

## Matzo Bread



### Makes:

8 servings

### Utensil:

Flatbread Pan

medium mixing bowl

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### Recipe:

### Contributed By:

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### Recipe Description:

Matzo is the traditional unleavened bread eaten by the Jews during the week-long Passover holiday, and particularly on the Seder in fulfillment of biblical obligation. Guarding of the matzo from the time the wheat is taken to the mill to grind, thru preparation of the matzo bread, requires many specifics to be followed to be fit for Passover. Although this recipe would not be considered suitable for Passover, it is a delicious, everyday matzo bread that can be prepared by non-kosher cooks.

2 cups  
all-purpose unbleached flour  
(250  
g)  
½ teaspoon  
natural salt  
(3  
g)  
1 tablespoon  
olive oil  
(15  
mL)  
½ cup + 2 tablespoons  
water, warm  
(150  
mL)

### Directions:

1. Place flour, salt and olive oil in mixing bowl and stir to combine.
2. Slowly pour warm water in flour mixture while mixing together until dough forms a rough ball; it will be a little bit dry.
3. Place dough on clean work surface and knead quickly until smooth; do not over mix the dough. Cover dough with clean

dish towel and let rest for 10 minutes.

4. Flatten dough ball with palm of hand and roll dough with rolling pin, flouring as needed in to eight 8-inch (20.3 cm) rounds; they should be very thin.
5. Pierce each matzo with a fork all over to prevent dough from rising while cooking.
6. Heat pan over medium heat. When several drops of water sprinkled on pan skitter and dissipate, add matzo and cook for 2 minutes until dough is covered with brown dots, turn dough over and cook for an additional 1 – 2 minutes.
7. Place matzo on cooling rack, while you cook the remainder of the dough. Matzo will continue to crisp up while cooling.

**Tips:**

- Substitute all or some of flour with whole wheat flour.
- Serve Matzo plain, spread with salted butter, dipped in chocolate, or as you would with your favorite cracker.

Nutritional Information per

▼ Serving

**Calories:** 129  
**Total Fat:** 2g  
**Saturated Fat:** 0g  
**Cholesterol:** 0mg  
**Sodium:** 147mg  
**Total** 24g  
**Carbs:**  
**Dietary Fiber:** 1g  
**Sugar:** 0g  
**Protein:** 3g