

## FAMILY RESOURCES

# WORLD BREADS

**THE GOSPEL READING FOR THIS WEEK IS Matthew 20: 20-28**

**John 6: 1-21**

### *This week's theme*

This week's theme is 'world breads'. We consider how important bread was and still is, to those in developing countries now and in Jesus' time.

### *Core extract from the Gospel (John 6: 10-11; for reflection throughout the week)*

Jesus said, 'Make the people sit down.'  
Now there was a great deal of grass in the place;  
so they sat down, about five thousand in all.  
Then Jesus took the loaves,  
and when he had given thanks,  
he distributed them to those who were seated;  
so also the fish, as much as they wanted.

### *Gospel prayer (for use throughout the week)*

Lord Jesus Christ,  
you fed the five thousand people  
with five loaves and two fish.  
Have pity on those who go hungry,  
that the food of the world  
may be shared more fairly;  
for you are the bread of life.  
Amen.



## First Sunday of Lent (Year B) Sunday 21 February 2021

### *Things to think about*

- Do you have a favourite kind of bread?
- Have you ever made bread yourself?
- Make a list of as many breads as you can think of.

### *Things to do*

- Make a sandwich using a favourite bread and filling.
- Look in the shops, bakeries and supermarkets and see how many different types of bread there are. Do you know which countries they all come from? Why not try an unusual bread that you have never eaten before?
- Homemade Focaccia.

You will need: 500g strong bread flour, 7g dried fast acting yeast, 2tsp fine salt, 5 tbsp olive oil plus extra for the tin, 1 tsp flaky sea salt, 350-400ml lukewarm water, sprigs of rosemary



Put the flour into a large mixing bowl. Add the yeast to one side of the flour and the fine salt to the other. This will prevent the salt killing the yeast. Now mix it all together.

Make a well in the centre of the flour and add 2tbsp of oil and as much of the water as you need to make a sticky dough.



Tip the dough onto a floured work surface and knead for 5 – 10 mins until it is soft and less sticky. Place the dough into a clean bowl, cover with a tea-towel and leave to prove for 1 hour.

Oil a rectangular, shallow tin. Tip the dough onto a floured work top and stretch to fill the tin. Cover with a tea towel and leave to prove for another 35-45 minutes



Heat the oven to 220C/200C fan/gas 7. Use your fingers to make dimples in the dough. Mix together 1½ tbsp olive oil, 1 tbsp water and the flaky salt and drizzle over the bread. Push sprigs of rosemary into the dimples in the dough.



Bake for 20 mins until golden. Whilst the bread is still hot, drizzle over 1-2 tbsp olive oil. Cut into squares and serve warm or cold with extra olive oil, if you like.

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Why not share your creations with us? We would love to see what you have been up to!  
Please email any photos to [education@liverpoolcathedral.org.uk](mailto:education@liverpoolcathedral.org.uk) or tag @LivCathedral on social media.