

Reproducible Family Letter

Today we explored the events of Holy Week through cooking experiences.

Do This Activity at Home With Your Family

MAKE UNLEAVENED BREAD

Jesus shared a Passover meal with his disciples before he died. Passover is a Jewish festival that honors how God freed the Israelites from slavery in Egypt. When Pharaoh finally decided to let the Israelites leave Egypt, they had to leave quickly. They didn't have time to let their dough finish rising, so the bread they had when they left Egypt was unleavened. During Passover, unleavened bread is eaten as the story is remembered. Since this bread does not contain a leavening agent to make the bread rise, it's flat.

Unleavened Bread Recipe

Ingredients:

- 2 cups whole wheat flour
- 1 tablespoon sugar
- 1 teaspoon salt
- 2 tablespoons olive oil
- 1 cup water

Directions:

1. Preheat the oven to 400 degrees.
2. Spray a baking sheet with cooking spray.
3. Combine all the ingredients in a mixing bowl. Stir well.
4. Place the dough on a floured work surface. Knead the dough for several minutes.
5. Divide dough into 12 pieces.
6. Use your hands to shape each piece of dough into a circle and flatten it.
7. Place dough onto the prepared baking sheet.
8. Use a fork to prick holes over the surface of each bread piece.
9. Bake bread at 400 degrees for 10 minutes.

