



# RECIPES FOR LENT

## Crown of Thorns Bread

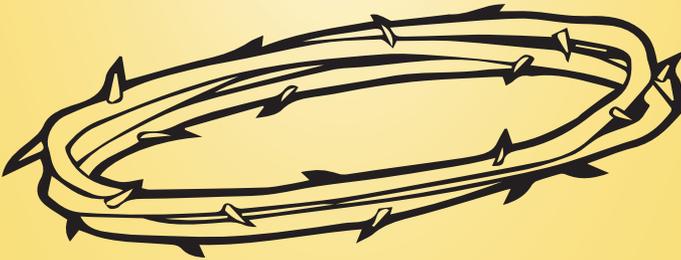
*This is a great idea to serve with dinner on Ash Wednesday or Good Friday!*

### Ingredients:

- Bread dough (you can do homemade or Pillsbury breadsticks from a can)
- Pretzel sticks
- An egg

### Directions:

1. Separate dough into three equal pieces and roll into three ropes.
2. Braid the dough together and shape into a circle. Pinch together the end. Don't worry, it doesn't need to look perfect.
3. Beat one egg and brush across the top of the bread.
4. Bake according to the directions.
5. When it is done baking, stick pretzel sticks in the bread all over to be the "thorns", making sure to poke them out at different angles. Do this while the bread is still warm.
6. Slice up pieces of the bread and serve.



*"..The soldiers twisted together a crown of thorns and put it on his head. They clothed him in a purple robe."*

*- John 19:2*

## **The Lenten Pretzel**

*How are pretzels and Lent connected? As the story goes, the pretzel is in the shape of arms folded in prayer. Pretzels can be a wonderful way to teach children the value of prayer during Lent. Letting them come into the kitchen to help you make the pretzels can be a wonderful way to teach children the value of family.*

### Ingredients Needed:

- 1½ cups lukewarm water (about 110 F)
- 1 tablespoon honey
- 1 envelope active dry yeast (2¼ teaspoons)
- 2 cups all-purpose flour
- 2 cups White Whole Wheat flour (or just use 4 cups all-purpose flour)
- 1 teaspoon Kosher salt
- Coarse salt (for topping)
- 1 egg, beaten

### Directions:

1. Add the honey to 1½ cups warm water (about 110 F). You don't want the water too hot... that would kill the yeast.
2. Add the yeast and stir until dissolved.
3. Add 1 tsp salt and stir until dissolved.
4. Blend in the flour using a fork. When the dough begins to pull away from the bowl, lay it out on a hard surface and knead till smooth.
5. Cut the dough into pieces... about the size of the palm of your hand.
6. Roll each piece into "ropes" by hand, then twist into pretzel shapes.
7. Place the pretzels on baking stones (or lightly greased cookie sheets)
8. Brush each pretzel with the beaten egg and sprinkle with salt.
9. Bake at 425 F for 12 to 15 minutes (or until golden brown).