

Transcript of Young Church activity for Maundy Thursday 2020

Today is Maundy Thursday and that's a very special day for the church because that's the day that Jesus had a very special last supper with his disciples. And at the supper he blessed bread and he blessed wine and he told the disciples that they should think of the bread as his body and the wine as his blood. And every time they had a special meal they also should bless the bread and they should remember what he did that night.

Because of that we think about bread really really hard today and so today we're going to make some bread today. We're going to make a kind of bread that is called flat bread or unleavened bread because that's the kind of bread we think Jesus had that very very special night.

You may say to me well that is very odd I've had ordinary bread lots and lots of times but I've never had unleavened bread but you have - at least, I'm prepared to bet you have, because I think most of you at some point will have had a wrap won't you and if you haven't had a wrap you'll have seen grown-ups eating them. Or perhaps you may have had a chapatti or you may have had a tortilla or you may have had a Dorito. All of those are forms of unleavened bread and today I'm going to show you how to make chapatti.

What I have got here today is a hundred and fifty grams of flour with a pinch of salt already added to it and we're going to put most of that into this bowl just leaving a tiny bit behind for dusting the board. Then we are going to add a teaspoon of oil - it could be olive oil or it can be ordinary cooking oil this is in fact just ordinary cooking oil. I'm going to mix that into it. That stops the bread, the chapatti, from becoming too hard and brittle. Not that it really much as if it does. And here I have got six ordinary dessert spoons of warm water the kind of water that's the right temperature for washing your hands -not hard to judge. And we're going to mix that in. We're hoping there's going to be enough water to make all of this come together but if there isn't, we'll just have to add another spoonful. I have gone and I have got another spoonful of water and I'm putting that in now. So I'm going to amend my recipe and say I think you do best not to have six spoons of water which is what the recipe said but to have seven so.

To recap we have got a hundred and fifty grams of flour seven ordinary eating spoons of warm water and a teaspoon of oil. This is a wooden chopping board

it doesn't stick quite so badly to wood and we're spreading out just the last end of the 150 grams of flour onto it and now we are kneading the flour the salt the oil. And you can see that this is very much the consistency of play-doh and you need to knead this until there are no lumps or bumps or hard bits or soft bits.

Now I've decided for a multitude of reasons to cook this at the table and so this is just my little picnic stove. It's gas stove which makes it very nice and easy for this and I'm just going to light that now so my frying pan which is as you can probably see just an ordinary frying pan don't worry that it's black it's cast iron. It's been black since the day it was first made and it will never be any other colour. It's not dirty it's just a black frying pan and it's iron all the way through.

So now we come back to the flour here and what I do is I take this is my little ball of flour minus one chapatti that I've already made. And I just take a little knob of flour off the top. Now it doesn't matter in a sense what size this is but I've got quite a small frying pan so I can't use too large a knob.

And what I do is I play with it with my hands. Now this is one time that as long as your hands are clean you can't mess things about too much. There's none of this "don't do that darling it can be heavy and it won't rise!" You can thump this stuff about as much as you like. See my hands are going round and round this ball and pulling it out. I go round in a circle because that makes a rough circle and I squish it and I squash it and I pull it out. I try very hard not to break it but yeah if you break its not the end of the world. Nothing is the end of the world with this and you've got another whole lump here if something goes dreadfully wrong with one of them you can make another and these are quite little chapatti because I know why everybody wants to eat vast quantities at chapatti. you might be having this with curry you might be having a lovely vegetable curry. I am hoping this evening I am going to have a lovely vegetable curry that's what I'm hoping. Then you put your little disc down on your board which is got a little bit of flour on it you take your rolling pin. If you haven't got a rolling pin you can use the bottle. If you fill a bottle with cold water it gives you a very good rolling pin. It's best not to have the plastic bottles but if you have to have a plastic bottle with cold water in it that will work. Trust me been there done that got a t-shirt. And you roll. You keep turning it round and over so it doesn't get sticky and you're roll really hard because you want this very

very very very thin. You can all have a go at rolling it if you get bored with rolling it get your grown-up to go on rolling it.

Squish it right out to the edges squish the middle right out to the edges and squish. This is the one thing that you cannot spoil by being what my grandmother used to call heavy-handed. My grandmother never made chapattis she made lovely pastry and you can kill pastry this way but you can't kill chapattis. There's no yeast in this. There's no baking powder. If you like you can let it get very nearly cold with a curry. You can dip it into yogurt and cucumber and mint. Or you can just stuff it in and chew it up and thoroughly enjoy it.

Now I have got this bowl. This is just a nice size for my frying pan.

I put it down.

This is just an ordinary blunt table knife it's a slightly old-fashioned kind because I'm a slightly old-fashioned person.

You pull the edges off they go back into your ball. And we're going to pause here.

That's my frying pan on my stove and it's really quite hot. It's so hot that I set off the smoke alarm.

This is oil and I'm not going to put much in - just the tiniest drip so that your chapatti doesn't stick to the pan

This is my finished chapatti. You can't quite read through it but you jolly nearly could. And it goes into the pan. You might want your grown-up to do that for you if you're little but if you're a big person or big-ish person there's no reason why you couldn't do it for yourself.

I'm turning the pan up a bit because it has ever so slightly lost the will to be lethally hot. Chapattis do need quite a hot pan. You don't want to cook them in...

Look see how the bubbles are coming up!

Oh doesn't that look exciting!

You do want your chapatti just a little bit charred. You don't want it too peely-wally.

Right and flip. See how the air is billowing up inside. It's because there's hot air trapped inside that and as you heat up the chapatti the air heats up.

You just want it cooked through you don't want too much. That's beautiful. See how you've got little brown bits and it's a little bit burnt and it's still fluffing up like mad. And that is unleavened bread and although Jesus was Jewish and he didn't eat chapatti, that as something very very like what he and his disciples ate when he took bread and broke it and told his disciples "This is my body".