

A Note from the Publishers

This cookbook was written by our daughter Katie for her senior high school English project. Katie wrote the book not only to fulfill our requirement, but also as a way to encourage young girls to bless their families, by cooking for them. Katie is a real blessing to our family, not only because she is a good cook, but because she is a real servant. We actually have three daughters who are real servants – Jeannie and Betsy bless our home as well. The Lord has blessed us with these dear and godly daughters, and while they are not perfect (nor are their parents!) we do believe He has given us some ideas to implement that have helped us turn their hearts toward Him and toward home.

Steve and I believe it is very important that we train our girls to be true keepers at home. We believe that a godly woman's heart is focused first on the Lord, and then on the home and on serving in that home. Our girls began very young to follow me around and “help” with almost everything I did. There were times in years past when their help was required, rather than volunteered, but over the years there was a growing awareness of “a godly woman cares for her family and home,” and a growing desire to become that woman of God. May I encourage you to include your daughters, as much as possible for their ages, in all you do for your family? Ask the Lord, who gives wisdom to all who ask, and He will give you ideas, too.

In this book, the focus is on food preparation and other things that are included in the process of providing wholesome meals for a family. We haven't tried to cover everything, but we did want to provide some basic information that could be used by a busy homeschool mom to get a young daughter started on the wonderful gift and fulfilling job of cooking for a family. Nutrition information, economical and healthy ways to prepare food, and efficient ways to work in the kitchen are all introduced in the first pages of this book, followed by many recipes that we have enjoyed together as a family. Some of the recipes are very easy, to make it helpful for a young girl just beginning to cook, and some are more advanced, so that moms might also enjoy using the book. We hope this is a blessing to your family in some way, and that it will be a real help to all those who wish to impart a love of homemaking to their daughters.

In our dear Savior Jesus,

Susie Castleberry

July 2006