

## **My Favorite Unleavened Bread Recipes for the Feast**

### **Wheat crackers**

2 Cup Whole Wheat Flour

1 Cup water

4 tablespoons butter, room temperature (May use 2 Tbsp Olive Oil, if desired)

2 tablespoons dried herbs of your choice, optional

oil for brushing

coarse salt: kosher or sea salt, for sprinkling on top

Mix together the flour, salt, water, butter or oil, and optional herbs to make a smooth (not sticky) dough.

To roll out with a rolling pin: Divide dough in half. Shape each half into a small rectangular slab. Cover with plastic wrap, and refrigerate for 30 minutes, or up to a couple of hours, until the dough is firm. Preheat the oven to 350°F. Very lightly flour a piece of parchment, and the top of the dough.

Working with one piece at a time, roll the dough to about 1/16" thick. The dough will have ragged, uneven edges; that's OK. Just try to make it as even as possible.

Transfer the dough and parchment together onto a baking sheet. Lightly brush top with oil and sprinkle with desired amount of salt. Cut dough into 1 to 1 1/4" squares; a pizza wheel works well here. Prick each square with a fork.

Bake crackers for 10 minutes, turn baking sheet around in oven to encourage even baking. Close oven and bake for another 10-15 minutes, being careful not to burn. Remove crackers from the oven, and transfer from the pan to a cooling rack. Store in airtight container for up to a week.

NOTE: Also delicious without herbs and without salt

### **Parmesan Crackers**

2 cups Whole Wheat Flour

1 cup grated Parmesan cheese

1/2 cup (8 tablespoons) cold unsalted butter (I have also used ¼ Cup EVOO – extra virgin olive oil)

1/2 cup whole or 2% milk

coarse sea salt or additional Parmesan for topping

NOTE: I don't add salt into my cracker dough because I tend to sprinkle it on top

#### **Instructions**

Preheat the oven to 400°F. Get out several large baking sheets; no need to grease them.

Whisk together the flour, salt, pepper, and Parmesan.

Add the cold butter, working it in until no large pieces remain; a mixer works well here.

With the mixer running (or stirring all the while), drizzle in milk until the dough comes together; you may not use the entire 1/2 cup.

Gather the dough into a ball, and squeeze it a few times to bring it together. Divide it into three pieces. If you have a scale, they'll weigh about 6 1/2 ounces (187g) each.

Working with one piece of dough at a time, flatten it into a rough square, and place it on a lightly floured work surface. Roll the dough 1/8" thick; it'll be about 10" square (or an 11" circle, if your rolling efforts result in a circle).

Transfer the dough to a piece of parchment or aluminum foil. Using a sharp knife, pizza cutter, or pastry wheel, cut the dough into 1" squares; don't separate them. You may trim the edges first, if you like, in order to separate the "good looking" crackers from the raggedy ones around the edges.

Lift the piece of parchment/crackers onto a baking sheet. Sprinkle the crackers with coarse sea salt, additional grated cheese, and/or dried herbs, if desired.

Repeat with the remaining pieces of dough.

Bake the crackers for about 15 minutes, until they're a medium golden brown. Remove them from the oven, and cool right on the pan.

When the crackers are cool, store them airtight at room temperature.

## **Lefse Bread**

2 Cups Mashed Potatoes, potato flakes rehydrated work well

2 Tbsp butter or EVOO

3 Tbsp Milk (Heavy cream makes the best, whole milk 2<sup>nd</sup> best, 2% okay, skim not so great)

½ tsp salt

1 Cup flour, wheat works well (May need a little more to make the dough not too sticky)

Mashed potatoes need to be completely cooled before using for this recipe. Leftovers work wonderful.

Work the butter, milk, and salt into the potatoes until well blended. Add flour and knead just a little to make a smooth textured dough. Divide dough into 6-9 rounds. Roll each into a thin circle or square on a floured board.

Cook lefse on an ungreased hot griddle on medium heat until lightly browned, flip and lightly brown the other side. Serve with butter or as bread with your favorite meal.

## **Scotch Shortbread**

1 Cup butter, slightly softened

¾ Cup Powdered Sugar

½ tsp Almond flavor

2 ½ Cups flour

¼ tsp salt

Beat butter until soft. Add sugar and almond extract and beat until smooth. Add flour and salt; mix well. Press dough evenly into a square pan. Mark the top into even squares (approx.. 1.5 inches). Bake in a 375 oven approx. 25 minutes. Remove from oven and cut along marks while hot. Cool in pan. Serve.

NOTES: I like to use 10X10 square stoneware baking dish. A 9X9 also works well but may require a little more time baking. Be careful not to over bake. An 11 inch stoneware round dish also works great, then cut into pie slices.

## **Dutch Oven Pancake**

½ Cup butter

6 eggs

1 ½ Cups milk (higher fat works better – whole or 2%)

1 ½ Cups flour

Prepare a 4 ½ quart pan (I use my 11X2 inch round stoneware baking dish). Feeds 4-6 people.

Melt butter in the pan in a 425 degrees F oven while it preheats. Put eggs into blender and whirl on high speed for about 1 minute. With motor running, pour in milk. Slowly add flour with motor running, about 1 heaping Tbsp at a time. Continue to whirl for 30 seconds. Pour into the pan while it's still on the oven rack. Close oven and bake until puffy, about 20-25 minutes. DO NOT OPEN THE OVEN DOOR WHILE BAKING! Pancake will "fall." Some pancakes puff up on the outside edges, giving a unique lifted outer edge.

## **Naan Bread**

1 Cup flour

¼ Cup oil

2 Tbsp Chia seeds mixed with 1/3 Cup water (may use two eggs instead)

Enough water to make a runny batter

Mix ingredients well in a medium bowl. Heat an electric griddle.

When griddle is hot, pour ¼ cup of batter onto hot griddle. Quickly and gently spread the batter thin. Cook just until done, flip, and cook until done. Place on a plate and serve warm with fillings.

## MY FAVORITE GF UNLEAVENED BREAD RECIPES

### Gluten Free Crackers

8 oz Gluten Free Flour (WEIGHED not measured in cups)

1 tsp Himalayan Pink Sea Salt

4-6 oz filtered water

1/4 tsp baking powder, optional, for a slightly lighter cracker (I leave out for the Feast of Unleavened Bread)

Salt, dried garlic (finely chopped), dried onion (finely chopped), or other toppings if desired.

**IMPORTANT NOTE FOR THIS RECIPE:** This recipe was created to use THRIVE GF Flour mix, but can be used with other GF Flours as well. The key for this one is that it is NOT a "Cups" recipe, and needs to have the flour measured out in ounces. Many GF flours are different by weight, so this is very important for the right consistency dough.

Preheat oven to 400. Mix all dry ingredients well. Place a well in the middle of the dry ingredients and gently pour in about 4 ounces of the water, setting aside the rest in case it is needed. Mix all ingredients together with a fork until forms a nice ball. The dough needs to be soft, but NOT sticky. If it is too dry, add a little more water, 1Tbsp at a time and mix well. Knead gently for just a minute or two. Cut dough in half. On parchment, roll out one half very thin. Then do the same with the other half. With a fork, poke holes in the dough to allow steam to escape while cooking. Cut to desired size using pizza cutter. I usually cut to individual cracker sizes, like snack crackers.

Bake for 5-15 minutes, depending on size you cut the crackers into. Watch them carefully and if they need more cooking time, only add 2-3 minutes at a time so that they do not over-cook or burn. These can go from almost done to burnt in just a short period of time. So PLEASE remember to keep an eye on them, don't get distracted - because the over done ones taste nasty! Depending on your humidity outside and inside they can last for up to a month. Store in an airtight container or jar. Serve with your favorite dip, soup, salsa, cheese, or hummus.

**VARIATIONS:** Add 1-2 tsp rosemary to the crackers for a taste treat. You can also add other herbs or spices to go with the dip, cheese, or soup you will be serving these with, or Parmesan cheese to the dry ingredients, before adding water. With dry herbs or Parmesan, you may need to add a bit more water to make it roll-able. Herb suggestions: Dill, onion, garlic, chive, chili powder, Thyme.

### Gluten Free Naan Bread

1 Tbsp ground Chia seeds +1 Tbsp water, place in a bowl & sit a minute

1 Cup Gluten Free Flour

1 Cup Organic Whole Milk (Or 1 Cup water & 4-5 Tbsp THRIVE Powdered Milk)Salt to taste

Spices: Fresh or dried dill, curry powder, onion powder, garlic powder

Mix together all ingredients. Batter should be somewhat runny so that when you place it on the griddle it flows evenly. Heat an electric griddle to 350 degrees F. Pour about 1/3 cup batter onto hot griddle, spread thin with a spatula, keeping in a circle shape as best as possible. Allow to cook first side until top is no longer wet and flowing, without burning bottom. Flip and cook the second side just until done. Remove from griddle and

continue until all batter is used up. Stack naan breads in a circular pattern on the serving plate to keep them warm and to make ready for serving. Serve with Curried chicken, humus, baba ganoush, or any of your favorite fillings. Also delicious spiced with southwestern spices and served as a soft taco shell or wrap.

You can also vary the gluten free ingredients a bit for a slightly different flavor. Here are two alternate recipes that I have used with success - the one with coconut flour has a distinct coconut flavor and may not go with all main dish meals.

### **Alternate Recipe 1**

1 Tbsp ground Chia seeds + 1 Tbsp water, place these in bowl & sit a minute

1/2 Cup Almond Flour

1/2 Cup Gluten Free Flour

1 Cup Organic Coconut Milk (Or 1 Cup Organic whole milk, or 1 Cup water & 4-5 Tbsp Powdered milk, for creamier texture)

Salt and herbs to taste

### **Alternate Recipe 2**

1 Tbsp ground Chia seeds plus 1 Tbsp water, place in bowl & sit a minute

1 Cup Almond Flour

1/8 Cup Gluten Free Flour

3 Tbsp Coconut Flour

3 eggs

1 1/2 Cups whole milk

Salt and herbs to taste

### **Dutch Oven Pancake**

1/2 Cup butter

6 eggs

1 1/2 Cups milk (higher fat works better – whole or 2%)

1 1/2 Cups gluten-free flour

Prepare a 4 1/2 quart pan (I use my 11X2 inch round stoneware baking dish). Feeds 4-6 people.

Melt butter in the pan in a 425 degrees F oven while it preheats. Put eggs into blender and whirl on high speed for about 1 minute. With motor running, pour in milk. Slowly add flour with motor running, about 1 heaping Tbsp at a time. Continue to whirl for 30 seconds. Pour into the pan while it's still on the oven rack. Close oven and bake until puffy, about 20-25 minutes. **DO NOT OPEN THE OVEN DOOR WHILE BAKING!** Pancake will "fall." Some pancakes puff up on the outside edges, giving a unique lifted outer edge.

NOTE: This recipe is the same as my standard recipe using wheat flour. It may not cook up quite as "dramatic" in presentation as the original recipe and tends not to puff up the sides as well. Yet it is still delicious and works wonderful served with fruit, syrup, or sprinkled with powdered sugar.

## USING YOUR PASTA MACHINE TO MAKE YOUR CRACKERS

Before and during the Feast of Unleavened Bread I find that time can run short as we try to cook meals AND have plenty of unleavened bread for each day. I love shortcuts and one day a couple of years ago, I was SO tired of using my rolling pins. I have two kinds – the heavy marble one and a smaller one that is great for one-handed rolling of dough. Both work great, but both can be tiresome round about day two!

Since scripture does say that we are to eat unleavened bread each day for seven days (Exodus 12:15; 13:6), we also get tired of eating matzah every single day. My husband and I enjoy the wonderful flavors of Yahweh's blessed spices and herbs, so I started going through all of my normal recipes for flat breads and such to see if I could find other things to eat during the feast. EASY breads.

I found a number. One of our favorites happens to be my whole wheat cracker recipe that I developed for fresh ground whole wheat flour. We enjoy them as Rosemary-garlic, onion, Mexican spiced, toasted onion, dill, and sometimes just plain garlic – we do tend to eat a LOT of garlic! We also enjoy them as parmesan crackers AND sprinkled with finely shredded cheddar cheese, too. It is a very versatile recipe and can be eaten so many different ways.

The most difficult part though, was coming up with a way to make them easy-peasy! With tired arms I started looking around the kitchen to find a better way to flatten this dough to cracker-thickness. That is when I saw it – THE PASTA MACHINE!!!! I took a dollop of dough, ran it through and the rest is history!

To use your pasta machine, you want your dough to be similar to pasta dough, not too dry and not too soft. You may need to play with the amount of flour just a bit to make sure that it does not stick in and on the machine rollers.

Take a small piece of dough, about the size of a golf ball, or just a touch larger. Flatten it a bit as you would your pasta dough, and process just like you do pasta!

A few helpful hints:

I have my baking pans ready. I roll my dough into longer, thinner strips the length of my baking sheets. I can usually get about 3 strips of flattened dough onto one baking sheet, then I cut them with the pizza roller. When the baking sheet is "full" of crackers, I bake according to recipe instructions!

For my pasta machine, I have to start with the rollers on "1" – which is the widest setting, and work my way down to 4 or 5. I cannot go to "6" because it is too thin and I find it tends to burn

the crackers more easily while baking. You may need to play with this for your machine to see what thickness you tend to prefer.

I will say, most people who try our plain whole wheat crackers think they taste just like that national brand that is now almost \$5 a box in our local stores! Especially when we use real butter instead of oil.

I hope you enjoy them as much as we do and that they help you create great variety and new ideas for your Feast!

Shalom!

P.S. Almost forgot: They also taste great dusted with cinnamon-sugar and spread with cream cheese, OR use any one of the herbed recipes dipped in humus or Baba ghanoush!!!