

# Sisters for Yah

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## Passover and Feast of Unleavened Bread

Sometimes I can't believe that another year has passed so quickly. We're almost at my favorite time of the year—springtime! Yahweh's new year is almost upon us. It is time to start preparing for Passover and the Feast of Unleavened Bread.

I've added many new sisters to the mailing list, and for some, this will be their first time keeping these days, so all you old-timers (like me), please bear with me! This can be a very confusing and nerve-wracking time for a lady who has never "de-leavened" her kitchen!

First of all, don't panic. You still have about a month to plan for this. My biggest recommendation would be to start using up all the leavened products you may have in your fridge and pantry. And stop stocking up on bread that you normally purchase and throw in your freezer for later. Yes, I, too, am big on "stocking up" on bread when it is on sale. But your home will need to be leaven-free for the entire time of Unleavened Bread.

Now the items you will need to either use up or discard is anything containing leavening, specifically yeast, baking powder, and baking soda. This means bread, buns, most store-bought flour tortillas, pizza crust, muffins, most store-bought crackers, a few cereals, biscuit mixes, waffles, pancakes (unless you make your own unleavened variety), some pie crusts, and breaded items like chicken and fish.

By now you're probably throwing your hands up in frustration, "Well, what can we eat then?" No worries. There are plenty of items you can eat. Feel free to eat fruits, veggies, grains, like rice and pasta, Triscuit crackers (not the flavored varieties that contain leavening), dairy products including eggs, meats, fish, and poultry (unbreaded of course). These are all fine to eat. I promise, you will not starve! Keep reading...



In this issue, we've included some of our favorite recipes to get you started. This is a very meaningful time of year. Many of us long-time believers look forward to the Holy Days with great excitement and anticipation! Please feel free to call us if you should have any questions. We're here to help!

### **Unleavened Bread (Jan Meyer):**

4 cups flour  
1 t. salt  
2/3 cup oil  
1 1/3 cups milk



Blend the flour and salt. Mix the oil and milk well. Add to the dry ingredients. Stir into a firm dough. Roll onto wax paper and make it as thin as you would for pie crust. Cut into 1 1/2 inch strips, and cut again for small sized pieces. Bake at 385 degrees on a greased cookie sheet for about 15 minutes or until lightly brown. Good with butter and jelly when warm, but good also when cold.

### **Apple Pancakes (Jan Meyer):**

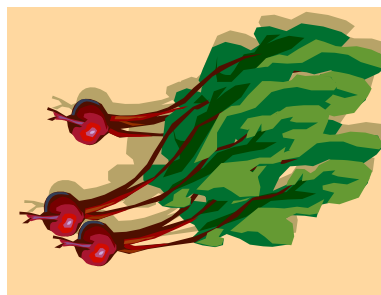
1 1/2 cups sifted flour  
1/4 t. salt  
1 cup milk  
4 eggs, well beaten  
2 T. melted butter  
3/4 cup applesauce



Sift flour and salt. Combine milk, eggs, butter and applesauce. Add to the dry ingredients. Drop onto a hot greased griddle and brown on both sides.

### **Pickled Beets (Jan Meyer):**

For every can of beets used, one needs:  
1/3 cup beet juice  
1/3 cup sugar  
1/3 cup vinegar  
2 T. pickle spice



Bring to a boil. Turn down and simmer 2 minutes. Pour over beets and refrigerate. Better when they sit for a day or two.

### **The Widow's Bread from 1 Kings 17:10-16 (Carrie Brett):**

1 cup whole wheat flour  
2 T. oil  
1/2 cup water

Blend all ingredients in a bowl, then knead for 5 minutes on a floured surface. Bake on a greased cookie sheet at 350 degrees for 20 minutes. Once cooled, cut or tear into the size you want. You can basically top this with whatever you like, such as honey, butter, jelly, peanut butter, or even chocolate hazelnut spread (found in the same aisle as the peanut butter)!



**Walnut Flax Cookies (Pat Fugate):** Great for omega 3's!

2 1/2 cup walnuts  
 2/3 cup whole wheat flour  
 1/3 cup ground flaxseed meal  
 1 T. honey  
 2 t. vanilla extract, optional  
 1/8 cup water



Grind walnuts and mix with rest of ingredients. Drop by 2 T. portions on a cookie sheet. Flatten, and bake for 6-8 minutes or until brown. Makes 16. Cranberries or raisins can be added.

**Tortilla Bake (Pat Fugate):**

1 bag corn tortillas ( may not use all)  
 1 cup cooked rice  
 1 block cheddar cheese (I use vegan)  
 Black olives  
 Mexican style corn or plain refried beans  
 Enchilada sauce  
 Sour cream (I like vegan non-dairy)



Layer all ingredients starting with enchilada sauce and corn tortillas . Beans work better heated ahead of time. End with sauce and cheese. Bake at 375 for 1/2 an hour.

**Haystacks (Pat Fugate): A quick fix or travel idea**

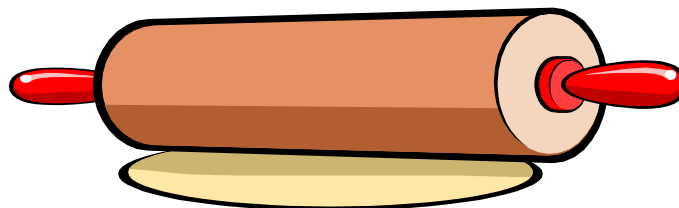
Corn chips  
 Kidney beans, pinto, or black (drained)  
 2 or 3 chopped tomatoes  
 Black olives  
 Chopped onion, to taste  
 Shredded cheddar cheese  
 Sour cream ( I use vegan non-dairy)

Layer the ingredients.

**Super Easy Unleavened Pie Crust (anonymous):**

1 1/2 cups flour  
 2 t. sugar  
 1 t. salt  
 1/2 cup vegetable oil  
 2 T. milk.

Blend all and place in pie pan. Poke holes in bottom and sides. Bake at 400 degrees 15 minutes. Use as directed for your favorite pie or quiche recipes.



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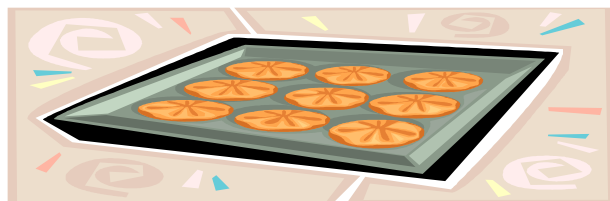
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**Amazing No-Bake cookies (anonymous):**

In heavy saucepan, bring to a boil the following: 2 cups sugar, 4 T. unsweetened cocoa powder, 1 stick butter, and half cup milk. Boil 1 minute. Add 1 cup peanut butter, 1 T. vanilla extract and 3 cups oatmeal.

On a sheet of waxed paper, drop mixture by the teaspoonfuls until cooled and hardened.



**Jewish Latkes (Carrie Brett):**

- 4 large potatoes
- 1 medium onion
- 1 egg
- 2 T. matzo meal, cornmeal, or just plain flour
- Salt, to taste, or optional
- 2 T. vegetable oil
- Apple sauce, or sour cream, to serve

Grate the potatoes and onion and drain with paper towels. You want the potatoes and onions as dry as possible. Mix the potatoes, onions, egg, meal of your choice or flour, and salt. Heat the oil in a pan on medium heat. Drop about 2 tablespoons of the mixture into the pan. You can fit several in the pan if you use a 10 inch skillet. Cook each latke about 15 minutes total, flipping them over halfway through, so both sides get brown. Traditionally, Jews eat this with apple sauce or sour cream. However, my little secret is to eat them with some nice, spicy salsa! I've also been known to melt a little cheese on them before topping with salsa! But that's just me..



**Easy Jewish Cucumber Salad (anonymous):**

- 6 medium cucumbers
- 2 t. salt
- 2 T. lemon juice
- 3 T. sugar
- 1 medium onion



Do not peel cucumbers. Slice thinly in a bowl. Sprinkle evenly with salt. Let sit for 20 minutes then drain in colander. Put back in the bowl and add rest of ingredients. This tastes best when you allow the flavors to blend in the fridge for a few hours before eating.