



Make matzo bread

The simple cracker bread that symbolises a story of freedom.

What you need

Makes 16 pieces

- 200g plain flour, plus extra for dusting
- 70–85ml warm water
- Mixing bowl
- A timer
- Tea towel
- Knife
- Rolling pin
- Fork
- Baking sheet
- Wire rack

TOP TIP

Pasta makers are useful to help press the dough flatter.

From 12 to 20 April this year is Passover, an important festival for Jews around the world. Passover is a celebration of the Exodus. In ancient Egypt, Jews were persecuted (treated badly) because of their faith and forced to be slaves for more than 200 years. Eventually, a man called Moses led the Jewish people (then known as the Israelites) out of Egypt to freedom. Passover celebrates this exodus (the departure of lots of people) with rituals, storytelling and foods. One of these is matzo, an unleavened bread. Unleavened means it doesn't include a raising agent, such as yeast. Matzo is a cracker-like bread that is eaten to remember how the Jews left Egypt in such a rush that their bread didn't have time to rise. "Kosher" is the Jewish word for foods permitted by and prepared according to religious rules. Matzo has to be mixed and baked in less than 18 minutes, to make sure it is kosher for Passover. If it takes longer than that, the matzo may start to rise.



Instructions

- 1 Preheat the oven to its highest setting with the baking sheet on the middle shelf. Put the flour in a bowl. Start the timer to make sure you finish in less than 18 minutes. Pour water in – start with 70ml. Mix this into a dough with your hands. If it's very dry, add a little more water. Be careful not to add too much, it will be tougher than usual bread dough.
- 2 Once the dough is in a rough ball, tip it onto a clean work surface and work it with your hands for 30–40 seconds. Try stretching it out with the heel or knuckles of one hand

and then folding it back over the top repeatedly with your other hand.

3 Once it's a little smoothed out, cut into eight equal pieces. Put seven under a tea towel, lightly dust the work surface with flour, and roll the eighth out with a rolling pin, as thin as you can. This is tricky and your matzo might be a bit thicker than the matzo you buy in shops.

4 Cut the dough sheet in half again so it is easier to transfer to the oven. Prick each half with a fork all over – this allows the heat through so they cook more quickly and don't rise. Ask an adult to put them on the baking sheet. Repeat the rolling, cutting and pricking with the other dough portions.

5 Bake in batches for 1–2 minutes but watch them. Remove them once the surface is bubbling. Flip over and return to the oven for another 30–60 seconds, or until they have turned a little brown and are crisp all over. Remove from the oven and leave to cool on a wire rack.

Allergy information

Ingredients in **bold** are allergens. Allergens are substances that can cause allergic reactions in some people. If you have a food allergy, carefully check the items listed. You can find more information at tinyurl.com/TWJ-allergy

DID YOU KNOW?

Matzo uses the most basic ingredients because it was originally food for very poor people.



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