

PPLD Young Adult Services Tutorial:

Lembas Bread

Description:

In this video, you will learn how to make Lembas Bread from Lord of the Rings . One bite will satisfy a man for a day!

Supplies:

- 1 bowl
- 1 spoon
- Cookie sheet
- Parchment paper
- Mixer OR Stand Mixer Or Pastry Cutter
- 1 cup all purpose flour
- 1 cup whole wheat flour
- ½ Cup Almond Flour
- 1 tablespoon of Baking Powder
- ¼ teaspoon salt
- ½ cup butter
- ⅓ cup sugar
- ¼ teaspoon cinnamon
- ⅔ cup milk
- ¼ cup honey
- 1 teaspoon vanilla extract

Link to Video Tutorial:

<https://youtu.be/VcTqeEPrc3s>

Instructions:

1. Wash your hands.
2. Mix flour, baking powder, and salt in a large bowl. Add butter and mix until fine granules
3. Add sugar and cinnamon and mix thoroughly
4. Add milk, honey, and vanilla and mix thoroughly. Cover bowl or wrap dough. Refrigerate for a minimum of one half hour.
5. Preheat oven to 425°F. On a floured surface, roll dough into ¼ inch thickness. Using a knife, cut square shapes from the rolled dough.
6. Gently press knife edge into dough so that it forms two triangles. This will help it break!
7. Bake in oven for 10-12 minutes, until bread is golden brown.
8. Enjoy!

Additional Recipes can be found at:

<http://vomitingchicken.com/elven-lembas-bread-recipe/>

<https://www.hungryforever.com/recipe/lord-of-the-rings-lembas-bread-recipe/>

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