

# Sisters for Yah

MARCH 2017

## WHAT IS LEAVEN?

I'm so excited that spring is almost here! Seems like winter is the longest season. This year Passover and the Feast of Unleavened Bread will be observed in April. It's not too early to begin planning. I've added many new ladies to the mailing list, and some of you are hearing about "leavening" for the first time.

In Scripture we are told to remove leaven from all our dwelling places and eat unleavened bread for 7 days. So, what exactly is leavening? In a nutshell, leavening is a substance, such as yeast or baking soda, that is added to dough to cause it to rise or "puff up." Begin looking through your refrigerator, freezer, and kitchen cupboards now to use up any leavened food items. That way you won't have to throw out much right before entering the days of unleavened bread. The following items will need to be either used up or discarded: anything that contains leavening such as breads, crackers, rolls, muffins, boxed baking mixes, frozen pizzas, waffles, pancake mix, baking soda, yeast, flour tortillas (corn tortillas are fine), baking powder, some bread chicken and seafood items, cake mixes, some pie crust, some ice creams (that contain baking soda, or "cookie dough") and some cereals.

This seems like a lot, but you won't starve! You are free to eat fruits and veggies, corn tortillas, pasta and rice, and other grains, eggs and most dairy products, un-breaded meats, fish, and poultry, and of course unleavened breads (either homemade or store bought).

Keep in mind that some items appear to contain leaven, but actually do not. For instance, yeast extract and autolized yeast extract do not have the ability to cause rising. They are simply added to some foods as a flavoring. In this issue you'll find some yummy recipes, but be creative and experiment with other unleavened recipes. Have a meaningful and blessed Passover and Feast of Unleavened Bread.



### Inside this issue:

What is leaven?	1
Unleavened recipes	2
Unleavened recipes	3
Unleavened recipes	4

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## Unleavened Recipe Ideas!

### Our Favorite Unleavened Bread (suitable for Passover service)

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

Preheat oven to 400 degrees. Grease two cookie sheets. Blend all ingredients until a firm dough forms. Roll thin, like pie crust. Cut in strips about 1 1/2 inches wide. Bake for about 13 minutes until slightly brown. This is a wonderful versatile flat bread. You can top it with cinnamon and sugar before baking, to make it more dessert-like. It's also delicious spread with peanut butter and jelly or cream cheese and preserves. Some children even pretend it's pizza crust, if you top it with pizza sauce and cheese!



### Unleavened Corn Muffins (makes 12)

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

Preheat oven to 425 degrees. Grease or line 12 muffin cups. Mix all ingredients and pour into muffin pan. Bake about 20 to 25 minutes until center is set.



### Family-sized Taco Bake

2 lbs ground beef, cooked and drained  
2 cans chili beans, undrained  
2 cups salsa (mild, medium, or hot, your favorite)  
4 cups broken corn tortilla chips  
1 1/2 cups sour cream (or plain yogurt)  
8 green onions (scallions), thinly sliced  
1 1/2 chopped fresh tomatoes  
2 cups cheddar cheese or Mexican blend  
Toppings: Shredded lettuce, additional salsa, black olives, optional

Heat oven to 350 degrees. Place broken tortilla chips in an ungreased pan. Mix cooked beef with beans and salsa. Pour over chips. Spread sour cream on top of beef mixture. Sprinkle with green onions, tomatoes, and cheese. Bake until hot, about 30 minutes. If desired, serve with your desired toppings.

## *Unleavened Recipe Ideas..., cont.*

### **Peanut Butter Chocolate Oatmeal Cookies**

2 cups sugar  
 1/2 cup milk (can substitute vegan)  
 1 stick butter  
 1/4 baking cocoa powder (unsweetened)  
 3 cups rolled oats  
 1 cup peanut butter  
 1 T. vanilla extract  
 Dash salt

Line a cookie sheet with wax paper. Combine sugar, milk, butter and cocoa powder. Bring to a boil, stirring for about a minute. Remove from heat. Add oats, peanut butter, vanilla, and salt. Combine well. Drop mixture by teaspoonfuls onto the wax paper. Let sit until hardened. Refrigerate once cool.



### **Easiest 3-ingredient Cottage Cheese Pancakes**

1 cup cottage cheese  
 1 cup rolled oats  
 6 large eggs  
 Butter to cook

Pour it all into your blender and blend until smooth. Melt butter in a large skillet. Pour the batter directly into skillet from the blender in small amounts. Cook on both sides until browned.

Optional add-ins: you can add any combination of items to your batter before cooking such as nuts and dried fruits (raisins are great!), cinnamon and/or vanilla extract, and even chopped apples.

To serve: Top with maple syrup, honey, jam, yogurt, other sweeteners, or lemon juice and sugar.



### **Chicken Corn Tortilla Casserole (serves 4-6)**

1 can cream of chicken soup  
 1 can 4 oz. green chiles, un-drained  
 2 1/2 cup chicken, cooked and diced  
 1 cup sour cream  
 1/2 cup milk  
 8 corn tortillas, torn into small pieces  
 1 green bell pepper, diced  
 1 tomato, diced  
 1 1/2 cup cheddar or Mexican blend

Heat oven to 350 degrees. Mix all ingredients. Pour into greased pan. Cover with foil. Bake until hot and bubbly, about 30 minutes.



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## Unleavened Recipe Ideas..., cont.

### Buttery Pie Crust

1 1/4 cup flour  
1/4 t. salt  
1/2 cup cold butter  
1/4 cup ice water

In a large bowl, combine flour and salt. Cut in butter until mixture is crumbly. Stir in water, one spoon at a time, until mixture forms a ball. Wrap in plastic and refrigerate overnight.

Roll dough out to fit a 9 inch pie plate. Place crust in pie plate. Press the dough evenly into the bottom and sides of the pie plate. Use to make your favorite pie recipe!



### Swedish-style Oven Pancakes

3 T. butter  
1/2 t. salt  
1 cup milk  
3 eggs, beaten  
1 1/2 T. sugar  
1/2 cup flour

Syrup, fruit, honey, or jam to serve.

Preheat oven to 400 degrees. Melt the butter in a heavy glass pan. Blend the ingredients. Pour into pan. Bake about 20 minutes.



### Unleavened Apple Cinnamon Cake

1/4 cup honey or maple syrup  
1 t. cinnamon  
1/3 cup vegetable oil  
1/2 t. ground cloves  
1 3/4 cup whole wheat flour (or half regular and half whole wheat)  
1 cup raisins or nuts  
1/2 t. salt  
1 cup applesauce  
1 egg

Preheat oven to 350 degrees. Mix all dry ingredients, then incorporate all the rest. Bake in greased loaf pan about 35 minutes until toothpick comes out clean.