

Becoming Bread

Leader Summer 2006 Worship Resources



Suggested Recipes for Weekly Rituals of Response

For the response rituals each week, a different type of bread has been suggested. You may want to consult your favorite bread cookbooks for recipes or try some of the following suggestions:

Session 1: Barley loaves

For several barley bread recipes, check the following internet sites:

http://recipes.lovetoknow.com/wiki/Barley_Bread_Recipe
<http://www.cooks.com/rec/doc/0,164,155173-240207,00.html>
<http://www.recipesource.com/baked-goods/breads/barley1.html>

Session 2: "Manna"

For an intriguing manna recipe that includes the biblical ingredients of honey and coriander (Exodus 16:31), see http://www.stratsplace.com/rogov/israel/manna_breakfast.html.

Session 3: Variety of breads or scones

For this session, check your favorite bread cookbooks for a variety of breads to offer, or make a selection of breads at a local bakery. Another option is to bake scones for serving. For more scone recipes than you could ever use, see:

<http://www.recipegoldmine.com/breadscone/breadscone.html>.

Or try this simple buttermilk scone recipe:

2 cups all-purpose flour
1/3 cup granulated sugar
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
6 tablespoons unsalted butter, chilled
1/2 cup buttermilk
1 large egg
1 1/2 teaspoons vanilla extract
2/3 cup currants, raisins, or other dried fruit (optional)

Preheat oven to 400°.

In a large bowl, stir together the flour, sugar, baking powder, baking soda, and salt. Cut the butter into ½ inch cubes and distribute them over the flour mixture. With a pastry blender or two knives used scissors fashion, cut in the butter until the mixture resembles coarse crumbs. In a small bowl, stir together the buttermilk, egg, and vanilla. Add the buttermilk mixture to the flour mixture and stir to combine. Stir in the dried fruits, if desired.

With lightly floured hands, pat the dough into an 8-inch-diameter circle on an ungreased baking sheet. With a serrated knife, cut into 8 wedges. Bake for 18 to 20 minutes, or until the top is lightly browned and a toothpick inserted into the center of the scone comes out clean.

Remove the baking sheet to a wire rack and cool for 5 minutes.

Using a spatula, transfer the scones to the wire rack to cool. Recut into wedges, if necessary. Serve warm, or cool completely and store in an airtight container. Makes 8 scones.

Session 4: Rich Yeast Bread

For several yeast bread recipes, see

http://www.cooksrecipes.com/bread/braided_challah_bread_recipe.html

<http://www.breadworld.com/Search/query.asp>

http://www.cooksrecipes.com/bread/light_egg_bread_wiith_poppy_seeds_recipe.html

Or try this recipe:

¼ cup warm water

1 pkg. active dry yeast

¼ cup lukewarm milk (scald milk and then cool to lukewarm)

¼ cup sugar

½ teaspoon salt

1 egg

¼ cup soft shortening

2 ¼ to 2 ½ cups flour, sifted

In bowl, dissolve yeast in water. Add milk, sugar, salt, egg, shortening and half of flour to yeast. Mix with spoon until smooth. Add enough remaining flour to handle easily. Turn onto lightly floured board; knead until smooth. Place in greased bowl. Cover with cloth. Let rise in warm place until double, about 1 ½ hours. Punch dough down and let rise again until almost double, about 30 minutes. Shape dough into loaves in bread pans and let rise; bake at 350° for 20-25 minutes. Or shape into balls ⅓ the size desired and place close together in a greased round pan. Let rise until light, 15-20 minutes. Heat oven to 400° F. Bake rolls about 12 to 15 minutes.

Session 5: Hard Tack

In earlier times, hard tack was a kind of bread sailors took along on long sailing voyages. It symbolizes the sustenance required for a long journey. For a variety of recipes, see <http://www.kenanderson.net/hardtack/recipes.html>. Or try the following recipe:

2 ½ cups of old-fashioned or quick oats
3 cups unbleached flour
1 ½ teaspoons salt
1 teaspoon baking soda

In a separate container, mix:

1 ½ cups buttermilk
3 tablespoons honey
½ cup melted bacon drippings or shortening

Combine the two sets of ingredients. When the dough is thoroughly mixed, roll it out on a floured board to a thickness of a quarter inch. Cut out circles of dough with a large drinking glass dipped in flour and put them on lightly greased cookie sheet for about 5 ½ minutes at 450° F. Let the hardtack cool on a wire rack before serving with honey, jam or jelly. When freshly baked, the consistency of these biscuits is like ordinary biscuits; when you air dry them for a week or more, they will develop a crunchy texture more like the biscuits sailors ate on long voyages.