



“work is love made visible...for if you bake bread with indifference, you bake bitter bread that feeds but half man's hunger.” kahlil gibran

part one: WORK is love made visible

ingredients	supplies	directions	notes
1 ¾ cup warm water 1 packet yeast 1/3 cup brown sugar	large mixing bowl wooden spoon	DISSOLVE yeast and sugar in water in bowl LET stand five minutes	check out the little air bubbles forming...a good reminder to BREATHE.
½ cup oil 4 eggs (pre-beaten) 3 ½ teaspoon salt	small bowl fork or egg beater	COMBINE oil, eggs, and salt with the bubbly, yeasty mixture	it looks really cool if you put the oil in first!
3 ½ cups white flour, 3 ½ cups whole wheat flour	floured table/counter	ADD one cup at a time until dough springs back to the touch KNEAD 8-12 minutes until after pressing in two fingers, will not spring back	experiment with flour types and proportions! use all white flour for a treat or all spelt flour for wheat sensitivities.
<i>OTHER ingredients</i> 1 egg 2 tablespoons water toppings (sesame seeds, etc)	<i>OTHER supplies</i> small bowl fork or egg beater dish towel or plastic wrap	[EGG WASH] MIX together	You can prepare EGGWASH ahead of time and store in the refrigerator or just before you're ready to bake. Be creative with toppings!

Reflect: In what ways do you express love through your work? What do you find meaningful about your efforts?

part two: REST is in the recipe

Now's the time to take your hands away, cover with a damp towel or plastic wrap and **let the dough rest 45-90 minutes** (until doubled in size).

Then you can pat it down and **let it rest some more** (again, until doubled in size, about 45 min).

While the dough's resting, you can, too.

Reflect: What do you find to be restorative? What do you do to rest each week?

part three: PLAY with your food

PREHEAT oven to 400 F. Gently press down the dough (feels incredible!) and separate into two parts (each is a loaf). From there, separate each loaf's dough and roll into three or four strands, then braid (or make any shape you'd like!).

Take out or make an EGGWASH (see above), coat the top of the loaf, and sprinkle toppings.

BAKE for 12 minutes, reduce heat to 350 F for about 15-20 minutes

Reflect: How do you express your creativity?

deep breath baking yields two loaves of challah bread and a sense of relaxation, groundedness, and connectedness

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