

Leavening Agents to Remove from the Home

A **leavening agent** (sometimes just called **leavening** or **leaven**) is a substance used in doughs and batters that causes them to rise.

During the Feast of Unleavened Bread, אַיָאֵל Elohim commands that no leavening be eaten or found on our premises for seven days, Shemoth 12:19-20. Below are leavening agents found in a variety of foods that must be used up or removed by the Feast of Unleavened Bread.



Incidentally, it is not acceptable to remove leavening from your property if you just bring it back once the Feast is over. The spiritual lesson is to remove “leavening” entirely from our lives.

Commonly used leavening agents include:

- yeasts, including:
 - baker’s yeast
 - active dried yeast
 - baking powder
 - baking soda



- cream of tartar (potassium bitartrate)
- sourdough
- ammonium carbonate
- ammonium bicarbonate
- potassium carbonate
- potassium bicarbonate
- dipotassium carbonate

Leavening agents are also in:

- Preparation H (yeast)
- Cat and dog foods with yeast
- Toothpastes with baking soda

False Leaven

Below are foods or ingredients not leavened, although sometimes mistaken for leavening or leavened food. They pose no problem for the Feast of Unleavened Bread:

- Puffed cereals
- Brewer’s yeast
- Yeast extract, autolyzed yeast extract
- Soda pop

More recipes for the Feast of Unleavened Bread are found at www.yrm.org/unleavened_bread_recipes.htm

This Article is from www.yrm.org

Whole Wheat Flat Bread

submitted by Russ Thain
2 cups whole-wheat bread flour
1/2 cup white cornmeal
1/2 teaspoon salt
4 tablespoons butter
2/3 cup warm water

Sift flour, measure, then sift again with cornmeal and salt. Cut in butter and mix until crumbly. Stir in the warm water and chill. Roll chilled dough into balls the size of marbles.

Roll out into paper-thin rounds about 4 inches in diameter. Bake on an ungreased cookie sheet at 375 degrees Fahrenheit for 5 minutes or until very lightly browned. Cool and store in a tightly covered can. This dough may be wrapped in waxed paper and kept in the refrigerator to be baked as needed.