



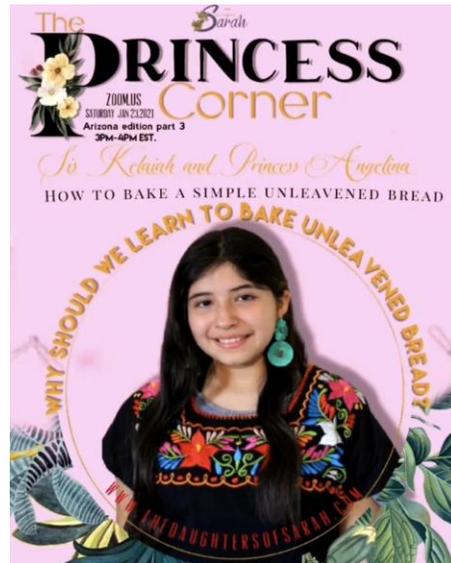
**Topic:** Why Should We Learn to Make Unleavened Bread?

**Hosts:** Sis Kelaiah (H.O Captain Amariah)

Princess Angelina (H.O Ofc. Solomon)

**Event:** YDOS Princess Corner - Arizona Edition

**Date:** 23 January 2021



Shalom sisters,

All praises to the most High (TMH) that these past Princess Corners have been discussing how to be keepers at home as stated in the scriptures.

**Titus 2:4,5 KJV**

<sup>4</sup> That they may teach the young women to be sober, to love their husbands, to love their children,

<sup>5</sup> To be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed.

- ❑ The young women here are pertaining to you princesses. The most High finds these attributes very pleasing.



### **Colossians 3:20 KJV**

<sup>20</sup> Children obey your parents in all things: for this is well pleasing unto the Lord.

- It is pleasing to the Most High when we are being obedient to our parents.

#### **Why is it important to bake unleavened bread?**

Angelina: It is a part of our culture as Israelites. We break bread on the Sabbath. We have Passover which is the Feast of Unleavened Bread. Since we keep these feasts throughout our generations it is important to learn these recipes.

Kelaiah: We use the [unleavened] bread to break bread for our weekly Sabbaths in remembrance of the Lord.

### **Luke 22:19 KJV**

<sup>19</sup> And he took bread, and gave thanks, and break it, and gave unto them, saying, this is my body which is given for you: this do in remembrance of me.

- We break bread for high Holy days also such as Passover. It is a day for us to remember when we came out of Egypt. It is a small piece of bread, but it is to remind us of everything the most High has done for us.

### **Exodus 13:6 KJV**

<sup>6</sup> Seven days thou shalt eat unleavened bread, and in the seventh day shall be a feast to the LORD.

### **Exodus 31:15,16 KJV**

<sup>15</sup> Six days may work be done; but in the seventh is the sabbath of rest, holy to the LORD: whosoever doeth any work in the sabbath day, he shall surely be put to death.

<sup>16</sup> Wherefore the children of Israel shall keep the sabbath, to observe the sabbath throughout them. generations, for a perpetual covenant.

- Another reason we break bread is to help our mother out. She may have other tasks, why should she worry when he has a Princess at home who knows how to bake it?

### **Proverbs 31:27 KJV**

<sup>27</sup> She looketh well to the ways of her household, and eateth not the bread of idleness.

- We should use our time wisely to get things done.

### **Sirach 26:16 KJV**

<sup>16</sup> As the sun when it ariseth in the high heaven; so is the beauty of a good wife in the ordering of her house.



- Lord willing once older with all the practice that you have been doing; you can bake bread for the school and put in your work.

**Proverbs 31:31 KJV**

<sup>31</sup> Give her of the fruit of her hands; and let her own works praise her in the gates.

- It's our own work NOT our parents' work that will praise us in the gates. While we are at home during this pandemic, we can practice baking unleavened bread.

**Sirach 33:27 KJV**

<sup>27</sup> Send him to labour, that he be not idle; for idleness teacheth much evil.

- What are you doing if the house is a mess and the bread is not done by the time mom gets home? You are occupied in evil. Let us not be idle.

Mama Shamarah: If we [mothers] do not say thank you enough, believe that you ARE appreciated. You need at least one *good* daughter to help you juggle the craziness in your day-to-day life. Realize that *you are special and are needed*. Even if you do not have a mom in this truth, you have other spiritual moms and aunties that are looking forward to watching you grow in this truth.

Kelaiah: Do you enjoy helping your mother out, Angelina? Is she less stressed?

Angelina: When she is out at the store, I wash the dishes, and I help put away the toys. I usually clean the living room and sweep the floor. When she comes home, she is thankful especially on Friday's since it is prep day.

**Unleavened Bread Tips**

Kelaiah: These are my tips. Everyone does things differently, and that is okay.

**Sweet Potato Unleavened Bread Recipe:**

- |                                      |                               |
|--------------------------------------|-------------------------------|
| 1 medium sized sweet potato (mashed) | 2 sticks of butter (softened) |
| 2 cups of flour                      | 4 eggs.                       |
| 2 cups of brown sugar                | 1 tablespoon vanilla extract  |
| ¼ cup of white sugar                 | ½ cup milk of choice          |
| Baking dish                          | 1 tablespoon of cinnamon      |
| Non-stick spray                      | 1 teaspoon of nutmeg          |

**Tips for Baking:**

- Have ingredients ready at room temperature.
- Prep your ingredients.

- Clean as you go.
- Have fun & remember to do all things as unto the Lord.

### **Colossians 3:23,24 KJV**

<sup>23</sup> And whatsoever ye do, do it heartily, as to the Lord, and not unto men.

<sup>24</sup> Knowing that of the Lord ye shall receive the reward of the inheritance: for ye serve the Lord Christ.

- Do not catch an attitude because your mom told you to bake something. Bake as if Christ was watching you. Stay in the right spirit.

### **Prepped Ingredients:**

- 1 sweet potato mashed at room temperature.
- Eggs, butter, and milk at room temperature (take out of fridge about 15 minutes prior to baking)
- Sifted flour to remove any lumps.
- All remaining ingredients should be ready and well measured.



### **Steps:**

- Chop the sweet potato and boil for about 20 minutes, then mash.
- Make sure you have the accurate measurements, so your bread does not come out dry.
- Preheat the oven to 350°F
- Mix your butter and sugar together for about 5 minutes or until a creamy consistency is achieved.

Before (1 min mix) | After (5 min mix)



- ❑ Next, add eggs and vanilla extract. Mix and combine well.



- ❑ Finally, add the milk of your choice and your dry [flour] ingredients (in two parts) and mix until well combined.
- ❑ Spread batter evenly into a baking dish. Get scoops of your mashed sweet potato and place throughout the batter.
- ❑ After the sweet potato is added, take a knife, and create swirls throughout the dish.



- ❑ Bake your unleavened bread for 35-45 minutes. Poke a toothpick or fork in the center of the pan to see if it comes out clean. ***Tip: Cover the unleavened bread once finished baking to keep in the moisture.***



- ❑ Once cooled off, enjoy your labor of love!

### **Hebrews 6:10 KJV**

<sup>10</sup> For God is not unrighteous to forget your work and labour of love, which ye have shewed toward his name, in that ye have ministered to the saints, and do minister.

- ❑ Make sure you enjoy what you do whether it is for the home or for the congregation.
- ❑ If you have younger siblings, make sure you do everything in the right spirit because they are watching you and are learning from you. You are teaching them good things.

### **Proverbs 22:6 KJV**

<sup>6</sup> Train up a child in the way he should go: and when he is old, he will not depart from it.

[video] Slideshow: The YDOS - Phoenix, AZ baking unleavened bread.

Kelaiah: The girls did a wonderful job baking the bread! They were different age groups, so it is possible to bake bread from young. Practice makes perfect.

Angelina can you share a story for when you first started baking bread?

Angelina: I first started baking unleavened bread when I was 13. I am 15 years old now. At the old school we had our first YDOS bake off. All the young girls had weeks to practice baking unleavened bread. After the sabbath, the captains and officers were the taste testers. I was nervous. It came out alright, but I kept practicing making it better each time. When it was time for the competition, they called the top three winners. I was so surprised and happy when they called my name for first place!



Kelaiah: That is good. We should want to have that honor for something that leadership and everyone else enjoy. When you are not cooking in the right spirit it shows in your presentation and how the food tastes.

With this basic bread recipe, you can remove the sweet potatoes and add something different like jam. You can be creative while baking. Experiment. Passover is right around the corner, so this is your chance to show your labor of love.

[video] [How to Bake a Simple Unleavened Bread Recipe - YDOS Arizona](#)

Just a reminder, start at an early age. If you do not know how, ask your mom or older sisters. We are Proverbs 31 young ladies in training. Again, it is never too early to start. I would love to see the bread that you young girls bake.

Happy Sabbath, Most High Name Christ Bless You All!