

Sisters for Yah

Preparing for Passover

Even though Passover and the Feast of Unleavened Bread are not until April, I strongly encourage you all to start the “de-leavening” process now. After casually browsing in my kitchen cabinets and freezer last week, I realized that I have a lot of leavened items to use up! If you are new, you may be wondering what items you’ll need to use up or discard. Leavening is a fermentation process which causes food to puff up, such as when you add active yeast to flour to make bread. The following items are leavening agents: **Baking powder, baking soda, cake flour, self-rising flour, sourdough, yeast, baker’s yeast, active dried yeast, ammonium carbonate, ammonium bicarbonate, potassium carbonate, potassium bicarbonate, and dipotassium carbonate.**

These agents can be found in bread, English muffins, rolls, cakes and cake mixes, brownie mixes, waffles, pancakes, store-bought flour tortillas, pizza, some cereals, cookies, and even some ice cream flavors (yes, seriously!). Please read labels carefully. Leavening can be found in the most unlikely places.



The following items may sound like leavening, but they are NOT. You do not need to discard these: Brewer’s yeast, yeast extract, autolyzed yeast extract, nutritional yeast flakes, egg whites, and torula yeast. Most are used for binding and flavoring.

In this issue of Sisters for Yah, I’ll be including many delicious recipes

which are safe to eat during the Feast of Unleavened Bread. Don’t panic; you won’t starve. Many people feel anxiety when they realize just how much they eat and depend on leavened items throughout the year. You still have abundant choices of food to enjoy. I encourage everyone to try baking their own unleavened bread. But if you choose not to, I recommend buying Triscuit crackers (original flavor contains no leavening), or store-bought Matzah. You can also substitute corn tortillas for flour tortillas in many of your favorite recipes. Corn tortillas contain no leavening.

Spiritually-speaking, leaven can also symbolize sin, so we should also plan to actively remove sin from our lives. The apostle Paul tells us to “examine” ourselves to make sure we don’t take the Passover emblems unworthily. This does not mean we must be perfect to observe Passover. It simply means we must be actively committed to Yahweh, and striving to be better disciples. The process of overcoming is a lifetime endeavor, so don’t get discouraged. May Yahweh bless you this spring Holy Day season!

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Easy Passover Bread

- 4 cups flour
- 1 t. salt
- 2/3 cup cooking oil of your choice
- 1 1/3 cup milk

Preheat oven to 400 degrees. Mix dry ingredients first, then add wet ingredients. It will form a firm ball of dough. Divide ball in half. Roll out each ball as thin as pie crust, and place on two ungreased baking pans. Bake until slightly golden, about 13 minutes or so. This bread is very versatile. It tastes great with peanut butter and jelly, or cream cheese. You can even make it more dessert-like by sprinkling it with sugar and cinnamon before placing it in the oven. Some even use it as a pizza crust.

Unleavened Sandwich Bread

- 3 cups whole wheat flour
- 1 t. salt
- 1 1/2 cups milk
- 4 eggs, beaten
- 2 T. melted butter

Preheat oven to 450 degrees. Beat all ingredients until smooth. Pour onto greased pan and bake about 20 minutes. This bread stays soft and is great for lunch sandwiches, or toasted for breakfast.

**Do-it-yourself Matzah**

- 2 cups of flour
- 1 t. salt
- 1 T. olive oil
- 1/2 cup warm water (you may need a bit more, but add it gradually)

Preheat oven to 475 degrees. Mix the flour and salt in a large bowl. Add the olive oil and stir with a fork. Add water (very gradually) until you have a soft dough. Pinch off pieces of dough, then pat them into a circle. Poke holes with a fork. Bake for 3 to 5 minutes.

Easy Almond Bread

- 4 eggs
- 1 cup sugar
- 3/4 cup oil or butter
- 1 T. almond extract
- 3 cups flour
- 1 small bag slivered almonds
- 1/2 t. vanilla extract

Preheat oven to 350 degrees. Mix eggs, and 1 cup flour. Add oil or butter, add remaining ingredients. Pour into two greased bread pans. Bake about 30 minutes until cooked through. Test with a toothpick or butter knife. Remove from pans.



Yummy Wheat Germ Pancakes

1 1/2 cup flour
 1/4 cup wheat germ
 1/2 t. salt
 2 eggs, beaten
 2 cups milk
 Syrup, honey, or fruit, to serve

Grease skillet and pour enough batter to make a 5 inch circle. Flip when first side begins to bubble and look dry. Depending on the size of your pancakes, this recipe can make up to 30 pancakes.

**Unleavened Brownies**

4 eggs, beaten
 3/4 cup oil
 2 t. vanilla extract
 1 1/2 cups flour
 3/4 cup unsweetened cocoa powder
 1 t. salt
 Fudge sauce and/or vanilla ice cream to serve.

Preheat oven to 350 degrees. Pour batter into greased 9 by 13 inch pan. Bake about 25 minutes.

Layered Beef Enchiladas

1 pound ground beef, cooked and drained
 1 can diced tomatoes with green chilies (such as Ro-tel)
 1 can (29 ounce) red enchilada sauce
 12 corn tortillas
 2 cups cheddar jack cheese
 Green onions, to garnish, optional
 Chopped fresh tomatoes, to garnish, optional
 Sliced black olives, to garnish, optional
 Sour cream, to serve, optional
 Salsa, to serve, optional

Add the diced tomatoes with chilies to the beef. Heat through. Pour 1 cup of the enchilada sauce on the bottom of a 13 by 9 inch baking pan. Top with 6 corn tortilla and 1/2 the beef mixture. Continue layering. Bake at 350 degrees until hot and bubbly.

**Easiest Flat bread**

1 cup flour
 1/3 cup oil
 1/8 t. salt
 1/3 cup water

Preheat oven to 425 degrees. Line baking sheet with parchment. Divide dough into 6 balls. Flatten each into a circle. Bake about 8 to 10 minutes. Tastes good with butter and jam for breakfast.

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Sweet Unleavened Bread

2 cups flour

3/4 water

1/2 cup oil

1 cup sugar

Mix all ingredients into a firm dough. Pinch off pieces and flatten. Poke with fork. Bake on ungreased cookie sheet. Bake at 425 degrees about 15 minutes or until edges look brown.



Crunchy Corn Chip Salad

2 cans corn (14 oz. each), drained

2 cups sharp cheddar, shredded

1 bag corn chips (10 ounces)

1 green bell pepper

1/2 cup red onion, chopped

1 cup mayonnaise

1 T. lime juice

1 T. taco seasoning (from a packet)

Mix all ingredients and serve immediately.



Easy Unleavened Corn Bread

Preheat oven to 425 degrees. Line a 12 cup muffin pan with paper liners. Mix the following: 1 cup cornmeal, 1 cup flour, 1/4 cup sugar, 1 beaten egg, 1/4 cup melted butter or coconut oil, and 1 cup milk. Pour into paper liners and bake for about 20 to 25 minutes. This is a great side dish to a big pot of stew or chili!

