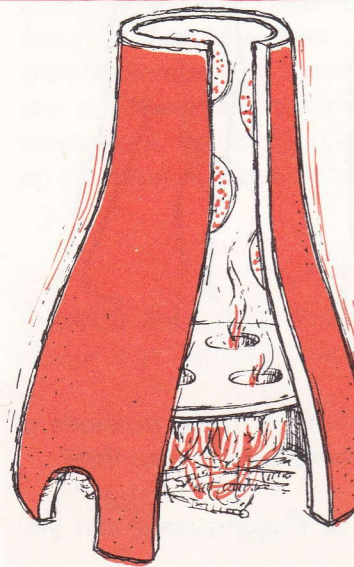


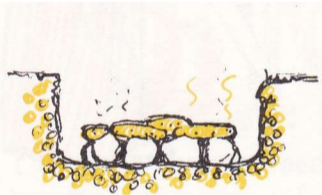
Women baked bread every day - Jewish meals were made of meat - mutton (sheep, rather than lamb!) and pigeon mostly, perhaps chicken, and for special occasions, a lamb, or even, if there were lots of people being fed, a calf - and bread. They didn't have potatoes!

Bread goes stale very quickly even today if not kept carefully, but also, if it is your only carbohydrate source, quite a lot will be needed. So you might just as well make it often.



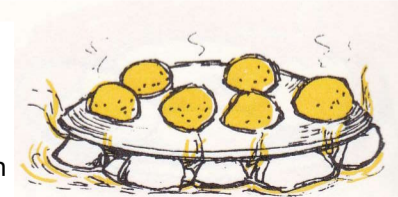
Bread could be made with or without yeast. It is quicker to make it without, and this is the sort of oven that would be used for this "unleavened" (un-yeasted) bread. This oven would be shared by a number of households, perhaps the ones closest, or around the open space where the oven was. The bread would be stuck to the sides of the oven - can you see them in the picture?

If yeast was added to the bread, it would have to be left to rise, and it would not be able to be stuck to the sides of the oven, the weight of the risen dough would pull it off.



This is a fire pit, which might be used to cook risen bread. The stones were heated by having a fire lit around them, and then, when they were hot enough, the fire and ashes would be swept out of the way, and the bread placed on the hot stones.

Sometimes a heated baking tray, like a large shield, was placed on stones around an open fire, and the bread cooked on the tray.



If a family had to make bread quickly to feed a visitor, which sort of bread do you think they would make?