

Days of Unleavened Bread Bread & Cracker Recipes

Unleavened Bread*

4 c whole wheat flour	1 ½ t salt
3 T butter	2 egg yolks
2 T vegetable oil	1 c water or milk

Sift flour, then measure and add salt. Stir. Cut butter in small pieces adding to flour. Blend into a meal-like texture. In small mixer bowl, beat egg yolks until lemon colored. Add oil slowly, continue to beat as it is added. Add $\frac{1}{4}$ of milk or water to this, then the remaining liquid. Pour into the flour and butter mixture and stir with a fork until it forms a ball of dough. Knead lightly. May need a little flour. Shape into a smooth ball. Flour the board lightly. Divide into 2 parts. Roll out on ungreased cookie sheet. Cut square lines through dough after rolling thin. Bake about 12-15 minutes at 390° to 400°F until light brown. Cool and store in covered container.

*If bread is being made for Passover service, make only one cut across the middle to make pieces only small enough that they may be conveniently carried (bread will break into smaller pieces while being blessed during the service).

In the original recipe are the additional instructions for using this bread during the Passover service: "If this bread is made for use in the Passover service, be sure to use water instead of milk and leave out the egg yolks. Increase the water to one cup, mix it with the oil and add to the butter-flour mixture. This recipe makes sufficient for about 500 people in the Passover service." These additional instructions are open to discussion and reevaluation.

Recipes for Days of Unleavened Bread, Ambassador College 1960

Unleavened Bread Crackers

4 ½ - 5 c flour	½ c cream
½ c oil	1 c milk
½ c melted butter	¼ t salt
4 T sugar or honey	

Mix dry ingredients. Blend together oil, butter, milk & cream stir liquid into dry

mixture. Knead well. Roll out onto floured board. Cut into squares, or use cookie cutters. Lace on ungreased cookie sheet. Bake at 325°F for about 20 minutes or until slightly browned. (Honey browns FASTER!). depending on thickness rolled out, crackers will be either crisp or moist.

Whole Wheat Crisps

3 c whole wheat flour	2 T honey
¾ c peanut butter (made into a "milk" by dissolving in 1 c water)	

Add honey to peanut-butter "milk." Stir flour into mixture and salt to taste. Make the dough stiff enough so it can be rolled. Roll very thin. Prick with a fork. Bake at 375°F about 12 minutes or until well done. Store in air-tight container.

Chapatties

2 c whole wheat flour	¾ - 1 c water
½ t salt	2 T oil

Mix flour and salt together. Stir in oil and enough water to make a very stiff dough. Knead dough on a lightly floured surface until smooth and elastic. Cover with a damp cloth and set for 30 minutes. Break off enough dough to form 1" balls and roll very thin into 8" rounds. Bake both sides on a lightly greased griddle over low heat. Delicious served with sour cream.

Swiss Butterhorns (Start day before)

2 c sifted flour	¾ c sour cream
¼ t salt	½ c finely chopped nuts
2/3 c butter	¾ t cinnamon
1 egg yolk	½ c sugar

Measure flour and salt into bowl, cut in butter. Stir in egg yolk and sour cream. Mix well. Shape dough into ball.; wrap in plastic wrap. Chill in refrigerator overnight. Divide dough into 3 parts. On lightly floured board roll each into 12" circle; cut each circle into 12

pie-shaped wedges. Blend sugar, nuts and cinnamon. Sprinkle each wedge with sugar mixture. Start rolling up at wide end. Place on greased baking sheet, with point tucked underneath. Bake at 375°F for 20-25 minutes. Remove from oven.

Frosting

1 c powdered sugar	2 T hot water
1/4 t vanilla	
Blend sugar, water and vanilla.	Frost
butterhorns as them come out of oven.	

Oat Bread/Crackers

1/2 c boiling water	2 c oats
1/2 c butter	2 T sugar
1 1/3 c whole what flour	1 t salt

Put butter in bowl. Pour boiling water over butter to melt. Add dry ingredients. Mix thoroughly. Press very think onto a cookie sheet. Cut or score before baking. Bake at 350°F for 7-10 minutes.

My personal favorite!

Corn-Lace Rounds

1/2 c boiling water	1/2 c corn meal
1/2 t salt	2 egg whites, stiffly beaten

Mix corn meal and salt together. Add water whisking constantly to prevent lumps. Cool. Fold in beaten egg whites. Drop by small teaspoons full onto greased baking sheet. Bake at 350°F for 20-30 minutes. Makes about 14 small cakes (2" diameter). Should taste like ®fritos.

Sesame Crackers

2 c flour	2 c whole wheat flour
2 T honey	1 t salt
1 c milk	1/4 c butter
1/4 c oil	1/2 c sesame seeds

Mix together flours, cut in butter. Add oil, milk, honey & sesame seeds to make stiff dough. Roll thin & cut with biscuit cutter. Brush tops with milk & prick with fork. Bake at 400°F for about 10 minutes or until desired brownness.

Women's Club, United Church of God – North Idaho

Savory Cheese Dollars

1 c flour	pinch of cayenne pepper
1/8 t salt	pinch of black pepper
1/2 c butter	1 c grated sharp cheddar cheese

In a small bowl, mix flour, salt and peppers. In another mixing bowl, cream cheese with butter until well mixed. On low speed, add flour mixture and beat until blended. Wrap dough in plastic and refrigerate for 1 hour or until firm. Form dough into three 1" diameter rolls. Preheat oven to 425°F. Use lowest rack. Slice dough into 1/4" slices. Place slices 1/2" apart on cookie sheets. Bake for 8-10 minutes until very lightly browned.

Women's Club, United Church of God – North Idaho

Flour Tortillas

4 c flour	1/2 shortening
1 1/2 t salt	1 c warm water

Cut shortening into flour. Dissolve salt in water and gradually add to flour mixture. Knead well, cover and set aside for 2-3 three hours. Knead dough again and divide into 10 balls. Roll each ball out on floured board to 1/8" thickness. Place tortilla on moderately hot griddle for about 20 seconds, turn and cook other side. Tortillas are done when light brown blisters occur on the surface. Place between two plates to keep warm.

Women's Club, United Church of God – North Idaho

Corn Meal Caraway Crackers

1 1/2 c flour	1 1/2 c corn meal
1 1/2 t salt	1/2 c shortening
1/2 t caraway seed	1/2 c sour cream
2 T cold water	sesame seed (opt)

Combine flour, corn meal and salt. Cut in shortening until mixture resembles coarse crumbs. Combine cream and water and stir into dry ingredients until moistened. Roll out on a lightly floured surface to 1/16" thickness. Cut with a 3" round cookie cutter. Pinch circle to make a bow tie shape. Bake on ungreased cookie sheet at 325°F for 14 minutes.

Mrs. Melvin Evans, Boise, ID

Cheese Onion Crackers

2 c whole wheat flour	1/2 t salt
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2 T grated onion	$\frac{1}{2}$ c butter
$\frac{1}{2}$ lb. Sharp cheddar cheese grated (2 cups)	

Combine flour, salt and onion. Cream butter and cheese. Add flour mixture and mix well. Roll into 1" balls and place on a greased baking sheet. Flatten to 1/4" thickness with a glass dipped in flour. Prick with a fork. Bake at 350°F for 12 – 15 minutes.

The Worldwide News, March 1, 1982

Whole Wheat Pizza Crust

1 c sifted whole wheat flour	$\frac{1}{4}$ t salt
4 T oil	$\frac{1}{3}$ c milk
2 T yellow cornmeal	

Sift together dry ingredients, except corn meal. Combine oil and milk and add to dry ingredients, stirring just until moistened—just till dough follows spoon around bowl. Turn on to lightly floured surface and knead 5-6 turns. Roll to 14" circle. Pat onto a generously greased 12" pizza pan sprinkled with cornmeal. Crimp edges. Bake 5 to 8 minutes at 350°F. Take out of oven and set aside while you prepare your favorite pizza toppings and sauce. Bake as usual.

The Worldwide News, March 1, 1982

Lefse*

5 large potatoes	3 T butter
$\frac{1}{2}$ c light cream	$\frac{1}{2}$ t salt
$\frac{1}{2}$ c flour per cup of mashed potatoes	

Cook potatoes unpeeled in small amount of water until tender. Remove peeling while still hot. Mash potatoes, add butter, cream and salt. Mash well. Measure potatoes and add $\frac{1}{2}$ c flour for each cup of potatoes. Blend to make a smooth dough. Shape into balls the size of walnuts. Roll thin to form circles. Cook over medium heat on ungreased griddle, turning once. *Or take last night's left over mashed potatoes and add enough unbleached flour to make a dough. Roll and fry on griddle.

The Worldwide News, March 1, 1982

Sprout Flat Bread

2 c rye meal	$\frac{3}{4}$ c powdered milk
$\frac{1}{2}$ c sesame seeds	$\frac{1}{3}$ c sunflower seeds
salt	1 c water

3 T oil	1 egg, beaten well
$\frac{1}{2}$ c chopped rye or wheat sprouts	

Mix rye meal, powdered milk, seeds and salt. Add sprouts, water and oil. Mix into smooth dough, gently fold in egg. Spread $\frac{1}{4}$ " thick on oiled floured cookie sheet. Bake at 450°F for 10-12 minutes. Brown under broiler.

The Worldwide News, March 10, 1980

Puri (East Indian Bread)

2 $\frac{1}{2}$ c whole wheat flour	$1 \frac{1}{4}$ t salt
$\frac{1}{2}$ c soft butter	$1 \frac{1}{3}$ c yogurt

Mix all ingredients well. Roll to 1/8" thickness and cut in rounds with 4" cutter. Fry in hot oil (350°F) until puffed and brown. Drain on absorbent paper.

The Worldwide News, March 1, 1982

Hard Tack Bread

5 cups flour	1 cup water
1 tbs salt	

Mix all ingredients thoroughly. Knead dough and roll out till it is $\frac{1}{2}$ inch thick. Cut dough into 3x3 squares, and poke a 3x3 series of holes in the center, evenly spaced.

Bake in preheated oven, 425°F until dry and lightly golden brown

Galette From "Max"

Traditional galette en graisse is deep fried.

4 cups flour	$\frac{1}{2}$ teaspoon salt
4 tablespoons oil	

Add enough water to get a bread dough consistency. Mix the ingredients well, and then knead them for about ten minutes (can gather into a ball and throw into bowl, pick up throw into bowl—makes a very smooth dough if you cannot knead because of injury or arthritis). Lightly oil and heat a frying pan. Form the dough into cakes about $\frac{1}{2}$ inch thick and dust them lightly with flour. Lay the cakes in the hot frying pan. Shake the pan now and again to keep the galette from sticking. Press down on the cakes with a flipper to flatten them as they cook. When the bottom crust is a

golden brown color, turn the cakes. Turn them several more times before they are done, pressing them down each time. When they are cooked, you can spread butter, honey or jam on the galettes. They even taste good plain.

"Max" uses baking powder in her recipe on the website, but this makes a great unleavened bread without the baking powder. The secret is in the kneading or throwing into the bowl--you're looking for a smooth, springy, non-blistered surface.

<http://members.aol.com/Dyg46/index.html>

Sea Biscuits or Hard Bread

Small round cakes of whole wheat, 4 to the pound. This works out to about 6 inches in diameter and $\frac{1}{4}$ inch thick. Take whole wheat flour and mix it with heated honey. Add water, a little at a time, until thick and well mixed. Knead it as making bread. Pound it out very well. Roll it flat to $\frac{1}{4}$ inch and then using a 6 inch bowl, cut out the biscuits. Put them on an ungreased cookie sheet and poke holes in them. Place in an oven at 350°F and bake until golden brown. Let them cool and dry for several days. Do not put them in an air tight container. If there is any moisture in the cakes they will mold. Make sure they are dry and they will last for years! They are good to eat plain. When cooking a stew or soup, break up some biscuits and add them to the pot. Another way is like the Prussian Army did in c.1740. They boiled the biscuits in salted water until it was soft like a bread pudding. Add raisins or other dried fruit for taste!

You can also soak the biscuit overnight in broth or water. Then squeeze out excess moisture, break into bits and mix with meat, onions, herbs and an egg. Shape into patties and fry in butter. Use squeezed-out broth to make a gravy or use in soup.

http://www.tidespoint.com/food/beef_hardbread.shtml

Quick Mayonnaise Biscuits

2 c flour 1/3 c sharp cheddar cheese, grated
1/3 c mayonnaise 2 T minced onion
3/4 c milk

Sir flour, mayonnaise and milk until well blended. Add cheese and onion. Drop by tablespoon onto greased cookie sheet. Bake at 350°F for 10 minutes.

The Worldwide News, February 25, 1991

Veg-Cheese Pie

Crust: Preheat oven to 375°F. Butter a 9" pie pan. Heat 1 c water to boiling in medium saucepan. In small bowl mix 1 1/2 c yellow cornmeal with 1 c cold water, then stir into boiling water and cook over low heat for 5 minutes until thick. Remove from heat. Stir in 1/3 c grated Parmesan cheese. Form cornmeal mixture into crust in pie pan. Bake uncovered for 30 minutes. Remove from oven. Reduce heat to 350°F. **Filling:** Saute 1 large clove minced garlic, 1/2 c finely chopped onion, 1/2 c sliced bell pepper and 1/2 c sliced mushrooms in 1 T olive oil for 5 minutes until tender. Remove from heat and add 1/2 t basil, salt, red and black pepper to taste. Spread on crust. Arrange 1/3 lb sliced mozzarella cheese and 1 medium sliced tomato on top. Sprinkle with grated Parmesan cheese. Bake for 20 minutes.

The Worldwide News, February 25, 1991

Plantation Spoonbread

Blend 2 c cornmeal into 2 c boiling water. Remove from heat and stir well. Add 1 1/2 c sweet milk, 3 egg yolks, 1 t salt, 4 T melted butter. Mix well. Beat 3 egg whites until stiff and fold into cornmeal mixture. Pour into a 2-qt greased baking dish. Bake at 350°F for 30 minutes or until done.

The Worldwide News, March 3, 1975

