6. Bake in a lined 20cm square tin at 150°C for 2 ¼ -2½ hours, until a skewer inserted in the centre, pushed down to the bottom, comes out clean.
7. If you have decorated the top of the cake with nuts, "polish" them by rubbing a little oil on the palm of your hand, and rubbing your hand over the surface of the cake until the nuts shine.

A NOTE FROM THE KITCHEN

A recipe shared by Wendy McCabe, this is a cake of modest size, which is very little trouble to put together. Its wonderful flavour comes from the dark raisins and the rum used in it—it contains no essences or spices at all, although you can add these according to your taste. The Hebron Christmas cake making clan have often had fun making these cakes together. "It has become a Wright Christmas tradition to make this and take it on Christmas travels. I have carried it on trains through Rajasthan, up mountains in Nepal and Kashmir, and on planes to South Africa; it travels well, but at 2.5kg, do watch your luggage allowance!" -Tim Wright





We hope you enjoy trying some of these recipes over the Christmas season. We are also putting together a book of recipes from the wider Hebron community, including recipes from across the world and for the whole year round. This will be a celebration of food and fellowship, which have always been at the heart of life at Hebron.

“So whether you eat or drink or whatever you do, do it all for the glory of God” -1 Corinthians 10:31



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The Hebron Recipe Book
will be available for
purchase in April 2023.