Make: Bread to Feed Elijah

I Kings 17:7-16: The Widow Feeds Elijah

This simple flat bread is more like the bread that the Children of Israel ate than the bread we eat today. This recipe is like the Holy Supper bread that adults eat when they take communion. It is made from the simple ingredients that the widow had in her home.



For this activity you will need

- access to an oven
- mixing bowl(s) (more if you are multiplying the recipe)
- measuring equipment (or pre-measured ingredients)
- fork(s) to mix dough
- pan to cook bread in (large flat pan)
- plate for serving
- napkins

Ingredients

1 cup (90 grams or 3.2 oz) white or whole wheat flour
½ teaspoon (5 grams or 0.2 oz) salt
3 teaspoons (15 ml or 0.5 fl. oz) olive oil
5 teaspoons (25 ml or 0.9 fl. oz) cold water

Note: For a larger group of children you may need to multiply this recipe. As you mix the dough, you may need more flour or water depending on how hot or cool the room is when you are making the bread. You want the dough to be just wet enough to pat into a whole, but not too wet to handle.

Preparation

Measure ingredients ahead of time and set up in separate containers. Preheat the oven at the start of class. Have children wash and dry their hands before starting.

Directions

1. Mix the flour and salt in a mixing bowl.
2. Add the olive oil and blend gently with fingertips or a fork.
3. Add water slowly until the texture of the dough holds together. Press into flat circular shapes on a flat pan or cookie sheet.
4. Bake at 375 degrees F. for 10-12 minutes until just browning.
5. To serve break into small pieces and offer round on a plate.

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