

Sisters for Yah

The Search for Leaven

It's still cold here in Missouri, but most of us are looking forward to spring! Before we know it, Passover and the Feast of Unleavened Bread will be here. Believe me, it's NOT too early to start planning. Passover is on April 13th this year (with the Passover service being observed the night before (April 12th at sundown).

I've added many new subscribers since last Passover, so it's good for us to review the basics. If this is your first time keeping Yahweh's Holy Days, be aware that our homes need to be "de-leavened" before Passover. Basically, this means we are to use up or discard anything containing leavening agents. Leavening is anything that causes dough to "puff up." Yeast, baking powder, and

baking soda are considered leavening agents. This is not an ex-haustive list, but they are quite common in most breads, cakes, cookies, muffins, store-bought flour tortillas, self-rising flours, buns, some cereals, etc.

It's time to search your food pantry, freezers, fridges, and kitchen shelves (and anywhere else you store food).

Store all your leavened items in one area, and plan to either use it all up or discard it if you can't. This is a good time to scrub out your fridge. Plan to sweep and mop all your floors and vacuum carpets and rugs. Throw out and replace your vacuum bag before Passover.

We've included some easy unleavened recipes in this issue, but you can easily do an online search to find many more recipes, or even invent your own!

You might be panicking at this point, thinking, "If I throw out all my leavening, what will I eat?" Don't worry. You won't starve. You can eat fruits, veggies, dairy products, most cereals, eggs, rice, pasta, unbreaded clean meats, poultry, and clean fish. Most people don't miss the bread at all. In fact, some have told me they felt healthier after giving up yeast for a week. One man even told me his joint pain disappears completely for the seven days of unleavened bread (this leads me to believe he has a yeast-sensitivity). May Yahweh bless you this spring Holy Day season!



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Questions and Answers

Question #1: Do I need to throw out my toaster before Passover?

Answer: No, you can successfully “de-leaven” a toaster. Here’s what I do: I put the toaster in the sink. Flip the toaster over and shake out as much crumbs from the top. Open the bottom tray and shake as much crumbs out as you can. Wash the tray (if removable) and dry well before putting it back in. Wipe the outside with a cloth and dry well. Flush the crumbs down the sink. Next, plug in the toaster (be sure the plug is completely dry). Turn the toaster on the highest setting and go through a full cycle. Heat kills active yeast spores (as explained to me by a chemist). That’s it!



Question #2: I noticed “autolyzed yeast extract” on a can of soup. Do I need to throw it out?

Answer: No. Autolyzed yeast extract is a salty flavoring extract, not a leavening agent. It does not contain any active yeast. Dead yeast does not count as leavening. It cannot “puff up.”

Question #3: I really don’t want to bake my own unleavened bread. Is there anything I can use instead?

Answer: Yes. Store-bought matzahs are readily available in most supermarkets. But if worse comes to worse, you can buy original Triscuit crackers. They basically contain just flour, salt, and oil, which is generally what unleavened bread is.

Question #4: I’d rather not buy grape juice for Passover. Can I just use fresh-squeezed red grapes instead?

Answer: Absolutely! We’ve done this before. But it comes with a caution: Red grapes are very staining. Be careful not to splash any on light-colored tablecloths, clothing, or counters.

Question #5: I feel so overwhelmed. Is it really possible to get rid of every single bread crumb in my entire house?

Answer: No. Just plan to do the very best you possibly can to clean and remove leaven. But be aware that yeast spores are everywhere, even in the very air we breathe. Our lungs are literally filled with “leaven” every time we take a breath. Yahweh is concerned that your heart is right with Him. He will bless your efforts to obey His commands.

Question #6: Can I use eggs in unleavened recipes? Don’t they act as “leavening agents”?

Answer: You can certainly use eggs in unleavened recipes. Eggs act more as a binder. While eggs can act as leavening if whipped, in and of themselves, they cannot “leaven” as described in Scripture. Our advice is to avoid whipping them. Just lightly mix them into your recipe. The action of “whipping” introduces air into the eggs, which is what causes the “puffing” effect.

Unleavened Sandwich Bread

3 cups flour
2 t. salt
1 1/3 cups milk
3 eggs, lightly beaten
2 T. olive oil
2 T. sugar

Grease a large flat 11 inch by 15 inch baking pan. Preheat oven to 450 degrees. Mix up the ingredients and pour onto pan. Bake about 20 minutes. Cut into sandwich-sized squares.



Unleavened Banana Bread

1 cup brown sugar
1/2 cup oil
2 eggs, lightly beaten
1 t. vanilla
3 bananas, mashed
2 cups flour
1/4 t. salt
1/4 t. chopped nuts (optional)

Grease a loaf pan. Mix up the ingredients and pour into the pan. Bake at 350 degrees, about 45

minutes. Make sure middle is cooked through.

Unleavened Corn Muffins

1 cup cornmeal
1 cup flour
1 egg, lightly beaten
1/4 cup melted butter
1 cup milk

Line a 12 cup muffin pan with paper liners. Mix up the ingredients and pour into the muffin cups. Bake about 25 minutes, at 425 degrees, until center is completely cooked through. Great with a big pot of



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Our Favorite Unleavened Bread

4 cups flour
1 t. salt
2/3 cup oil, such as olive oil
1 1/3 cup milk

Mix well and form into two balls of dough. Roll out thin between waxed paper. Place on two baking sheets. Bake about 20 minutes at 400 degrees until slightly golden brown.

This unleavened bread is very versatile. You can even use it as an unleavened pizza crust. Some people like to make it more "dessert-like" by sprinkling it with sugar and cinnamon.



Unleavened Caramel Cake



5 eggs, lightly beaten
3 sticks butter, soft
2 cups brown sugar
1 cup white sugar
3 cups flour
1 t. salt
1 cup milk
1 bag toffee bits (10 ounces)

Grease a 9 inch by 13 inch baking pan. Mix the dry ingredients. Incorporate the soft butter. Add the eggs. Mix well and pour into pan. Bake at 350, until toothpick inserted in center comes out clean. Cool and top with frosting (recipe follows):

Frosting:

1 can sweetened condensed milk
1 cup brown sugar
3 T. butter
1 T. vanilla

Heat the first two ingredients in a small sauce pan until well mixed and smooth. Add the next two and make sure everything is well blended. Pour over cooled cake and spread over top. Cut in squares.

