



A Global Table of GRACE

Bread Recipes from
Around the World



Global Ministries

Christian Church (Disciples of Christ)
and the United Church of Christ



Caribbean Style Banana Bread

The fruits found in the warm Caribbean countries are used in this bread. This sweet, flavorful loaf can be served for breakfast or snacks.

Ingredients

- ½ cup butter
- ½ cup packed brown sugar
- 1 egg, well beaten at room temperature
- ¼ cup Jamaican rum
- 1 teaspoon Jamaican rum
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour, unsifted
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¾ teaspoon grated nutmeg
- 1 ¼ cups mashed very ripe bananas
- ½ cup coarsely chopped walnuts
- ½ cup white seedless raisins (optional)
- ½ cup fresh shredded coconut (optional)

Instructions

Preheat the oven to 350°F. Cream the butter and sugar together. Beat in the egg until light and fluffy. Stir in the rum and vanilla. Sift all the dry ingredients together. Add the dry ingredients to the butter-sugar mixture, alternating with the mashed bananas, mixing well after each addition. Fold in the nuts and either coconut or raisins as desired. Pour into a well-buttered and floured loaf pan and spread the batter evenly.

Bake at 350°F for about 1 hour and 15 minutes, until the bread shrinks from the sides of the pan and a straw inserted in the center comes out clean. Cool for about 30 minutes in the pan, then unmold and completely cool on a rack. Wrap tightly in plastic wrap or waxed paper and foil. Serve at room temperature.



Pita Bread

Palestine

Pita Bread is a staple throughout the Middle East, where people fill it to eat as sandwiches or break off bits of the thin crust to spoon up other food.

Ingredients

- 1 cup warm water
- 2 ¼ teaspoons instant yeast (1 packet)*
- 1 teaspoon granulated sugar
- 1 teaspoon fine sea salt
- 1 Tablespoon olive oil
- 2 ¼ cups all-purpose flour



Instructions

Make the dough by mixing water, yeast, sugar, salt, olive oil, and 1 cup of flour together. Add more flour, a little at a time, until the dough comes together but is still a little sticky. Flour your hands and knead it in the bowl for a minute or so until it's smooth. The dough should be very soft and not overly sticky.

Place dough in a well-greased bowl, cover, and rest for 40 minutes (or refrigerate until ready to use). Divide dough into 8 equal pieces. Roll out each piece into a very thin circle.

Heat a griddle or large skillet over medium high heat. Once the pan is hot, lightly grease the pan with oil and lay pitas flat. Cook for 2 minutes, or until lightly golden on the bottom. Flip and cook for another minute or so, then remove from heat and place inside a clean, dry kitchen towel to keep warm while you cook remaining pitas.

Store leftover cooked pitas in an airtight container at room temp for 2-3 days, in the fridge for 5 days, or freeze.

Mahamri

Swahili Buns from Kenya

Mahamri, from Kenya, is a staple bread of the Swahili people. Some make it every morning for breakfast. It can be eaten warm or cold, with butter or alone.

Ingredients

- $\frac{1}{4}$ cup of sugar
- $1\frac{1}{2}$ cups of coconut milk
- 2 cups of all-purpose flour
- 1 teaspoon of yeast diluted in a little warm water
- 1 teaspoon of freshly ground cardamom
- Oil for deep frying



Instructions

Thoroughly knead the flour, sugar, sugar, cardamom, seeds, coconut milk, and yeast solution to form a dough. Knead until smooth and blistered.

Divide into 8 balls. Roll each ball into a 6" circle. Cut the circles into quarters. Put well apart on a floured board or parchment paper and keep warm for about 2 hours or until the dough has risen and become light.

Deep fry on both sides until a light golden brown.

Chapati/Roti

Indian Flat Bread

Chapati are made in varying sizes and thicknesses in South Asia and East Africa. Pieces of Chapati are used instead of utensils to scoop up curry dishes or chutney.

Ingredients

- 2 cups whole wheat flour (you may substitute $\frac{1}{2}$ of the wheat flour with white flour)
- 2 Tablespoons vegetable oil
- pinch of salt
- $\frac{1}{2}$ cup (or more) lukewarm water



Instructions

Combine flour, margarine, and salt. Gradually add oil and lukewarm water. Mix until a soft, elastic dough forms and add more water, if needed. Knead on a lightly floured surface until the dough is soft. Cover with a damp cloth and let rest for 1 hour. Divide the dough into 10 pieces. On a floured surface, roll each piece into a 4-inch circle, $\frac{1}{4}$ inch thick. Cook each Chapati in a lightly greased fry pan on medium heat until it starts to bubble on the bottom, about 30 seconds. Turn, fry on the other side, and remove. Stack in a tea towel to keep warm.

Dai Bao

Chinese Steamed Buns



Translated to “Big Bun,” Dai Bao is a large version of the typical Chinese steamed bun. This dough is used with a variety of fillings, both savory and sweet. Search the internet for filling ideas, there are dozens!

Ingredients

- 2 ½ cups plain flour
- 3 ½ teaspoons baking powder
- 3 tablespoons caster sugar (caster sugar is super fine)
- 2 tablespoons softened shortening
- About ½ cup lukewarm water
- ½ teaspoon white vinegar

Instructions

Sift flour and baking powder into a bowl, stir in sugar, and rub in shortening with fingertips until evenly distributed. Add water and vinegar, mix, and knead to a fairly soft dough. Shape into a smooth ball, cover, and rest the dough for 30 minutes.

To make buns, divide the dough into 8 or 10 portions and mold each into a smooth ball. Roll out on a very lightly floured board to a circle about 4 inches across. Put a heaped teaspoonful of filling in the center of the circle and gather edges together, folding and pleating to make a neat joint. Twist the dough to seal. Put each bun, join downwards, on a square of parchment paper and lightly brush with sesame oil.

Put in steamer, cover, and steam for 20 minutes. Serve warm. The cooked buns can be refrigerated overnight and reheated by steaming for 3 minutes before serving.

Pan Amasado

Traditional Chilean Bread

Ingredients

- About 2 $\frac{3}{4}$ cups flour (400 gr.)
- 1 package yeast dissolved in $\frac{1}{4}$ cup warm water with 1 teaspoon sugar
- 1 teaspoon salt
- 2 tablespoons melted butter
- About 1 cup warm water (enough to make a soft dough)

Instructions

Preheat oven to 350°F. Dissolve yeast in warm water with sugar. Mix flour and salt in a large bowl; make a well in the flour. Pour the other ingredients into the well and mix to form a soft dough. Cover and let rise in a warm place for 2 $\frac{1}{2}$ to 3 hours or until light and double in bulk. Knead lightly on a floured board, shape into a loaf, and place in a greased bread pan 8"x4" or 9"x5". Prick the top with a fork in several places and bake 45 to 60 minutes at 350°F. (For a lighter texture, let rise in the pan for about $\frac{1}{2}$ hour before baking.)

Pan Amasado is a type of Chilean bread that is soft and doughy inside with a flaky crust, made from flour, salt, yeast, and shortening or butter. The name "Pan Amasado" literally translates to "kneaded bread."



Challah

Traditional Jewish Bread

Challah is an enriched, braided egg bread traditionally eaten by Jews on the Sabbath and holidays. It is a staple of Jewish religious tradition.

Ingredients

- 1 package active dry yeast
- 1 cup warm water
- 2 tablespoons honey
- 1 teaspoon salt
- 3 beaten eggs
- 3 ½ cups all-purpose flour, plus more for kneading
- 1 beaten egg yolk, or more if needed



Place water and yeast in a large bowl; let the mixture stand until a creamy layer forms on top, about 10 minutes. Stir in honey and salt until dissolved, and add beaten eggs. Mix in flour, a cupful at a time, until the dough is sticky. Sprinkle dough with flour, and knead until smooth and elastic, about 5 minutes. Form dough into a compact round shape, and place in an oiled bowl. Turn dough over several times in the bowl to oil the surface of the dough, cover the bowl with a damp cloth, and let rise in a warm area until doubled in size, 45 minutes to 1 hour.

Preheat the oven to 350°F. Working on a floured surface, roll small dough pieces into ropes about the thickness of your thumb and about 12 inches long. Ropes should be fatter in the middle and thinner at the ends. Pinch 3 ropes together at the top and braid them. Continue until the loaf is braided, then pinch the ends together and fold them underneath. Place braided loaf on a baking sheet lined with parchment paper and brush the top with beaten egg yolk. Bake challah in the preheated oven until the top browns to a rich golden color and the loaf sounds hollow when you tap it with a spoon, 30 to 35 minutes. Cool on a wire rack before slicing.

Diphaphata

Botswana

From Botswana, Diphaphata (stove top muffins) are most often made with yeast, but this simple baking powder version is also common, producing a tasty, round bread similar to (but heavier than) an English muffin.

Ingredients

- 4 cups flour
- 2 teaspoons sugar
- 4 teaspoons baking powder
- Pinch of salt
- 1 cup milk or water

Instructions

Stir together ingredients. Knead to rolling consistency on a floured board. Flatten with hands or a rolling pin. Cut into 3-4" circles. Place a heavy frypan over low heat. Sprinkle with a little flour or spray with vegetable spray to keep the bread from sticking. Place the bread circles in the pan and brown both sides, about 10 minutes per side. Serve immediately.



Pandesal

Philippines

Pandesal is a classic Filipino bread roll that is particularly eaten for breakfast. It is soft and airy and slightly sweet. Normally eaten as a sandwich with one's favorite filling.

Ingredients

- 3 cups all-purpose flour
- $\frac{1}{4}$ cup sugar
- 1 teaspoon salt
- 1 cup milk - lukewarm
- 1 egg
- 2 tablespoon butter - melted (or margarine)
- 1 $\frac{1}{2}$ teaspoon instant dry yeast
- $\frac{1}{4}$ cup breadcrumbs

Instructions

In a big bowl, mix together flour, sugar, and salt. Pour in milk, beaten egg, and melted butter. Mix several times until well blended. The milk should be mildly warm and not hot. Add the instant dry yeast and fold until a sticky dough forms. Tip the dough onto a floured surface and knead until it becomes smooth and elastic, about 5-10 minutes. Form the dough into a ball and lightly coat with oil. Place it in a bowl, cover with a kitchen towel or plastic wrap, and place it in a warm area until it doubles in size. Depending how warm it is, could take 30 minutes to an hour.

Punch down the dough and divide into 2 equal parts using a knife or dough slicer. Roll each into a log. Cut each log into 6 smaller pieces. Shape each piece into a ball and roll it in breadcrumbs, completely covering all sides. Arrange the pieces on a baking sheet leaving some gaps in between (at least an inch). Leave them to rise second time until double in size.

While waiting, preheat oven 370°F. Bake the Pandesal for 15 minutes or until the sides are a bit browned. Remove from oven and serve while hot!



Pão de Queijo

Brazilian Cheese Bread

Pão de Queijo is a popular Brazilian cheese bread eaten for breakfast or snacks. It is naturally gluten-free.

Ingredients

- 1 large egg, room temperature
- 1/3 cup extra virgin olive oil, plus more for greasing the pan
- 2/3 cup milk
- 1 1/2 cups tapioca flour
- 1/2 cup packed grated or crumbled cheese, your preference
- 1 teaspoon salt (or more to taste)

Instructions

Preheat the oven to 400°F. Spread a small amount of olive oil in the wells of a non-stick mini muffin tin. Put all of the ingredients into a blender and pulse until smooth. You may need to use a spatula to scrape down the sides of the blender so that everything gets blended well.

Pour the batter into the prepared mini muffin tin, not quite to the top; leave about 1/8 inch from the top. Bake at 400°F in the oven for 15-20 minutes until all puffy and nicely browned.

Remove from the oven and let cool on a rack for a few minutes. Eat while warm or at room temperature.



Sopaipilla

Mexico



A sopaipilla is a fried pastry and a type of quick bread served in several regions with Spanish heritage in the Americas.

Instructions

Stir together flour, shortening, baking powder, and salt in a large bowl. Stir in water; mix until dough is smooth. Cover and let stand for 20 minutes.

Heat oil in a deep fryer to 375°F. Roll dough out on a floured board until 1/8- to 1/4-inch thick. Cut into 3-inch squares.

Fry dough squares in the preheated oil until golden brown on both sides.

Drain on paper towels. Drizzle with honey or dust with powdered sugar or cinamon sugar. Best if served hot.

Ingredients

- 4 cups all-purpose flour
- 4 tablespoons shortening
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 ½ cups warm water
- 2 quarts oil for frying
- Honey, powdered sugar, or cinnamon-sugar to taste