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German Pancake - falls when taken out of oven

Hi Tracey - we made a German Pancake the idea came from SSNT (Sunday School Teacher's Network) newsletter post by Tonya, below is her information for you.

From Christiancrafters newsletter: Tonya, New Member, posted August 21, 2001 08:17 PM

We had a cooking workshop on The Walls of Jericho. The children learned the Bible story and then made a German pancake which you bake in the oven. While in the oven this 'pancake' puffs up and when you take it out it immediately falls and is flat. While the pancake was in the oven we talked about how horns were blown around the walls of Jericho and then the walls fell. When it came time to take the pancake out of the oven the workshop leader gave the kids party horns and had them make as much noise as they could. When the pancake came out of the oven, it fell. The kids thought they made the pancake fall by blowing their horns. They knew how it may have felt to see the walls fall by blowing horns. It was a fabulous lesson, one the kids still talk about and that was almost two years ago.

I asked for her recipe and she kindly replied.

I would love to share the German pancake recipe with you! This is a great recipe to use when teaching the walls of Jericho to kids. Mix the pancake first then review the lesson while it is baking.

Ingredients:

5 Tbsp. butter

4 eggs

one quarter tsp. salt

1 cup flour

1 cup milk

9 x 13" pan

2 Tbsp. confectioners sugar

mixer or beater

Directions

1. Preheat oven to 425 degrees

2. In a mixing bowl, combine eggs, salt, flour and milk. Use a blender if desired.
3. Melt the butter in a 9 X 13" pan. Pour the contents of the mixing bowl into the pan.
4. Bake for 15 - 20 minutes until the mixture rises.
5. Have children sit down – read the story to the children and discuss.
6. Serve at once, sprinkle powdered sugar on top before serving. Very tasty and don't forget to make some noise when taking it out of the oven, it will fall!

Note: it will fall as soon as you take it out of the oven so the children need to be in a safe position to witness this before you open the oven door.

Above did not rise very well for us - here is what we should have done for better results.

- Use Bread Flour rather than All-purpose flour.
- Oven must be pre-heated!
- Rack should be in the middle of your oven.
- Bake in a large, heavy frying pan or cast-iron skillet (suggest 10-inch skillet).
- Preheat skillet - while it pre-heats make your mixture.
- When batter mixed, remove skillet add butter, spread butter around, add mixture to pan. Return to oven immediately.
- Cook required time.

[Making a German Pancake](#) - Contents of Link copied below.

<Tonya>

posted August 21, 2001

Group Publishing "Incredible Edible Bible Fun", has a cooking lesson on Joshua as well if you have that book (it is now out of print).

Scrumptious! Bring this spectacular German Pancake (Dutch Baby) breakfast or brunch dish to the table as soon as it comes out of the oven for a lot of oohs and aaahs! This pancake is one of the simplest dishes to prepare and one of the most impressive to serve.

A German Pancake is a cross between a soufflé and an omelet - it is a light, airy pancake with sides. They also get puffed (this egg mixture

billows up to unbelievable heights) and crispy around the edges while retaining a pancake-like tenderness in the middle. The sides of the pancake rise high above edges of the pan, creating a light, puffy crust with a tender, custard-like middle. This pancake is also known as Bismarck Pancake, Dutch Puff Pancake, and also David Eyre's Pancake. Learn all about [Eggs](#) and how to cook them, and for more great brunch ideas, check out my [Brunch Recipes](#).

Teaching: The first six chapters of the book of Joshua tell about God's people entering the land of Canaan and conquering a walled city named "Jericho". You need to know a little about Joshua first, however.

Joshua became the leader of God's people (we will call them "the Israelites") after Moses died. Moses was the man God chose to lead the people out of slavery in Egypt into the land where their ancestors, Abraham, Isaac and Jacob had lived many years before. They didn't get to go right into Canaan; they had to wander for 40 years in the desert while God made them strong and taught them many lessons about believing and obeying Him. Canaan was a rich land where it was possible to grow good food, and the Israelites knew it as the "Promised Land" because God had promised it to Abraham, Isaac and Jacob. God also promised Moses that the people would return to the Promised Land, and He chose Joshua to lead them into the land.

The people who lived in Canaan, the Canaanites, did not worship God. They worshipped idols and did many dreadful things, so God did not want His people to live with them. He told them to drive out the Canaanites, and He promised to be with them and help them occupy the Promised Land.

Joshua knew he would need God's help; the Canaanites were fierce and tall warriors. Our Additional verse tells of God's promise to help Joshua. (Joshua 1:9 "Do not be discouraged, for the Lord your God will be with you where ever you go.") First, Joshua had to lead the people across the Jordan River. (Show on the map.) The river was at "flood stage", very full of deep water, because it was springtime. God told Joshua that if the priests would carry the Ark of the Covenant (a golden box with golden angels mounted on top that signified God's presence with His people) into the river, the river would stop flowing. They did this, and all the people were astonished! They were able to cross over on dry ground. Then Joshua chose one person from each of the twelve tribes

represented among the people to get a stone from the middle of the riverbed while the water was stopped. They did this, and then the priests left the river with the Ark, and the river came back to flood stage, full of water. The people made a special memorial pile out of the stones they took from the riverbed. This was to remind them of the great miracle God did in stopping the river from flowing. It was also to remind them of the time 40 years before when God made a way for them to cross through the Red Sea on dry land and saved them from the Egyptians.

Question: Do we have any memorial types of things at church, or do you have any at home?(ANS: *How about taking communion, which reminds us of how Jesus died for our sins, or how about celebrating your birthday each year? Does anyone celebrate their baptism birthday? Cake??! :D*)

Joshua sent out two spies to look at Jericho. They needed to report back to him so he could make a plan for conquering the city. The spies went to the house of a woman named “Rahab” who lived in a house on the wall of the city. She told them that everyone was hiding in the city, and that the people of Jericho were very much afraid of the Israelites. The king of Jericho sent soldiers to kill the spies, but Rahab hid them and let them leave safely to return to Joshua. She made them promise, however, that they would not kill her or her brothers or her mother and father when they conquered the city. The spies said, “You will be safe if you all stay in this house, and if you hang a red cord down from the window.” They also made her promise to be sure they got away safely, which they did, and the spies told Joshua that everyone in Jericho was very afraid of the Israelites and of their God. Some people say that the red cord reminds us of how Jesus’ death on the cross, when he also bled red blood, saves us from the punishment for sin, the wrong things we do.

The people got ready to attack Jericho, but it looked like a difficult task. The walls were double, and they were very thick. The outer wall was 12 feet thick, and the inner wall was 6 feet thick, and the walls were 30 feet high (higher than our church). There were houses built across the top of the double wall. God had a plan that would surprise Joshua and his soldiers. Remember, they did not have bombs or bulldozers!

Joshua was standing outside Jericho when he saw a man standing in front of him holding a sword in his hand. Joshua asked whose side the man was on, for Jericho or for Israel, but the man said, “Neither.” He told Joshua he was “the commander of the army of the LORD.” In other words, he was an angel, and he was sent to tell Joshua God’s plan. The plan may have sounded a little silly to some of Joshua’s soldiers, but this was the plan: Every day for six days the priests had to carry the Ark of the Covenant around Jericho’s walls. There were to be seven priests blowing trumpets made of ram’s horns marching

just in front of the Ark, and all the armed men were to march silently in front of them. More people would march behind the Ark. On the seventh day, they were to march around Jericho seven times, and the seventh time, when the priests blew a signal on the trumpets, they were all to SHOUT as loud as possible. The Bible says that at that time there were about 40,000 armed men in the Israelite camp.

The people had faith in God, and they obeyed God's plan. There was a very large number of people in that march each day, and the people of Jericho stayed locked up and afraid inside the walls. Finally, they marched around seven times on the seventh day, and gave a mighty SHOUT at the sound of the trumpets. The walls fell down flat! They had not pushed the walls; God made them fall outward from the city. Archaeologists have found the remains of the walls and of the city of Jericho. As God had commanded, the people did not take anything from the city except items of silver, gold and bronze which they dedicated to God. They left the food and clothes and everything else, and they burned the city. These things have also been seen by archaeologists.

Rahab and her family joined the Israelites in their camp, and Rahab married an Israelite man named Salmon. Because she had faith in God and joined His people, she became the great, great, great, great, great...grandmother of Jesus.

All these great things were done because Joshua and the people believed and trusted and obeyed God. God wants you to believe that He knows and loves you just as you are, that He can forgive you because Jesus died on the cross for your sins (the wrong things we all do), and that He is with you all the time.

Questions for discussion: (feel free to insert these as needed during the teaching time)

- Who was Joshua? (*ANS: He was the man God chose to lead the Israelites into the Promised Land.*)
- What was the Promised Land? (*ANS: It was the land God had promised to Abraham, Isaac and Jacob, and it was called Canaan.*)
- Tell how Joshua showed faith in God in this story. (*ANS: He led the people across the Jordan River in the way God commanded, and he led the people in God's plan to conquer Jericho, although each of these appeared to be impossible.*)
- What is one example of obedience in this story? (*ANS: Joshua and the people obeyed God's plan for crossing the river on dry land, and they also obeyed God's plan to conquer Jericho by marching. They also did not take riches for themselves out of Jericho when they conquered the city.*)

- Why do you think Joshua needed God's plan for conquering Jericho? (*ANS: It was a heavily armed city with walls 30 feet high and twenty feet thick in some places. They didn't have bulldozers or bombs to break down the walls, and if they tried to break down the gate, the soldiers in Jericho would have attacked them.*)

Journal question: What is one way you can show faith and obedience to God at home or at school? Maybe there's something God is preparing you to do, just as He prepared Joshua and the Israelites. Draw or write about showing your faith and obedience to God. Or what do you think God might be preparing you to do?

Close with a circle of prayer, and invite children to return next time for a different workshop with their Bible and a friend. Be sure to shake the table so the walls of Jericho fall down before you dismiss the children! Then they can shout loudly.



DUTCH BABY PANCAKES



