

## ***Recipe for the Grain Offering for the Morning and Evening Sacrifice (Based on 4 C per Omer)***

4 C wheat flour, sifted

½ C olive oil

1 Tbs salt

1 ½ C water, to make a moderately soft dough (20-22 TBS)

**Method:** Put the flour and salt in bowl. Mix well. Add the olive oil, and mix until pebbly globs of oil are coated with the flour. Add the water in small amounts, and toss with fork. Add water until you can make a moderately soft dough ball. Adjust with small amounts of water or flour, if necessary. Form into 1-2 small balls. Cover with damp cloth until ready to roll out.

**For baking:** Either make 1-inch balls and place them on a greased cookie sheet. Flatten slightly with hand or a fork, if desired. Or, roll out on well-floured surface to the thickness of pie dough. Transfer to greased cookie sheet and cut into strips or squares in desired size for eating. Poke with a fork, and bake in 350 deg. Oven for approximately 10-14 minutes, or until golden brown. Transfer to cooling rack and sprinkle lightly with salt.

**For pan frying:** Take a 1-inch ball of dough, and flatten in the palms of your hands, until the patty is about 1/4-inch thick. Or, roll out on well-floured surface to the thickness of pie dough, about 1/4-1/8 inch. Cut into strips or squares in desired size for eating. Place in a hot pan with about 1-2 tsp oil. Fry until golden brown on one side, about 1-2 minutes. Flip and fry on other side until brown, about another 20-30 seconds. Drain on paper towels. Sprinkle lightly with salt.

**For deep-fat-frying:** Take a 1-inch ball of dough, and flatten in the palms of your hands, until the patty is about 1/4-inch thick. Or, roll out on well-floured surface to the thickness of pie dough, about 1/4-1/8 inch. Cut into strips or squares in desired size for eating. Place in pan which has about 1-2 inches of oil in the bottom, which has been heated, but is not at the smoking point. Carefully place the dough in the hot oil. Fry for 30 seconds to one minute on one side. Dough will rise to the top of the oil, and may puff slightly, depending on oil temperature, and amount of water in the dough. Flip carefully to the other side, and fry another 10-20 seconds. Take out with tongs or slotted spoon, and drain on paper towels to cool. Sprinkle lightly with salt.

The study booklet shows the results with whole wheat flour. This recipe shows the results with white flour.



Above: Starting with 4 C flour, and  $\frac{1}{2}$  C oil. Add salt to flour, and mix well. Add oil and stir until pebbly. Below: Add water until soft dough forms. Gluten development shows it will work for bread.



Below: Form into one or two balls. Cover until ready to roll or pat out. Ready for baking or frying.



## I. Baked in an oven:

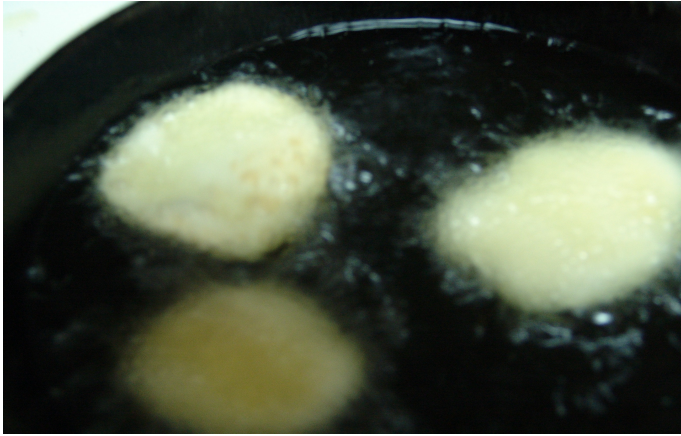


For baking: Either roll or pat out thin discs, or make 1-inch balls, and flatten them slightly. Put on greased pan and bake in 350 F oven for 5-7 minutes, for thin discs, or 6-10 minutes for thicker cookies. Below: Finished bread baked in the oven. Some of the thin discs puffed into hard, hollow shells.



## II. Deep-fat-Fried:

For the deep-fat-fried bread: Roll out dough on table, and cut into squares or strips for frying, or take 1-inch balls of dough and flatten them with your hand. Preheat the oil, and carefully drop the dough into the fat. Allow it to cook 1-2 minutes, until it begins to float, and turn over carefully with spatula or tongs. Fry another 30 seconds or so, remove from oil, and drain on paper towels. Sprinkle lightly with salt. Notice how they look like “unleavened cakes mixed with oil,” while they are frying. Almost every piece of dough puffed into a flaky, hollow shell. These are softer than the baked shells, and more like pie-dough. Even one sample of dough made with whole wheat flour puffed. See pictures below.





### III. Shallow-Oil Frying:

For shallow-oil frying: Take the dough and put in a preheated skillet that has a minimum amount of oil in it (1 tsp or less). Let them cook 1-2 minutes on one side. When spotty brown, turn over and cook another 1-2 minutes. Take out of pan and cool on paper towels. These are the most flexible of the three types. They remind me a bit of Naan, but they are not leavened, and they do not have the sour taste of Naan.





#### **IV. Other ways one could bring a grain offering:**

Leviticus 2:1-8 describes how one could bring a grain offering. The morning and evening sacrifices listed in Exodus 29:40 needed to be brought as bread (Numbers 28:1-3), but if you were going to bring a grain offering for other types of offerings, you could choose from the ways shown above, or else just raw flour with the prescribed amount of oil poured over it. (There was a different amount of oil prescribed for different types of sacrifices.). Or, for a first-fruits offering, you could bring a sheaf of wheat or barley heads that were roasted in the fire.

