

Sisters for Yah

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It's Almost Time!

Sisters in Messiah, now is the time to start preparing for the spring Holy Days. Passover and the Feast of Unleavened Bread are only a little over a month away. For those of us who have kept the Feasts for many years, Passover is a time to renew our commitment to Yahshua. Spring is also the start of Yahweh's "real" new year. In a sense, we get a fresh start!

Many are new to the faith, and we have received numerous requests for recipes that are suitable for the Feast of Unleavened Bread. In this issue, you'll find many delicious ideas for meals.

It is a good idea to start using up items that contain leavening agents before Passover, so that you won't have a lot to throw out at the last minute. Many ladies go through their refrigerators, cabinets, pantries, and freezers a few weeks ahead of time to see exactly what needs to be used up. They then contain these items on one shelf or section to keep them from being "lost" among their other food items. If you can visibly see the items that need to be used up, you're less likely to have some unpleasant surprises during the Feast of Unleavened bread, like finding a loaf of bread in your freezer that had been buried under a ton of other stuff that you didn't know you had!



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The most common items to discard are yeast, baking powder, baking soda, and the products that contain them, such as bread, muffins, flour tortillas, most crackers except plain Triscuits, and many desserts like cookies and cakes. Also, don't forget that breaded fish and chicken are also on the list of items to remove. Some items that sound like leavening may not need to be thrown out. For instance, products containing "autolyzed yeast extract" are actually not leavened. Autolyzed yeast extract in items such as canned soup, is actually a flavoring agent rather than a leavening agent. Have a very blessed spring Holy Day season!

Recipe Ideas Suitable for Unleavened Bread

Many people panic when they hear that they can't eat leavening during the Feast of Unleavened Bread. "Oh no!" they say fearfully, "What will we eat?" No need to worry! There are lots of things you can eat during the Feast of Unleavened Bread, not just the recipes you find in this issue, but many others too. Be creative and make your own favorite unleavened recipes. Below is a list of "safe" items you are free to eat during the days of Unleavened Bread:

All fruits and vegetables, fresh, frozen, or canned
 Pasta
 Rice
 Dairy products such as butter, eggs, cheese, kosher yogurt, milk, ice cream, and kosher sour cream
 Beef, chicken, clean fish, lamb, goat, turkey, (all un-breaded of course!)
 Hot and cold cereals (be sure to check labels to make sure it is unleavened)
 Nuts
 Beans and legumes
 Most store bought corn tortillas (check labels)

See, there are many unleavened items you can safely eat!

Our Favorite Unleavened Bread (Jan Meyer):

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

Sift flour and salt into bowl. Mix oil and milk thoroughly, then pour into the flour and salt. Stir into a firm dough. Roll onto wax paper, making it as thin as pie crust. Cut into strips about 1 1/2 inches wide. Bake on greased cookie sheet—400 degrees until slightly brown (takes about 13 minutes). You can sprinkle with cinnamon or sugar if you like. Roll thin for crisp bread.



Unleavened Applesauce Pancakes (Jan Meyer):

1 1/2 cups flour
 1 cup milk
 4 eggs, well beaten
 2 T. melted butter
 3/4 cup applesauce

Combine milk, eggs, butter, applesauce, beating well. Add the flour and stir well. Drop on greased grill. Cook until brown on both sides. Serve with syrup, jam, or honey.



Recipe Ideas Suitable for Unleavened Bread..., cont.

Unleavened Whole Wheat Pie Crust (Carrie Brett):

1 1/2 cups whole wheat flour
1/2 t. salt
1/2 cup vegetable shortening
3 T. water

Mix well. Press into ungreased pie pan. Prick bottom and sides with fork. Bake 15 min at 425 degrees.



Unleavened tortillas (Carrie Brett):

2 cups flour
1/2 t. salt
1 cup water
3 T. olive oil

In large bowl, combine flour and salt. Stir in water and oil. Turn onto a floured surface and knead 5-6 times. Divide dough into 8 portions. On a lightly floured surface, roll each portion into a 7 inch circle. In a large non-stick pan coated with cooking spray, cook tortillas over medium heat for one minute on each side or until lightly browned. Keep warm.



Unleavened Oatmeal Crackers (Jan Meyer):

1 1/3 cups flour
2 cups rolled oats
2 T. sugar
1 t. salt
1/2 cup butter
1/2 cup boiling water

Combine dry ingredients in a bowl. In a separate bowl, cover butter with boiling water. Stir liquids into dry mixture and mix. Roll out thin, cut like crackers and bake at 350 degrees for 5 to 10 minutes.



Award-winning Chicken Salad (Anonymous):

4 large chicken breasts, steamed and cut into cubes
1/2 cup low fat mayonnaise
1/2 cup Ranch dressing
1/2 cup walnuts, chopped
1 cup red and green grapes, halved
1/2 cup sweet Vidalia onion (if available, but any onion will do)
1/2 cup celery, finely chopped

Blend all ingredients together. Serve on unleavened bread, unleavened crackers, or on a bed of lettuce.



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Recipe Ideas Suitable for Unleavened Bread..., cont.

Macadamia Cookies (Marilynn White):

1 pound butter
4 cups flour
1 cup macadamia nuts, cut up in nut grinder
2 teaspoons vanilla

Instructions:

Combine all ingredients and shape into small walnut sized balls. Bake 8-10 minutes at 400 degrees. When cool, place in a sack of powdered sugar and shake to coat cookies. Store in closed container, like coffee can with lid.



Broccoli-Cheddar Frittata (Marilynn White):

1 pkg. 10 oz. frozen chopped broccoli
1 small carrot, diced
1/4 cup water
8 eggs
1/4 cup milk
2 t. prepared mustard
1 t. seasoned salt
1/8 t. pepper
3/4 cup shredded cheddar cheese
1 T. green onions, chopped

Combine broccoli, carrot and water in 10 inch skillet. Cook over medium heat until tender, stirring occasionally to break up broccoli, about 10 minutes. Drain well.



Beat eggs, milk, mustard, salt, and pepper in large bowl until blended. Add broccoli mixture, cheese and green onion; mix well. Coat same skillet with cooking spray, heat over medium heat until hot. Pour in egg mixture. Cook over low to medium heat until eggs are almost set, 8 to 10 minutes.

Remove from heat. Cover and let stand until eggs are completely set and no visible liquid egg remains, 8 to 10 minutes. Cut into wedges. Serves at least 10-12 people.

ENJOY!