

ANCIENT EINKORN AND EMMER MATZA

AND

MY GREAT GRANDMOTHER RIFKAW'S MATZA BALL SOUP

While I am not religious in any way making matza is certainly a spiritual act for me. And by spiritual I mean that it gives me a sense of interconnectedness with existence. A break from the day to day duality of human life into the transcendence of oneness. The fact that these type of breads have been prepared for thousands of years and have symbolically represented both the exodus from slavery and the body of god in in the judeao christian culture makes it an act that connects us to so many generations of our ancestors in such a profound way. Not even salt. Just flour and water. Any type of wheat you use will work but each will bring it's unique favor and texture. It is a great way to really become equainted with the properties of any wheat as there is nothing to complicate the matter. Once the wwater is baked out all you have left is the toasted wheat. While typically Matza is mostly eaten at passover or as small wafers in communion rituals, matza ball soup is always a weclome treat and provides it's own sense of connection and place in our lives. Kind



Matza

Makes about 6, 8inch matzas

Ingredients:

14 ounces flour
1 cup water

Directions:

1. Pre heat your oven to 450 degrees
2. Mix your dough and allow to rest for 5-10 minutes
3. Portion your dough into 5 or 6 rounds. I like to use a 1/3 cup scoop to portion nice rounds easily.
4. Prepare several sheet pans with parchment paper paper or silicone baking mats. If you don't have these you can just dust your sheet pans heavily with flour.(that's what we actually did for this shoot)
5. Take your rounds dough portions and roll them into rounds using plenty of flour for dusting both sides so they don't stick. Ancient wheats make a stickier dough than modern wheat so use extra flour in that case.
6. Before they are all the way rolled out and can still be moved place them on your parchment or silicone lined baking trays.
7. Do any final rolling to get them even and thin and load into the oven.

Matza can be made with any type of wheat, barley, rye, and oats although wheat is most common. The matza of biblical description would have been made most..... Bread was used as both a plate and as an eating utensil.

Emmer makes both a darker colored flour and resulting matza(above Einkorn on left and emmer on right). Also the emmer was steamed during the baked and the einkorn was not giving the emmer matza a sheen while the einkorn ones have a more flour dusted look without the steam during the bake.

