

# Children make matzah to learn about Passover

By Keely Wyponik  
staff writer

Making matzah, unleavened bread, is an 18-minute marathon that involves mixing water and flour, kneading, punching and rolling the dough, pricking it with a fork, and baking it at a very high temperature. Speed is essential to prevent the dough from rising.

It's serious child's play that introduces children to the Jewish Passover season, which commemorates the exodus of the Jewish people from Egyptian slavery to freedom.

IN THEIR haste to leave Egypt, the Israelites did not have enough time to let their dough for bread-baking rise. To this day, unleavened bread is eaten during the eight days of Passover. This year it will be observed from sundown on Friday, April 17, through sundown, Saturday April 25.

The Hebrew word for matzah is "shmurah" which means watched. "The flour used to make Shmurah matzah is watched from the moment the wheat is cut in the field to when it comes out of the oven," said David Parker, who manned the oven at the Matzah Factory at the Jewish Community Center in West Bloomfield on April 8.

"The rolling pins are sanded after the dough is rolled to protect the flour from any contact with water. Water would cause the dough to rise and disqualify its use on Passover."

"Shmurah" matzah is a darker, coarser matzah than the kind packaged year-round.

For the last eight years, the West Bloomfield Jewish Community Center has set up a Matzah Factory the week before Passover, to introduce children and their families to this tradition.

"The kids really get a kick out of it," said Amy Rosenberg, who runs the children's Discovery Room at the Center, and the Matzah Factory.

Co-sponsored by the Jewish Community Center of Metropolitan Detroit and Bais Chabad groups of West Bloomfield and Farmington Hills, the factory was in operation April 5-12.

Visitors received a baker's hat, a piece of matzah, and pamphlet describing the celebration of Passover. "It's a way to spread Jewishness all around," said Mann. "It's wonderful to be a part of it," added Simmonds. Vistors received a baker's hat, a piece of matzah, and pamphlet describing the celebration of Passover.

WITH HELP from the students, the children measured flour, added water, punched the dough, pricked it and rolled it. Students carried the matzahs outside on wooden dollies to an oven for baking. Children sang the wooden rolling pins when they were through rolling.

When the matzahs were done, the children got to taste the finished product.

Here's a recipe from "My Mother's Kitchen" by Mimi Sheraton, (HarperCollins, 1979)

**MATZAHIS**  
2 cups unbleached flour, more if needed  
1/2 to 3/4 cup cold water, as needed

Preheat oven to 500 degrees. Place the flour on a board or in a wide mixing bowl and make a mound with a well in the center. Pour in 1 1/2 cup water and begin to stir in the flour gradually, using your fingertips or a fork. Add more water as needed until all the flour is mixed in and you have a soft pliable dough that is just barely sticky.

Divide the dough in quarters. On a floured board, knead each portion of dough 8 or 10 times, working in a little flour if it is too sticky to be rolled. Clean the board of all dough scraps, re-flour, and with a floured rolling pin roll the dough into a circle about 7 inches in diameter and a little less than 1/4-inch thick. Pierce the surface all over with the tines of a fork, being sure you pierce through the bottom of the dough. This will keep the matzah from buckling while it bakes.

If you have enough room in your oven or on your baking sheets, you can bake all the matzahs at once. In that case, roll out all the dough and do so. Otherwise, bake them one or two at a time, but do not roll out the remaining dough until you are ready to bake it.



JEFFREY ZOLTINSKY/STAFF PHOTOGRAPHER

Nancy Vardy and Coby Vardy, 2, of Southfield Bloomfield Hills put his finished matzah on a roll dough to make matzah at the Jewish Community Center-Chabad Matzah Factory, outside. Shneur Keselman helps Aaron Rapp, 2 1/2, of

Wooden rollers that will be carried to the oven outside.

remaining dough until you are ready to bake it. Lift the pierced dough over a rolling pin and turn onto ungreased baking sheet or tiles. Bake for about 10

minutes. When the matzah curls, looks very dry, and shows some golden-brown patches and edges, turn and bake the second side for 5 to 8 minutes, or until it, too, is golden

brown. Some very dark edges are desirable, for they add special flavor. Remove from the oven and cool on rack. Yield: 4 seven-inch matzahs.

# Sun-dried tomatoes add flavor to baked chicken

AP — Cookbook author Francine Prince, author of "Francine Prince's New Jewish Cuisine," says the idea for Baked Chicken with Sun-Dried Tomatoes came to her when she received a package of unsalted sun-dried tomatoes from a friend in Israel.

Sun-dried tomatoes give a burgundy hue to the chicken as it bakes. Unsalted sun-dried tomatoes also bestow a certain "pungency" that salted sun-dried tomatoes lack, Prince says. Unsalted sun-dried tomatoes are available in health food stores and in some supermarkets.

## BAKED CHICKEN WITH SUN-DRIED TOMATOES

- 2 ounces unsalted sun-dried tomatoes
- 3 1/2- to 4-pound broiling chicken or 4 legs or thighs (about 2 pounds)
- 1 cup unseasoned pineapple juice
- 3 tablespoons potato starch
- 1/2 teaspoon allspice
- 1/2 teaspoon ground sage
- 1/2 teaspoon ground coriander
- 1/2 teaspoon celery seed
- 1 1/2 tablespoons Italian olive oil
- 1/2 cup minced onion
- 2 teaspoons minced garlic
- 1/2 cup kosher dry white wine

- 1 teaspoon unsalted prepared Dijon mustard
- 1 tablespoon minced parsley
- 1/2 pound snow-white fresh mushrooms, ends trimmed
- 1/4 teaspoon salt
- 1/4 teaspoon sugar
- Mixed fresh basil or parsley
- Washed and sliced

Place in a small bowl. Pour enough boiling water over them to cover. Let stand for 10 minutes. Drain in a colander and cut into small pieces. Set aside.

Wash chicken under hot running water, dry with paper towels. Prick all over with a sharp-pronged fork. Place in a large bowl. Pour pineapple juice over chicken, turning sever-

al times to coat. Let stand at room temperature for 30 minutes, or cover and refrigerate for several hours.

Preheat oven to 325 degrees F. Combine potato starch, allspice, sage, coriander and celery seed in a cup. Spread half across a sheet of waxed paper. Drain chicken, reserving pineapple juice. Drain on paper towels. Place chicken atop dry mixture, sprinkle remaining mixture over chicken, pressing to adhere.

Using a large, well-seasoned iron skillet, heat 1 tablespoon of the oil until hot. Spread onion and garlic across the skillet. Over medium heat, cook 1 minute without stirring.

Arrange coated chicken on onion and garlic and brown lightly on both sides, about 6 to 7 minutes, adding remaining oil after turning once. Pour wine into a measuring cup; add mustard and blend with a fork. Pour around the sides of the skillet. Cook without stirring for 30 seconds. Add reserved pineapple juice, tomatoes and the 1/2 teaspoon parsley. Turn chicken several times to coat. Bring to a boil on top of the stove. Reduce heat to simmering, cover tightly, and cook for 5 minutes. Place in the center section of the oven, bake at 325 degrees F for 30 minutes.

**PRICES GOOD APRIL 14th THRU APRIL 20th**

# Fresh Approach

**35243 GRAND RIVER FARMINGTON • PHONE 642-2160**  
IN THE DRAKESHIRE PLAZA ACROSS FROM BOB SAKS

**QUALITY MEATS • PRODUCE • DELI**

**STORE HOURS**  
MON-SAT 9 to 8  
SUN 10 to 5

None Sold to Dealers or Minors  
Rights Reserved To Limit Quantities

DRAKER RD.

1-275

1-696

GRAND RIVER

FRESH APPROACH

FARMINGTON RD.

**\* WE WELCOME SPECIAL MEAT ORDERS \***

**ARMOUR "ALL NATURAL" FRESH HEN TURKEYS**

PLAIN OR STUFFED WITH OUR OWN SEASONED SAGE DRESSING.

10 TO 13-lb. AVG.

**88¢** lb.

**U.S. NO. "1" LOUISIANA KILN-DRIED YAMS**

**29¢** lb.

**CALIFORNIA NAVEL ORANGES**

SMALL SIZE

**99¢** DOZEN

**FRESH SNOWHITE CAULIFLOWER**

**88¢**

**FRESH JUICY PEARS**

YOUR CHOICE BARTLET • D'ANJOU • BOSEC

**79¢**

**FRESH BONELESS SKINLESS CHICKEN BREASTS**

3-lb. & UP

**\$2.49** lb.

**ORDER YOUR EASTER HAM EARLY!**

24-HOUR NOTICE PLEASE

**DEARBORN SPIRAL SLICED HAM \$2.99**

WHOLE OR HALF 10-lb.

"The Best in Town!"

**OUR OWN HOMEMADE GLAZED BONELESS SLICED HAMS**

3-lb. & UP

**\$1.99** lb.

WE TAKE A LEAN PREMIUM BONELESS FLAT HAM SLICE AND THE AND THEN GLAZE WITH OUR OWN COOKED BROWN SUGAR GLAZE.

**ATLANTIC SALMON SALE!**

DIRECT FROM FOLEY'S OF BOSTON

• STEAKS • FILLETS

**\$5.88 \$8.88** lb.

**BLUE RIBBON PREMIUM BONELESS WHOLE HAMS**

8 TO 10-lb. AVG.

**\$1.66** lb.

• HALVES 1.76 lb.

**U.S. NO. "1" MICHIGAN POTATOES**

10-lb. BAG

**79¢**