



Unleavened Bread

Numbers 9:11

SPRING FEAST RECIPE: **PASSOVER**

Ingredients

- 2 cups Einkorn flour
- ½ teaspoon salt
- 3 ½ tablespoons butter (need to make it dairy free? Substitute with olive oil, coconut oil, Earth Balance, Melt Organic, etc.)
- ¾ cup milk (need to make it dairy free? Substitute with any plant/nut-based milk of your choice)
- ½ tablespoon oil (for cooking – I prefer coconut, but any mild flavor that is high heat-tolerant would work)

NOTE:

You can prepare the dough on preparation day (6th day – Friday sunrise) and let it stay in the fridge until needed (7th day – Saturday sundown) as this will keep well for up to 3 days.

Tip: Roll out the rounds, ready to cook. Just make sure you use baking paper or cling wrap to keep the pieces separated. Flour will not suffice. Cooked breads also keep really well in the freezer. No Einkorn flour? No worries. Any flour will work – but its best with wheat. Almond flour, rice, gluten-free types, etc. will not work well.

Method

Combine butter and milk and heat until butter is just melted—on stove or in microwave.

Combine 2 cups flour, salt, butter and gradually add the milk as needed until dough is soft and pliable without breaking.

Sprinkle work surface with flour, then knead dough until it is smooth—it doesn't need much kneading, approximately 5 minutes. Add extra flour if the dough is too sticky.

Wrap with cling wrap and rest at room temperature for 30 minutes or so.

Dust work surface with flour, cut dough into 4 – 8 pieces, roll into balls, and then roll out into about 1/8 thick rounds.

Heat 1/2 tbsp olive oil in a non-stick pan over medium heat—or lower if you have a skillet with a heavy bottom.



Place one flatbread in the pan, cook for around 1 – 2 minutes (it should bubble up), then flip and cook the other side, pressing down if it puffs up. There should be smallish golden-brown spots on both sides. Stack the cooked bread and keep wrapped with a tea towel in a bowl—the moisture helps soften the surface, making them even more pliable.

Continue to cook with remaining pieces. Every once in a while, flip the whole stack so the hottest one is on the bottom, that will help keep the others warm. Serve and enjoy. Shalom!

Kitchen Chat

Most of the year we eat loaf breads that are sliced and so a flatbread recipe was a welcome change. It sparked conversations about our ancestors, how they baked using ancient methods, especially while traveling. We can be sure that the electric or gas ovens we use today would not pack well on a camel's back!



[Read our article "Truly Unleavened Bread," available at the link below:](#)