

April 14th -23rd

ROASTED LAMB - No water. Normally a whole lamb is roasted for the household. We are not in our land yet so the rack(ribs) and leg are best cuts for roasting. Anything left after should be burned. Please follow the laws of the land concerning burning objects and food disposal.

BITTER HERBS - Tarragon, Dill, Mint, Rosemary, Thyme, Sage, Oregano, Parsley, Coriander, Cilantro; not all herbs listed have to be used

UNLEAVENED BREAD - Remove leaven from home and all environments. Leaven is listed as yeast, malt, baking powder, baking soda, sodium bicarbonate, leavening. Leaven is commonly found in cookies, cakes, waffles, bread, crackers, sour dough, but also self rising cornmeal and flours, beer, processed foods, seasonings and frozen foods. Most snacks and prepared foods have leavening such as Doritos, Ruffles and some contain pork. If it has ingredients listed, CHECK IT! Involve the children and put them in charge of finding the leaven and making sure we keep leaven out of our home.

RECIPES

Hot water cornbread

1.5C cornmeal

1/2C flour

1/8 tsp salt or just a pinch

1.5C boiling water - adding as needed

Optional onion powder or sugar or some bitter herbs

Pan fry small cakes in olive oil, avocado or some healthy oil until golden brown

Matsah/unleavened bread

1C unleavened flour

1/4 tsp salt

1/2C water

Knead together until fully combined

Cut into 8 or more even pieces

Roll out each into thin flat piece and pan fry until light brown each side

Bitters herbs Dipping oil

Dried or fresh: Oregano Parsley Basil - if fresh finely cut

2 cloves chopped garlic - roasted cloves more garlic flavor

1 tsp black pepper

4T olive oil

Balsamic vinegar optional

Put garlic in oil to infuse 5-7 minutes

Fold in herbs and serve in shallow bowl or plate

