**COMMUNION BREAD**

**Here is our standard recipe:**

|  |  |  |
| --- | --- | --- |
| Wet Ingredients \* 1-1/8 to 1-1/4 cup of **warm** water (about 110F; test with finger)\* 3 TB oil (light olive oil is best)\*1/4 cup molasses (great taste!) | Dry Ingredients\* 3 cups *bread* flour (not all-purpose; add 1 to 2 TB gluten if desired to decrease crumbliness of bread)\* 1/8 tsp of salt | Yeast\* 1 envelope or 2-1/4 tsp) of fast-rising yeast |

If using a bread machine, follow instructions for adding ingredients, kneading, and rising, but *take bread out before baking.*

When making bread by hand, mix wet ingredients and add the yeast. Add about 2/3 of the bread flour, mix at least 100 strokes, and set to rise in a warm place (oven that’s been turned on for 30 seconds, then off) for 20 or 30 or 40 minutes. Take out, mix again and gradually add the rest of the flour plus the salt. Knead until ready, adding additional flour as necessary.

Then, for both methods: divide dough in half. Depending on how much is in the freezer already, EITHER form into two equal balls OR into one full-size ball and four to six smaller rounds to be used for Peace Mass; pinch together the bottom of each round so they will stay flat and not open up in rising. Place on a cookie sheet (greased or with parchment paper) and let rise in a warm place another 30 minutes or so; full-size loaves would be about as big as a small cantaloupe with a flat bottom. Pre-heat oven to 350 degrees and bake for about 25 minutes (full loaves) or take out the small rounds at 18-20 minutes and let the remaining full-size loaf bake for a full 25 minutes. Check for “doneness” by tapping on the loaf. The whole process takes about three hours or a little less.

Let loaves cook on a wire rack. If one (or a bunch of the small rounds) will be frozen, put in a Ziploc-type bag and write the date baked on it. **Bring to church fifteen minutes before the service starts** (folks start to worry if there’s no communion bread and they may try to thaw out a frozen loaf if you’re late). If the silver bread bowl is already on the table at the back of the church, place it there; otherwise, take to the sacristy and give to Altar Guild. ***THANKS***!!!

 \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \*

**An alternate yeast-free, more whole-grain recipe you might want to try sometime:**

Mix together these dry ingredients thoroughly: 4 cups whole wheat flour; ½ cup white flour; 2/3 cup sugar; 2 tsp. baking powder; ½ tsp. baking soda; and ½ tsp. salt.

Add ½ cup honey and ½ cup corn oil and mix again. Then stir in 1-1/2 cups buttermilk (or the same amount of plain milk mixed with 2 TB. vinegar).

Sprinkle counter top or board with flour and knead flour into the dough until it is just dry enough to prevent a rolling pin from sticking. Using about 1/3 of the dough at a time, shape it into a ball and flatten it with the palm of your hand. Roll out with rolling pin to about ¼ inch thickness. Cut circles (using rim or lid of bowl for pattern, appx. six inches in diameter). Place circles on cookie sheet and score tops with +. Bake at 375 degrees for seven to 10 minutes. When done, remove from cookie sheet and repeat with the rest of the dough, 1/3 at a time. When completely cool, may be wrapped in moisture proof paper or Ziploc-type bag for transport or freezing (mark date baked).

For Peace Mass, make smaller rounds the size of large biscuits and wrap individually or two together. These should also take 7-10 minutes to bake but check to see if they’re getting too browned.