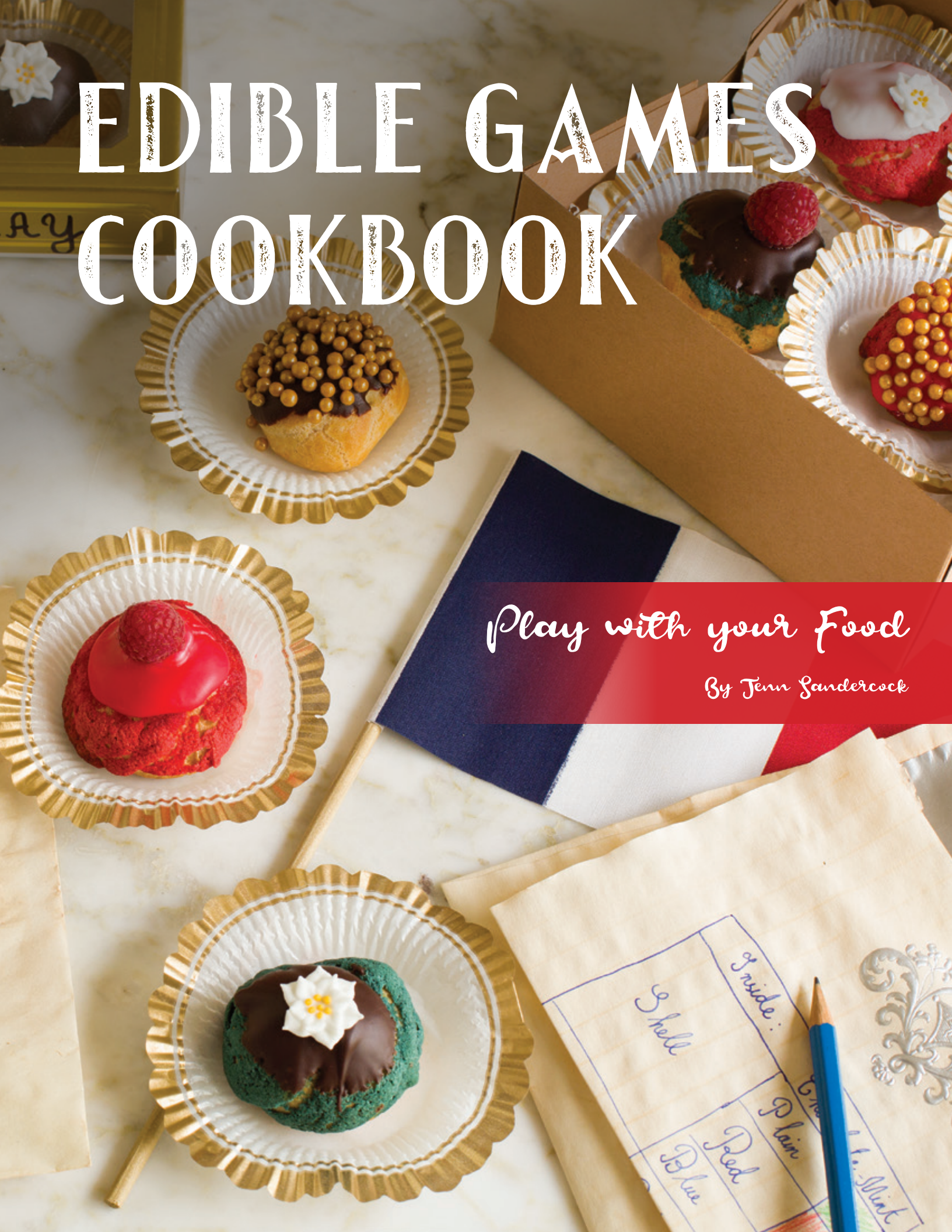


# EDIBLE GAMES COOKBOOK

*Play with your Food*

By Jenn Sandercock





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**SAMPLE CHAPTER**



## CHAPTER 11:

# THE ORDER OF THE OVEN MITT

DOEST THOU HAVE THE APPETITE TO BECOME A KNIGHT OF THE OVEN MITT?

**H**ear ye, Squires of the Round Dessert Table. Does thou desire to become a Knight in the Order of the Oven Mitt? Then thou must complete the Initiation Trial of eating Sacred Squares according to the Sacred Rituals. Thou will have to endure tests of nerve, strength, balance and fortitude. Only those squires whose hunger can last until all the Sacred Squares have been eaten shall be initiated into the Order of the Oven Mitt.

- Players per round: 2-6
- Age Range: 7+
- Can Host Play? Yes, but better if they don't and take on the role of the Grand Knight.
- Game Duration: 30-45 minutes
- Preparation Time: 2-4 hours
- Baking Difficulty:



## OBJECTIVE

You and another squire (or two teams of up to three squires each) move your tokens about the game board in a chess-knight L-style movements. Land on Sacred Squares to eat them according to the Sacred Rituals. Push the Sacred Squares in your column or row around on the board as holes appear. Stop the other squire from getting your favorite Sacred Square, or compromise and share together. The game is over when all of the Sacred Squares have been consumed. Everyone who participated in the Initiation Ceremony (the game) is now a knight in the Order of the Oven Mitt.



## OVERVIEW OF COMPONENTS:

### EDIBLE COMPONENTS:

- 1 gingerbread board
- 25 Cookie Squares with candy decorations:
  - 12 Common (light) squares.
  - 13 Sacred (dark) squares per round or per (rounded up) pair of players. Up to 6 people per round.
- 2 Knights

### NON-EDIBLE COMPONENTS:

- List of Sacred Rituals in this book.
- Pin or other token to give to newly knighted people.

## GINGERBREAD BOARD

The Sacred Space for The Order of the Oven Mitt is a slab of gingerbread that's similar to a chess board.

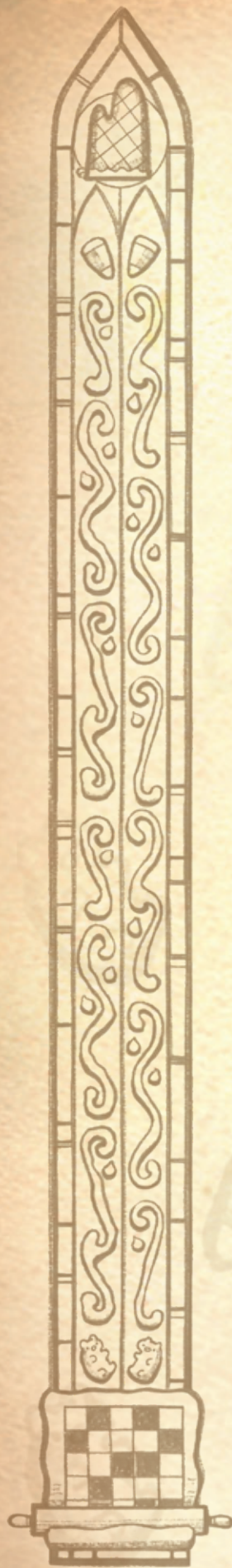
If you are rushed for time, you can use the printed double page spread on page 30 as a Sacred Space substitute. If you want to have the full experience, you should follow the recipe below to make gingerbread from scratch.



## EMPTY OVEN MITT BOARD

### INGREDIENTS

- 5 cups (600g) plain (all-purpose) flour
- 1 teaspoon bicarbonate of (baking) soda
- 1 packed cup (130g) brown sugar
- 2 teaspoons ground ginger or a gingerbread spice mix
- 1 full stick and  $\frac{1}{3}$  cup butter (190g) unsalted butter, melted
- 1 cup (300g) golden syrup (or molasses if you can't find golden syrup)
- 13 candies (matching the 13 you've chosen for the Sacred Squares)
- 1 quantity Royal Icing (see page 29) or store-bought icing for decoration [Can be used for Cookie Squares as well]



## METHOD

Place flour, bicarbonate of soda, brown sugar and ginger in a large bowl and stir until combined. Add the butter and golden syrup and continue mixing until the dough comes together. You can use an electric beater, but it's actually not too hard to do with a simple wooden spoon (no really, it's very easy with a spoon). Knead dough until smooth and combined. It will probably be quite crumbly at this stage, that's usually ok, but if it is too crumbly to hold together, add some more butter. Chill it for 30 minutes if it's too sticky to work with easily.

At this point you can freeze the dough for use later, up to three months. Just thaw out when you want to use it again.

Preheat oven to 350° (180°).

Put dough in the bottom of a baking sheet. You can use a standard 18 x 26 inch sheet pan as a measure, but feel free to make the board larger or smaller, depending on the size of the candies you choose to play with. Roll the dough out or just press it down and together with your fingers, in order to create a smooth surface about a quarter to half inch (approximately 1 cm) thick.

**1** Use a bamboo skewer or chopstick to outline a 5x5 grid on the left side of your slab of gingerbread. This will serve as the playing board known as the Sacred Space.

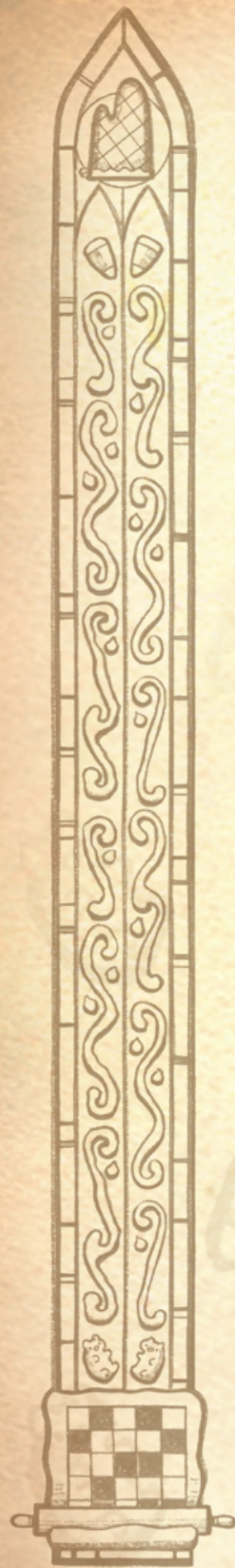
On the right side, outline a legend with space for 13 candies of your choice. Also inscribe the numbers from 1 to 13 in the squares of the legend using your bamboo skewer.

Place in the oven and bake for 12-15 minutes or until golden. Check on the board part way through the cooking process and if your lines have disappeared as the dough rises, quickly take out the board and go over your lines again.

Once cooked, remove from oven and again go over your lines in the dough to make sure they're visible. You need to do this quickly before it cools, since it will harden.

**2** Once cooled, decorate with icing. You can add a title and any other sorts of flourishes you want to the board. It is best to use a piping bag to put the icing on. If you don't have a piping bag, improvise by using a snaplock bag and cutting a hole in one corner of it. Ice the four edges of the board to help make sure squares don't get pushed off (don't ice in between the grid, since it will be harder to play the game). Attach 13 candies to the numbers 1 to 13 matching to the candies specified for the Sacred Rituals. These 13 candy types will serve as the 'Sacred Objects' on top of your Sacred Squares.





## SACRED AND COMMON SQUARES

The squares are slice cookies. The “slice” means that you cut or slice them with a knife, so it’s very easy to make a lot of them and have them all be the same size. The Sacred Squares are chocolate-based and the Common Squares are vanilla-based.

This recipe makes enough cookies for 12 people to play, either as 6 rounds or 2 rounds with 6 people playing each time.

### BASE INGREDIENTS

- 1 cup/8 oz/250g butter, softened
- ½ cup/4 oz/125g granulated sugar
- ¾ cup/ 3½ oz/105g packed brown sugar
- 1½ teaspoons baking powder
- 1 egg
- 2 teaspoons vanilla extract
- 3 ¼ cups/13 oz/400g all-purpose (plain) flour
- ⅓ cup/2 oz/60 g unsweetened (bitter) chocolate, melted and cooled
- 2 tablespoons cocoa



### TOPPING INGREDIENTS

12 Common Square toppings, all the same: suggested 1-inch slices of licorice

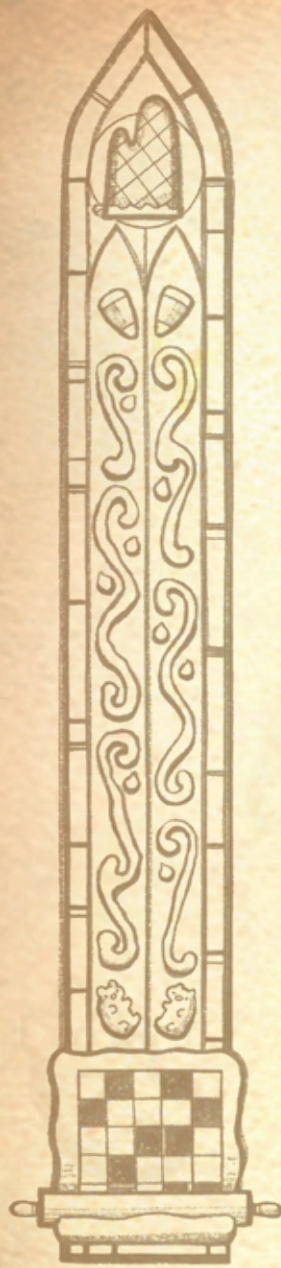
13 Sacred Square toppings, each different (in order 1-13):

1. Jelly beans
2. Reese’s miniature peanut butter cups
3. Spice drop
4. Gummy bear
5. Mini kit kats
6. Candy corn
7. Mini M&Ms
8. Googly eyes from the cake decorating section of the supermarket
9. Hershey’s Kisses
10. Whoppers/Maltesers
11. Swedish Fish
12. Junior mints
13. Marshmallows

The candy toppings listed are only suggestions, you can substitute for candies that you prefer or for ones that are more readily available. Try to use substitutes that are somewhat similar in shape/theme/ wrapping to the above suggestions, otherwise you may need to adapt the Sacred Rituals to match what you use. For example, Kisses and Reese’s miniatures require being unwrapped, which is part of the Sacred Rituals for those items.

Listed here is the amount of candies and squares you will need for two players to play one round. If more people play or you desire to play more than one round, prepare enough Sacred Squares and provide enough candies for everyone to partake. For example, if you want enough decorations for the 6 rounds of cookies you’re making, buy 6 of each Sacred Square toppings.





## METHOD

In a large mixing bowl, beat the butter with an electric beater for around 30 seconds. Add the white sugar, brown sugar, and baking powder. Beat until combined. Beat in the egg and vanilla. Add the flour bit by bit and continue mixing. The dough can get very dry/stiff and it can be hard for a beater to survive (I've lost 3 hand-held beaters and counting to this recipe), so if your beater sounds like it is struggling, stop immediately and stir in any remaining flour manually with a wooden spoon.

Divide dough so that you have the right quantities for dark and light squares. If you are using the base recipe, divide in quarters. Three of these quarters will be used to bake the Sacred Squares (the squares with added chocolate). The base recipe makes enough dough for 12 people to consume Sacred Squares in two 6-person rounds.

Add melted chocolate and cocoa to the three quarters part of the divided dough and knead until it's combined. This dough will become your Sacred Squares. The final quarter of dough without the chocolate will serve as your Common Squares.

**1** Shape all of the dough into long logs that have a square cross section. Make the size of each side match to the size of squares on your gingerbread board - for me that's approximately two fingers width. I shape them by putting plastic wrap around them, flattening each side and squeezing to make sharp corners. You can make a log as long as you like, but if it's too long it will bend as you try and handle it. Also it will be hard to wrap, so make them less than the length of your plastic wrap.

Chill logs in the refrigerator for 2 hours, or until firm. You will have extra Common Square dough. You can either bake the rest of the dough into squares for your guests to enjoy casually, or put the extra dough in the freezer and save for your next Initiation Ceremony. It's best to store the dough in the freezer already shaped into logs. The dough can last up to three months in the freezer. Before use, defrost a bit before continuing.

Preheat oven to 375°F/190°C



**2** Take each log out one at a time (so that they don't warm up and become hard to handle). Unwrap the log and using a sharp, non-serrated knife, slice the log into approximately 1/4 in/6mm-thick slices. Again, if you have extra dough, you can either cut the rest and bake for your players to enjoy casually or store the extra dough in the freezer.

Place squares on a greased/lined baking tray with enough space for them to expand as they cook, about a half-inch/2cm apart.

Bake for 8-10 minutes or until edges are firm. Watch the dark squares closely since they can more quickly go from brown to burnt without you noticing.

If you want a larger color difference between the light and dark squares, slightly undercook the light squares so they remain pale. Remove cookies and cool on a rack.

Once cool, use a piping bag to put a dollop of icing on each cookie, then top with a candy. Top all light squares with the same topping (I use licorice sticks). For the dark squares, use each candy option only once per round/pair of people playing.

Both the gingerbread board and the squares last around two weeks after baking, so you can make them days in advance if desired. Store finished squares in an airtight container and wrap the board in plastic wrap to preserve



## SQUIRES

You can use any sort of tokens as squires. They should be small enough to fit on squares as much as possible.

If you want to go the extra distance so even more of your game is edible, make them out of fondant or gum paste. Pre-made fondant is readily available in specialist baking aisles. If you use 100% fondant, your figurines will probably not set fully and may become floppy part way through playing the game. The best option I've found is using gum paste (which is harder to find) and adding two pinches of tylose powder to help stiffen it.

Shape your squires in whatever shape you want. I often use a tripod design so that they can straddle the candy toppings on the squares, but anything will do. In fact, I don't think there is a perfect design for these, they'll always be a bit awkward and fall over. Just think of that as part of the home-made charm.

You can make each one exactly the same or have different ones available for players. You technically only need two: one for each team. If you're playing multiple rounds, giving new players more options can be nice.

As an optional extra, you can buy some edible food markers and then tell players to decorate their squire to give it a bit of their personality. This is essential if you make all your squires look the same, since it will help to distinguish the players on the board.



## DIET & FOOD VARIATIONS

### VEGETARIAN:

Check candies to make sure they don't contain gelatin. Find substitutes that are similar in shape or style that match with the rituals.

### NUT FREE:

If only one person has an issue with nuts, you can leave the game as is, since it is likely that the other team will be nice and choose to eat the nut toppings. Otherwise, just substitute the Reese's peanut butter cup for a different wrapped topping.

### GLUTEN FREE:

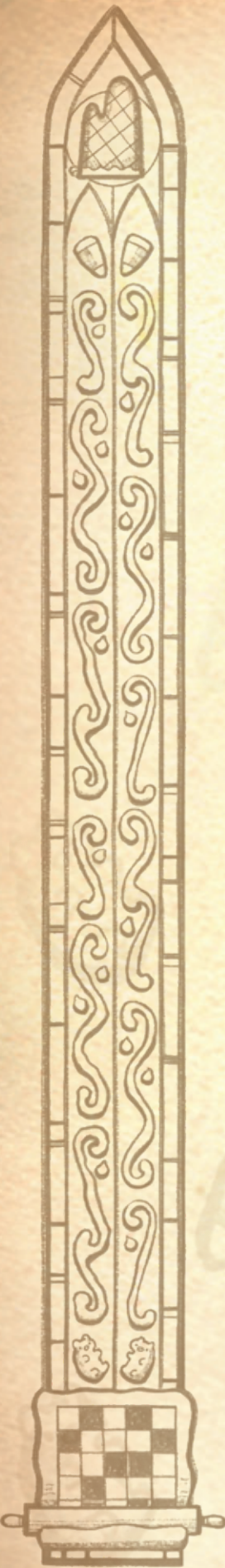
Simply use gluten-free flour instead of regular flour

### SUGAR FREE:

Use cheezits or other crackers and put nuts or dried fruits on top.

Note: It will be hard to get the ingredients to stick without icing, so be careful when moving squares.

Remember: You need to adjust the Sacred Rituals if you substitute candies or change their order on the board.



Nominate someone as the Grand Knight. The Grand Knight then reads the following out loud to everyone in the room:

*Welcome, squires.*

*So you think you have the appetite to join the Order of the Oven Mitt?*

*Then bravely join the Initiation Ceremony:*

*Perform the Sacred Rituals as you consume the Sacred Spaces.*

*If you and the other squires can consume them all, congratulations. You will be bestowed with the highest honor: ordained as a Knight of The Order of the Oven Mitt.*

*Becoming a knight will not be easy.*

*Do not attempt this lightly.*

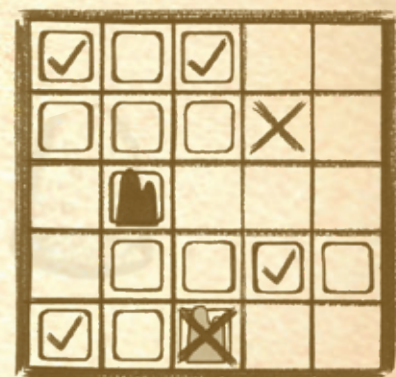


### INSTRUCTIONS TO SQUIRES:

1. Gather with the squires around the Sacred Space.
  - a. There must be at least 2 individual squires.
  - b. If there are more than 2, then you must form 2 (potentially uneven) teams.
2. The Initiation Ceremony will take approximately 30-50 minutes. If you cooperate it will take less time than if you compete.
3. Get the Grand Knight to lay out the Sacred Space for you, see photo ①. The Grand Knight will randomly place:
  - a. 12 Common Squares (light) and
  - b. 13 Sacred Squares (dark) on the Sacred Space (one of each variety).NOTE: If you have extra Sacred Squares, place them nearby in a stockpile.
4. Take your squire token and place it at a corner of the Sacred Space.
  - You are encouraged to decorate your squire so that it is an expression of your personality.
5. The squire who goes first is the one who most recently used an oven.
6. On your turn, move your squire like a chess knight, see figure ②. This means either:
  - a. two squares horizontally and one square vertically;
  - OR
  - b. two squares vertically and one square horizontally.

### NOTES:

- Complete move looks like a letter L.
- You can jump over the holes that will form on the board, but you cannot land on a hole.
- You cannot land on another squire.
- If there are no valid moves possible, stay where you are and act as though you landed on a Common Square (step 8).




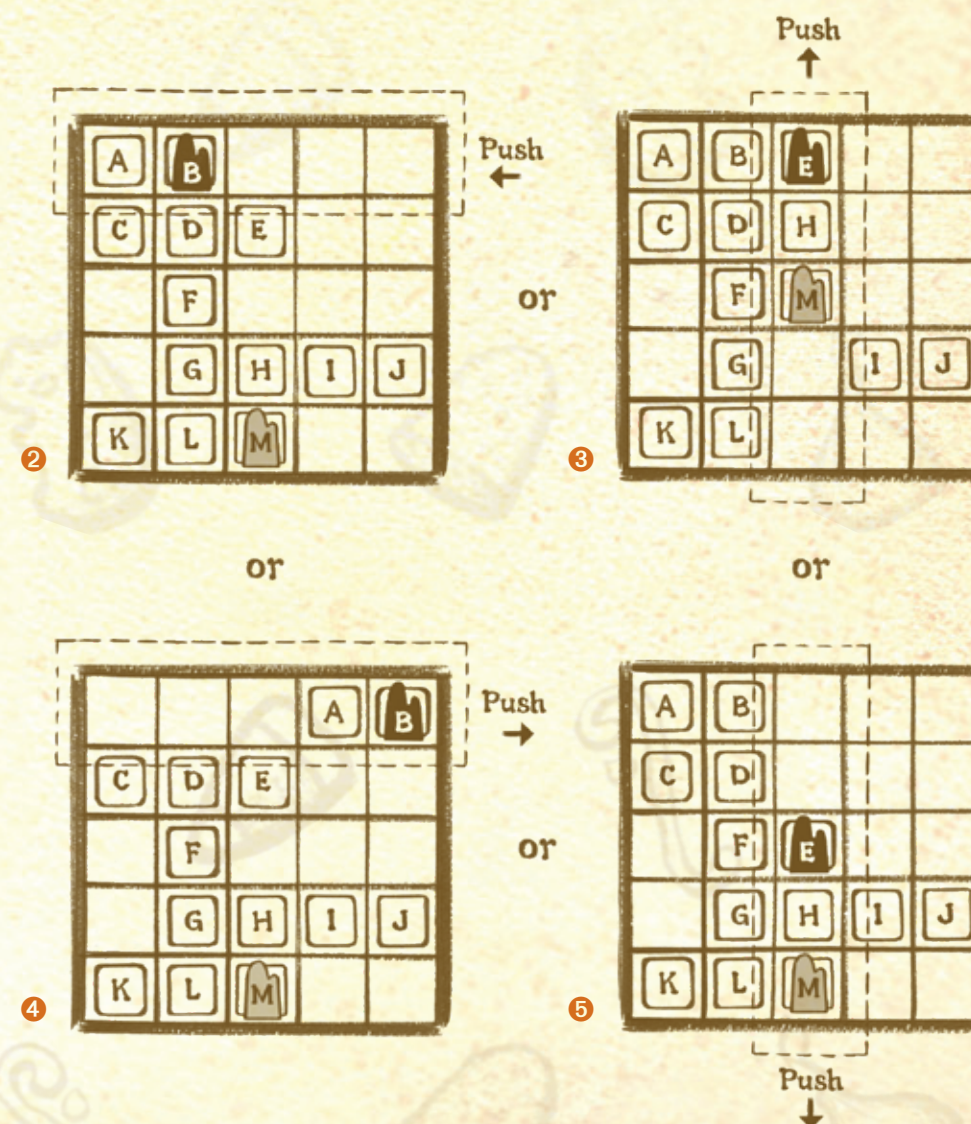
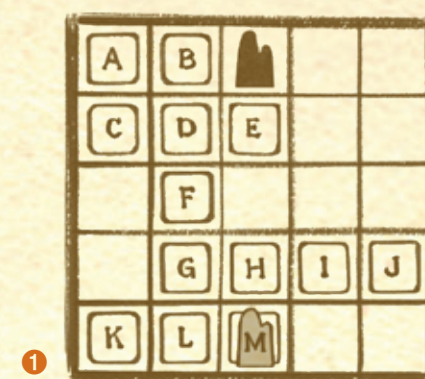
Valid Moves for 

7. If you land on a Sacred Square (a dark square):

- Consume the square according to the Sacred Rituals as laid out in this Sacred Tome, and read to you by someone in the other team.
- If you are part of a team of squires, each team member should take a duplicate of the Sacred Square from the stockpile.
- Every single squire on your team must perform the entire Sacred Ritual to consume a Sacred Square or they will not pass the initiation.

After consuming the Sacred Square, complete the “push” phase:

- Push the other squares on the board so that you are on top of a square (either Sacred or Common), see figures 1–5.
- You can move all squares in your row or column. If there are no squares in your row or column, you cannot push in that direction.
- Keep moving squares until all the squares hit up against an edge of the Sacred Space.
- As you push, your squire token will get put on the first square that pushes into you and you will move with this square.
- If, after you have finished, you are still not on top of a square, keep pushing your squire onto the next square that is closest.
- You cannot consume the new square you end up on top of, even if it is a Sacred Square.
- For example, if the board looks like 1 at the start of the Push phase for , then the final result after pushing will be 2, 3, 4, or 5.
- You cannot land on another squire. For example, in photo 6 the kangaroo cannot push down in their column, since then the mouse would be on top of them.



8. If you land on a Common Square, you can:

- Choose to push the squares as though you had just eaten a Sacred Square according to the rules in 7 (although your piece will remain on top of the Common Square you landed on).

OR

- Let nothing happen.

IMPORTANT:

- You cannot eat a Common Square because you are not a commoner.

9. The turn passes to the other squire.

10. Continue until all the Sacred Squares have been consumed.

- a. If a squire is unable to continue performing the rituals, they are unsuccessful in their quest to become a Knight of the Oven Mitt.
- b. Otherwise, all squires pass the initiation and can be ordained as Knights of the Oven Mitt (i.e. the game ends!). If you have a pin or other token for your new knights, distribute them. Now feel free to celebrate by passing around and consuming the Common Squares, any remaining Sacred Objects, and even the whole Sacred Space.



## SACRED RITUALS

*When capturing a piece, you must perform a Sacred Ritual as explained on the following pages. If you are unable to perform the ritual, you will fail and you will not be able to join the Order of the Oven Mitt.*

*Once the square and object have been fully consumed, the Sacred Ritual is considered complete.*





# SACRED RITUALS

## RITUAL ONE:

- A. Pick up the Sacred Square.
  - B. Do a 360° turn.
  - C. Do 3 small jumps & one big jump.
  - D. Finish with a pirouette.
  - E. Place square in your mouth and consume.
- OR

## RITUAL TWO:

- A. Pick up the Sacred Square.
  - B. Unwrap the Sacred Object.
  - C. Bite half of the Sacred Object.
  - D. Stand on your tippy toes.
  - E. Place square in your mouth and consume.
  - F. Turn halfway to your left.
  - G. Consume the other half of the Sacred Object.
- OR

## RITUAL THREE:

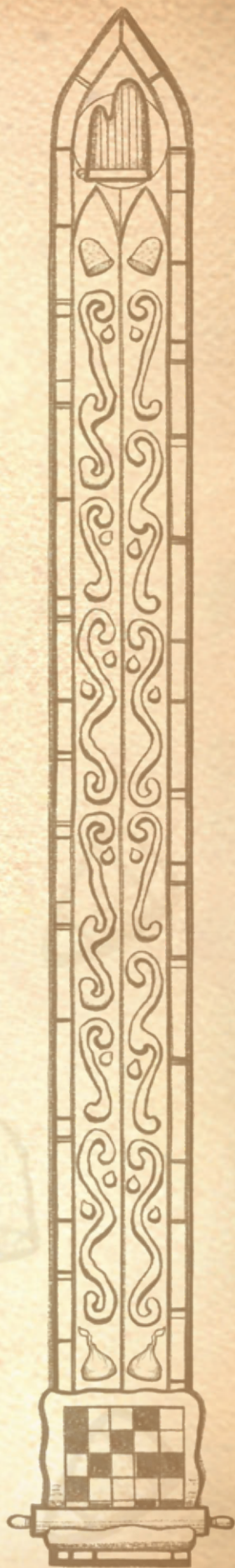
- A. Pick up the Sacred Square.
  - B. Pull off the Sacred Object on top of the Sacred Square.
  - C. Move Sacred Object up and down 3 times.
  - D. Place Sacred Object in your mouth and consume.
  - E. When you are done consuming, poke out your tongue.
  - F. Place square on your tongue.
  - G. Close mouth and consume.
- OR

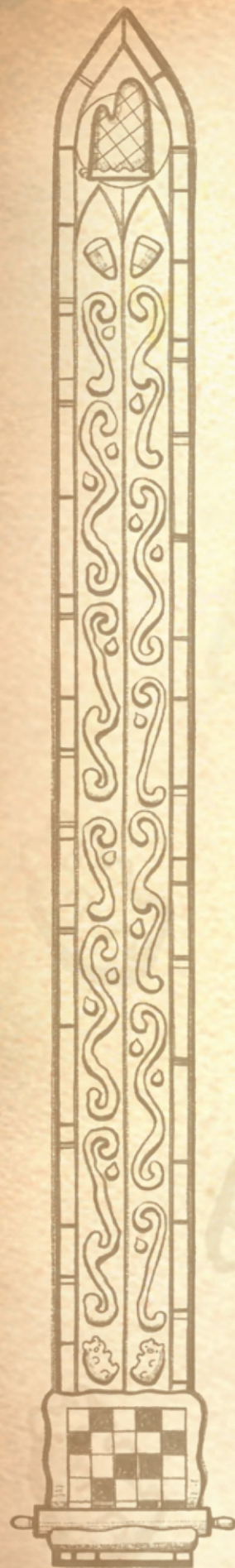
## RITUAL FOUR:

- A. Pick up the Sacred Square.
  - B. Say an apology to the Sacred Object.
  - C. Bite off the head of the Sacred Object.
  - D. Craft a thank you to the Grand Knight for allowing you to attempt the Initiation Ceremony.
  - E. Place remainder of square in your mouth and consume.
- OR

## RITUAL FIVE:

- A. Pick up the Sacred Square.
  - B. Break the Sacred Square with your hands.
  - C. Open your mouth.
  - D. Pause for 5 seconds.
  - E. Consume the piece in your left hand first.
  - F. When you are done consuming, open your mouth.
  - G. Pause for 5 seconds.
  - H. Consume any remaining pieces.
- OR





**RITUAL SIX:**

- A. Pick up the Sacred Square.
- B. Hold the Sacred Square high above your head with both hands.
- C. Look at the Sacred Square.
- D. Squint! Squint against the grandeur.
- E. Move the Sacred Square to your mouth with your hands.
- F. Consume the Sacred Square.

OR

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**RITUAL SEVEN:**

- A. Pick up the Sacred Square in left hand.
- B. Extend left hand and Sacred Square diagonally away from you and to your left.
- C. Extend your right hand diagonally to your right.
- D. Start neighing like a horse.
- E. Slowly move the Sacred Square to your right hand while continuing to neigh.
- F. Place Square in your mouth using your right hand and consume.

OR

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**RITUAL EIGHT:**

- A. Pick up the Sacred Square.
- B. Close your eyes.
- C. Do a 180° turn, so that no one will see what happens.
- D. Keep your eyes closed.
- E. Think of your most embarrassing memory.
- F. Place square in your mouth and consume.

OR

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**RITUAL NINE:**

- A. Pick up the Sacred Square.
- B. Unwrap the Sacred Object.
- C. Make 5 kissing noises in a row.
- D. Place Sacred Object in your mouth and consume.
- E. When you are done consuming, blow a kiss to the person closest to you.
- F. Place square in your mouth and consume.

OR

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**RITUAL TEN:**

- A. Pick up the Sacred Square.
- B. Squat down and stand up 3 times while holding square.
- C. Nod your head at the other squire(s).
- D. Place square in your mouth and consume.

OR

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**RITUAL ELEVEN:**

- A. Wiggle your hands next to your head.
- B. Make a fish face while continuing to wiggle your hands.
- C. Wait for a count of 3 without taking a breath.
- D. Wiggle your hands once more for luck.
- E. Pick up the Sacred Square.
- F. Place square in your mouth and consume.

OR

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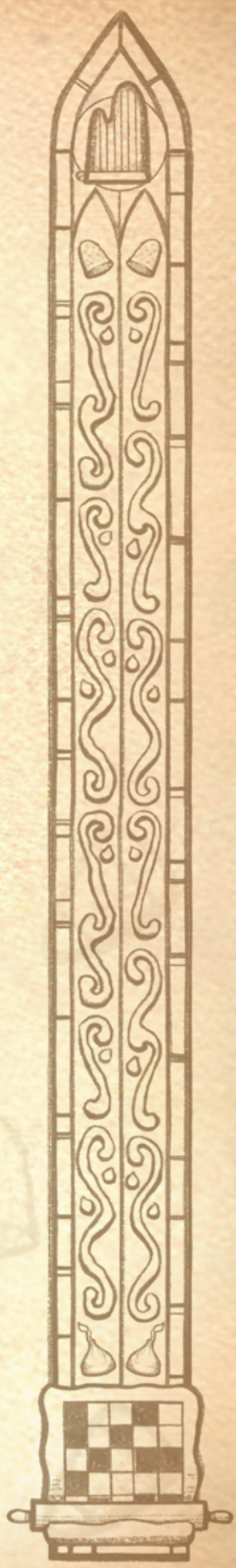
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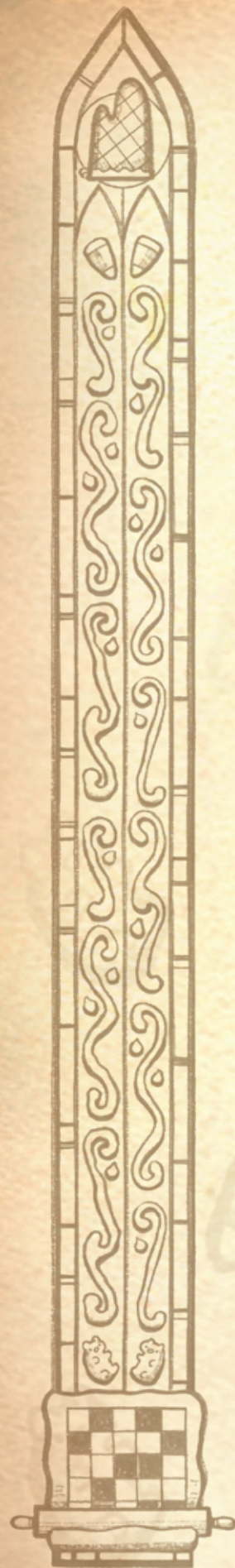
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### RITUAL TWELVE:

- A. Bang fists on table.
- B. Salute the other squire(s).
- C. Salute the Grand Knight.
- D. Describe the best food you've ever eaten to the other squire(s).
- E. Pick up the Sacred Square.
- F. Place square in your mouth and consume.
- G. Note that the Sacred Square probably doesn't taste as good as the best food you've described.

OR

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### RITUAL THIRTEEN:

- A. Do not laugh.
- B. Do not think of a monkey riding a unicycle.
- C. Pat your head and rub your tummy for 3 breaths.
- D. Do not think of how silly you look right now.
- E. Pick up the Sacred Square.
- F. Do not think about how everyone is watching you right now, at this moment.
- G. Place square in your mouth and consume.

OR

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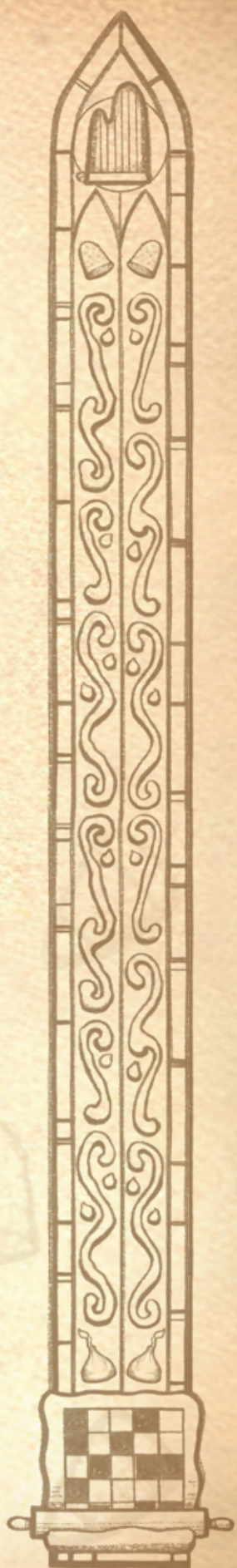
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### GAMEPLAY VARIATIONS

- You can change the Sacred Rituals to be anything you want! Just use the space next to each ritual above to write your own.
- You can make it more competitive by counting who gets the most Sacred Squares and giving them the board itself as their prize.
- To encourage more cooperation and speed, you can time players, encouraging them to work quickly together.

### GOOD LUCK, SQUIRE!

*May your oven mitt be warm and your stomach full.*



## APPENDIX: BASIC RECIPES

### ROYAL ICING

Useful to use as a “glue” to attach objects to the squares or make borders on the main board. I add lemon juice to my recipe to give it a bit of flavour, feel free to substitute with water for a plain version.

#### TRADITIONAL RECIPE

- 4 cups (640g, 1.4lb) icing (confectioner’s) sugar
- 3 egg whites
- ¼ teaspoon cream of tartar
- 1 tablespoon lemon juice

Place everything except the lemon juice in an electric mixer or a large bowl. Beat for 4-5 minutes until light and fluffy. Add lemon juice in and continue beating for another 2 minutes until peaks form.

#### WITHOUT RAW EGG WHITES

- 3 tablespoons (115g, 4 oz.) Meringue Powder
- 4 cups (640g, 1.4lb) icing (confectioner’s) sugar
- Approx. 4 tablespoons warm water
- 1 tablespoon lemon juice

Put all the ingredients in a large bowl or an electric mixer bowl. Beat until it forms peaks (depends on your mixer/beater, but should be around 10-12 minutes for a hand-held beater). Adjust amount of water if you want thicker or thinner icing.





# EDIBLE GAMES COOKBOOK

## THE ORDER OF THE OVEN MITT





## WHAT ARE EDIBLE GAMES?

Edible Games are tabletop games with game pieces you can eat. (In fact, it's required!) Some are sweet, others are savory, but they all have one thing in common: eating is a key gameplay mechanic.

After gaining recognition at game jams and indie festivals around the U.S. and in Australia — including an IndieCade Interaction Award in 2016 and a coveted spot in GDC's Experimental Gameplay Workshop in 2017 — Jenn Sandercock is now collecting a dozen Edible Games into a cookbook. The book you are holding is a sample chapter for a single edible game. She plans to fund the complete book's production with a Kickstarter campaign in 2018.



## WHO IS JENN SANDERCOCK?

Jenn hails from Australia and is driven to create games that foster friendship, curiosity and challenge. Jenn's always loved games but her modern gaming career evolved from her days at Team Bondi, Media Saints and Disney/Playdom where she was a key developer in games focused on character behaviour, education, and object reveals.

In 2009, she became an independent game developer, determined to build games that challenged conventional game mechanics. Her determination led her to come up with 52 game ideas in 52 weeks and then complete a new challenge to finish 12 games in 12 continuous months. She was an integral part of the team that created Thimbleweed Park, a modern adventure game with Ron Gilbert and Gary Winnick.

When she's not focused on building games, you can find Jenn baking or exploring her local neighbourhood and adding to her collection of gourmet chocolates and vintage brooches.



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