

The Gift of Bread



At the Last Supper, bread was the food Jesus chose to consecrate and offer to his disciples. Bread is one of humanity's oldest foods. Here is a list of some of the countries of the world and the breads that are popular in those countries.

France - Baguette. Long, thin loaves of white bread. The French people go every day to the bakery for a fresh baguette.

Italy - Italian bread. Crusty, wide loaves of white bread. Sometimes Italians dip this bread into olive oil and seasonings.

Middle Eastern Cultures - Pita. A flat bread with little or no yeast. Sometimes pita bread is served with a dip called hummus. Pita is also used instead of a fork or spoon to scoop up stew from a common bowl.

Israel - Challah. Braided bread with a shiny crust, made with sugar and lots of eggs. This bread is eaten on the Sabbath and on other holy days.

Ireland - Irish soda bread. A round loaf of bread sweetened with raisins. This bread is often served with tea in the late afternoon.

Korea - Gyeongju. A bread made with flour and red bean paste. Red bean paste is used in many Korean snacks and desserts.

Ethiopia - Injera. A bread pancake made from a grain called teff. Teff is harvested from savanna grasses.

India - Chapati. Chewy bread rounds made in a frying pan.

Latin American Countries - Tortillas. Flat, round, thin breads made with corn or wheat. These may be baked or fried.

In each of these countries, offering bread at a meal is a sign of hospitality. While the bread nourishes our bodies, the hospitality feeds our spirits.

Invite your family to join you in making a loaf of bread. You may want to make the bread from scratch, by hand, or you may choose to use a bread machine. When your loaf of bread is ready, serve it at a meal. Talk with your family members about what makes bread a special blessing in your life.