

Baking bread – and food for thought

There's nothing quite like the smell of bread fresh from the oven! But bread is also a powerful symbol in the gospels. In fact, Jesus said, "I am the bread of life".

There's enough food to feed everyone in the world, but it is not fairly shared.

CAFOD is working for this to change. So join in by making some bread, sharing it, and inviting those who eat it to chat, using some of the food for thought ideas below. Because the more aware we are of the hungry world, the more likely we are to do something about it!

Baking bread

For one loaf of soda bread:

- 450g plain flour
- Half teaspoon cream of tartar
- 1 teaspoon salt
- Half teaspoon bicarbonate of soda
- 350ml milk
- Flour to sprinkle

Pre-heat the oven to 220C, 425F, gas mark 7.

Grease a baking tray.

Sift flour, cream of tartar, salt and bicarbonate of soda into a bowl.

Add the milk. Mix to a smooth dough.

Knead gently on a lightly floured surface, then shape into circular loaf.

Place on the baking tray and mark the top deeply into four sections.

Sprinkle with flour.

Bake for 35 mins. Allow to cool. Share!*



Photo by Krzysztof (Kriss) Szurkiewicz from FreeImages

Food for thought

- How did it feel making something that many just buy off the shelf?
- How did you feel taking it out of the oven?
- How does it feel sharing the loaf with others afterwards? Did you appreciate eating and sharing the bread more because you'd made it?
- Did it make you think about other food we eat daily and where it comes from?
- During the coronavirus pandemic did you experience scarcity of bread or flour? How did that feel?
- Many people who make and eat bread around the world are experiencing very high costs for their ingredients. Why do you think this is? What could this mean for them?
- Why do you think Jesus used the symbol of bread?
- What can you do to help people around the world who are hungry?

** Remember to check for food allergies*