

Sisters for Yah

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PREPARING FOR YAHWEH'S NEW YEAR

Ladies, I must admit that I've been tired of winter for a few weeks now. Thankfully, it is almost springtime, and, boy, am I ever ready for it! Yahweh's New Year will be beginning soon, and, yes, you guessed it, it's time to plan for Passover and the Feast of Unleavened Bread. If you have been in the faith for a while, you know that we are not to have leaven in our houses for 7 days. That means using up all our products that contain leavening agents such as yeast, baking powder and baking soda. If you are new, you may be wondering what products to watch out for. Here's some of the main items that contain leavening: regular bread, most store bought crackers (except plain Triscuits), biscuits, muffins, cakes, rolls, buns, cookies, some cereals, breaded chicken or fish, and store bought flour tortillas. Also, watch for certain ice creams—one person found baking soda in his favorite brand!

Also, if this is your first time keeping the spring Holy Days, you may be throwing up your hands in despair crying, "Then what can I eat for the seven days of Unleavened Bread?" Don't panic. There are plenty of options! You can freely eat all of the following items: fruits, vegetables, meats, fish, poultry, nuts, grains such as rice among others, pasta, legumes, and dairy products, and most store bought corn tortillas (check labels). None of these contain any leavening. In this issue, we'll be sharing some of our favorite recipes that are safe for the Feast of Unleavened Bread.



Be sure to clean out your refrigerator including your freezer for hidden items. Someone once found a full loaf of bread hiding at the back of her fridge! You'll want to clean your stove, oven and toaster, also. See page 4 for some advice on cleaning a toaster. Have a blessed Passover and Feast of Unleavened Bread!

Safe recipes for the Feast of Unleavened Bread

Basic Unleavened Bread (Jan Meyer)

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



Preheat oven to 400 degrees. Sift flour into large bowl with salt. Mix oil and milk. Add to flour and mix into a firm ball. Roll out thin on wax paper like pie crust. Place on greased cookie sheet. Bake for about 13 minutes until slightly brown. Can also sprinkle it with sugar and cinnamon for a more "dessert-like" taste.

Shortbread Pie Crust (Linda Snell)

2 cups flour
2 T. sugar
1/2 cup butter
4 T. vegetable shortening
1 t. salt
1 t. vanilla
5 T. ice water



In a bowl, mix flour, sugar, and salt. Cut in butter and shortening until crumbly. Mix in vanilla and add water just enough to form a ball. It should not be sticky. Chill for one hour. Roll out and don't handle too much or the dough will get tough. Makes a single crust and is good for fruit pies.

Cream Cheese Pie Crust (Linda Snell)

1/3 cup softened cream cheese
1/2 cup butter
1/4 cup sugar
1 cup flour

In mixing bowl, combine butter, sugar and cream cheese. You need to make this crumble, so start with 3/4 cup flour and add more until it is grainy. Pour into pie plate and pat bottom and sides.

Super Simple Unleavened Bread (Carrie Brett)

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

Blend all and knead for 5 minutes on floured surface. Press onto greased cookie sheet and bake at 350 degrees for 20 minutes. Cool. Cut or tear into whatever size you want. Top with your favorite toppings such as butter, honey, jam, peanut butter, or even chocolate hazelnut spread.

Safe recipes continued

Unleavened Apple Pancakes (Jan Meyer)

- 1 1/2 cups flour
- 1/4 t. salt
- 1 cup milk
- 4 eggs
- 2 T. butter, melted
- 3/4 cup unsweetened applesauce



Sift flour and salt. Combine eggs, milk, butter, and applesauce. Add to dry ingredients. Drop onto hot griddle and brown both sides. Serve with syrup, sugar, or jam.

Almond Bread (Anonymous—makes 2 loaves)

- 4 eggs
- 3 cups flour
- 1 cup sugar
- 1 small 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.

Cheese Bread (Anonymous)

- 1 bag shredded cheddar cheese (8 oz.)
- 1 bag shredded Monterey Jack Cheese (8 oz.)
- 3 eggs
- 1 1/3 cup 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.

Unleavened Corn muffins (Anonymous)

- 1 cup cornmeal
- 1 cup flour
- 1/4 cup sugar
- 1 t. salt
- 1 egg
- 1/4 cup vegetable shortening, melted



Preheat oven to 425 degrees. Grease 12-cup muffin pan. Blend above ingredients and pour into muffin cups. Bake for about 25 minutes. Use toothpick to see if center is set. These taste amazing with hot chili spooned over the top for a complete meal.

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TOASTER CLEANING SOLUTION

Many have wondered how they should clean out their toasters before Passover, since no leaven is to be found in our dwellings. The following has worked for me:

1. Unplug the toaster. Turn the toaster upside down over the sink and shake out as much bread crumbs as you can.
2. Next, remove the bottom drawer or tray and shake once again over the sink. Wipe away any visible crumbs from both the tray and the top of the toaster.
3. Re-plug the toaster and turn it on high to complete a full cycle, but don't insert any bread. If your toaster won't stay on, simply hold down the button for about a minute. A chemist once explained to me that high heat will kill off any active yeast.



Safe recipes continued

No Bake Cookies (Carrie Brett)

- 1 3/4 cup sugar
- 1/2 cup milk
- 1/2 cup butter
- 4 T. unsweetened cocoa powder
- 1/2 cup peanut butter
- 3 cups quick-cooking oats
- 1 t. vanilla extract



In saucepan, combine sugar, milk, butter, and cocoa. Boil for 1 1/2 minutes. Remove from heat and stir in rest of ingredients. Drop by rounded spoonfuls on waxed paper. Cool till hardened.

Hush Puppies (Anonymous)

- 1 large onion, minced
- 1/2 t. salt
- 2 cups cornmeal
- 4 T. sugar
- 1 cup flour
- 4 T. cooking oil
- 2 eggs

Mix all. Drop by teaspoonfuls into hot oil and cook until brown on both sides. Drain well on paper towels.

