



St Edmundsbury  
Cathedral

## Stepping into Lent

A mix of 40 learning activities, reflections, stories and music for children, families and young people to take us through Lent to Easter Day.

On Shrove Tuesday we ate all of our 'rich' ingredients (butter, eggs and milk) ready for our 'Lenten Fast'... today we're making a very simple bread dough with basic ingredients. It is best baked and eaten on the same day so why not make some to share with others?

## Ingredients

### For the dough

- 360ml / 1½ cups warm water
- 8g dried yeast
- 1 tbsp sugar
- 1 tsp salt
- 360g-400g 3¾-4 cups plain flour

### You will also need

- 125ml / 1 cup water
- 1 tbsp bicarbonate of soda
- oil or butter to grease the baking sheet
- rock salt or cinnamon sugar is optional

## Method

- Heat the oven to 220°C (220°C fan)
- Line a baking sheet with silicone paper or baking parchment: lightly grease with oil or butter
- Dissolve the yeast in the warm water then add the sugar and the salt. Mix.
- In a large bowl slowly mix together the yeast mixture with the flour to form a dough. Add the flour a little at a time – you may not need to use it all to make a smooth dough that is no longer sticky – once it bounces back when you poke it with your finger it is ready to knead.
- Knead the dough for about three minutes. Cut into about 8 pieces ready to shape.
- Roll each of the pieces into a sausage/rope shape approximately 30cm long and shape into a pretzel form before placing onto the baking sheet.
- Mix together the bicarbonate of soda and water and brush this mixture onto the top of each pretzel. You might choose to sprinkle with rock salt or cinnamon sugar.
- Bake for 14 minutes or until the top is golden brown.
- Cool on a wire tray and eat on the same day served with soup or cheese, as a filled roll or perhaps split and spread with a little butter and jam!

## Did you know?

Legend and tradition teaches us that Italian monks would make these 'little rewards' for children who had learned to say their prayers. The twist and crossed over centre of the pretzel shape is a reminder that instead of hands together, people in the middle ages would often pray with their arms crossed over their chests and their hands resting on their shoulders.

There are lots of Bible stories that refer to bread.

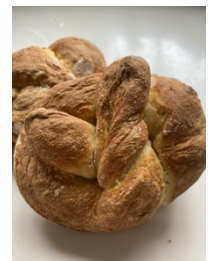
Can you think of any?

- Sarah made bread to feed three visitors (Gen. 18)
- Manna for the Israelites in the wilderness (Ex. 16)
- Jesus tempted to turn stones into bread (Matt. 4)
- Jesus fed people with loaves & fish (Matt. 14, Mk. 6)
- Jesus says 'I am the bread of life' (Jn. 6)
- Jesus took bread, broke it & gave it to the disciples at The Last Supper (Matt. 26, Mk. 14, Lk. 22, 1 Cor. 11)



This is what the internet pictures said my pretzels would look like... three clear spaces... the pretzel story suggests this reminds us of the Father, Son and Holy Spirit.

I quite like these pretzels... the holes all closed up in the cooking to reveal the Trinity as 'One God'... Father, Son and Holy Spirit.



Do tag us in the pictures of your pretzels when you post them on social media!

And maybe you'll be inspired to look up some other Lent or Easter bread-based recipes... as well as Peace Doves from Germany on Palm Sunday there are Hot Cross Buns to look forward to on Good Friday and of course, taking time to perfect prayer pretzels!

Happy Baking! And happy eating!