

Sisters for Yah

March 2018

Are you ready?

Passover and the Feast of Unleavened Bread are almost here! If you're like me and have been in the faith for many years, you've probably already begun looking through your kitchen pantry to see what leavening agents and items to use up. For our new ladies, leavening is anything that causes food to "puff up." The following items are leavening agents and need to be either used up or discarded before Passover:



- Baker's yeast
- Active dried yeast
- Baking powder
- Baking soda (sodium bicarbonate)
- Sourdough
- Ammonium carbonate
- Potassium carbonate
- Ammonium bicarbonate
- Potassium bicarbonate
- Dipotassium carbonate
- Self rising flours containing the above ingredients

Read ingredients carefully! Leavening can be found in the most unlikely places, such as store bought ice cream, in certain flavors such as "Cookie Dough." Even many store bought flat breads, crackers, and flour tortillas can contain leavening. Be careful with some cereals, too. Corn tortillas and plain Triscuit crackers are generally safe. Triscuits are handy if you are not planning to bake your own unleavened bread.

Some items might sound like leavening, but they are not. For instance, *yeast extract* and *autolyzed yeast extract* are actually flavoring agents, not leavening agents. Likewise, *torula yeast* and *brewer's yeast* are dead and inactive and therefore cannot leaven anything.

The most obvious items containing leavening are biscuits, regular bread, hamburger and hotdog buns, rolls, pancake and waffle mixes, cake mixes, many cookies, pizza crusts, breaded fish or poultry, and muffins.

In the following pages, we'll provide some favorite "safe" recipes for the Feast of Unleavened Bread, but have fun experimenting with your own recipes! May Yahweh bless you with a meaningful spring Holy Day season.



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Our favorite unleavened bread

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

Sift flour and salt into bowl. Mix oil and milk thoroughly, then pour into the bowl of flour and salt; stir into a firm dough. Roll onto wax paper, making it thin as pie crust (or thinner for crispier bread). Cut into strips about 1 1/2 inches wide. Bake on greased cookie sheet—400 degrees until slightly brown (takes about 13 minutes). You can sprinkle with cinnamon and, sugar if you like.

**Yummy almond bread**

4 eggs
 3 cups flour
 1 cup sugar
 1 sm bag slivered almonds
 3/4 oil or butter

Preheat oven to 350 degrees. Blend all ingredients and pour into two loaf pans. Bake for 30 minutes or until inserted toothpick comes out clean. Cool, then remove from pan and slice.

**Cheesy Bread**

1 - 8 oz bag shredded cheddar cheese
 1 - 8 oz bag shredded Monterey Jack Cheese
 3 eggs
 1 1/3 cups milk
 1/2 cup melted butter
 1 t. salt

Blend all. Pour into a greased pan. Bake at 350 degrees for about 45 minutes or until toothpick inserted in center comes out clean. Cut in squares.

Widows Bread (1 Kings)

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)!

Corn muffins (makes 12)

1 cup cornmeal
 1 cup all purpose flour
 1 t. salt
 1 cup milk
 1/4 cup honey
 1/4 cup melted butter
 1 egg

Preheat oven to 425 degrees. Grease muffin pan. Mix all the above ingredients and pour evenly into the pan. Bake for 20 to 25 minutes until toothpick comes out clean.

**Matzo lasagna**

6 full matzo sheets
 4 eggs, lightly beaten
 3 cups cottage cheese
 1 bag shredded mozzarella (save 1/2 cup for the top)
 1 jar of marinara sauce (about 24 ounces)

Preheat oven to 350 degrees. Soak the matzo sheets in warm water for 30 minutes to soften. Drain well. Mix the cottage cheese with the eggs. Pour a little marinara sauce on the bottom of a large casserole pan. Layer two sheets of matzo, followed by cheese mixture, then sauce, then cheese. Repeat layering, until all ingredients are used up. Finish with the half cup of cheese. Cover with foil and bake about 40 minutes, or until the cheese is melted and bubbly.

Family-sized corn tortilla enchiladas

2 pounds ground beef, cooked and drained
 1 1/2 cups chopped onions
 4 garlic cloves, minced
 1 (8 oz.) can of green chilies, undrained
 1 t. salt
 1/4 t. pepper
 2 (10 oz each) cans of enchilada sauce (green or red)
 16 corn tortillas
 2 cups Mexican blend cheese
 Sour cream, to serve



Sauté the onions, garlic, and green chilies in a little oil until soft and fragrant. Add the cooked beef, salt, and pepper. Add cans of sauce. Start layering! Pour a little of the beef mixture on the bottom of a large casserole pan. Layer with 8 tortillas, more beef sauce, and some cheese. Repeat layers and finish with remaining cheese. Bake at 350 degrees until hot and bubbly, about 45 minutes. Serve with sour cream.

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Easy healthy unleavened pancakes

- 1 1/2 cups all purpose flour
- 1/4 cup wheat germ (or flax seed)
- 1/2 t. salt
- 2 eggs
- 2 cups milk

Beat all ingredients. Cook like regular pancakes on greased skillet or griddle. Brown one side until bubbles break the surface, then flip and cook other side. Serve with syrup, honey, jam, or fruit.



Chocolate peanut butter no-bake cookies

- 2 cups sugar
- 1/4 cup unsweetened cocoa powder
- 1/2 cup milk
- 1/2 cup butter
- 1 t. vanilla extract
- Pinch salt
- 1/2 cup peanut butter, either chunky or smooth is fine
- 3 cups quick oats



In a saucepan over medium heat, combine the sugar, cocoa, milk and butter. Bring to a boil, stirring occasionally. Boil for 1 minute, then remove from heat and stir in the vanilla, salt, peanut butter and oats. Drop by rounded spoonfuls onto waxed paper. Allow cookies to cool for at least 1 hour. Store in an air-tight container.

Easy unleavened biscuits

- 2 cups all purpose flour
- 2/3 cup milk
- 1/2 t. salt
- 1/4 cup vegetable shortening
- 1/3 cup plain yogurt or sour cream



Heat oven to 400 degrees. Cut shortening into flour until pea-sized balls form. Add milk and yogurt. Knead until smooth. You can add more flour if too sticky. Roll out to 1/2 inch thickness and cut with biscuit cutter (or just use the top of a round drinking glass, if you don't have one). Bake about 15 minutes until golden brown. Note: These will NOT rise!