

Recipe for Communion Bread **Episcopal Theological Seminary of the Southwest**

Ingredients (Recipe makes several 6 inch round loaves. When baked, the ½ inch thickness will puff up to be about 1 ½ to 2 inches high in the center.)

7/8 cup lukewarm water
3 Tbs honey
1 ½ tsp of dry yeast
1 ½ Tbs olive oil
½ tsp salt
1 2/3 cups of white bread flour
1 cup whole wheat flour
1 tsp barley flour (included for sweetness and for theological reasons; see John 6:9-13)

Method

In a bowl mix all the flours.

Hint: I measure out the olive oil and set it aside. Then when you use the same spoon to measure the honey into a mixing bowl, the honey will drop off the spoon very easily.

Place honey in another mixing bowl. Add water and sprinkle the yeast onto the water. Allow the yeast to proof (usually about 20 minutes). Add the olive oil and salt and stir. Gradually stir in the flour mixture.

Turn out the mixture onto a floured board and kneed for five to ten minutes until elastic or until the dough springs back into place when poked with a finger.

Place dough in a bowl oiled lightly with olive oil. Cover bowl with a damp cloth and place in a warm place to allow the dough to rise. This usually takes about one hour (but will take longer if it is cooler outside).

Making the loaves:

Punch/press the dough down and press or roll into a ½ inch thickness on a floured board. Cut into 6 inch round loaves with a knife (I use a bowl as a pattern) and put them on a greased cookie sheet. Using a serrated knife, score the shape of a cross on the top of each loaf (make the cross extend to the edges of each loaf). “Tidy” the edges of the loaves with the side of the knife. Let rise under a moist paper towel (or plastic wrap) for about 10 min (or longer depending on the fluffiness of the loaves desired).

Bake at 350°F for 12-13 minutes or until brown. Cool the loaves on a rack and then place in a plastic ziplock bag. If you are not using immediately, freeze the bread. Microwave when ready to use. An extra roll can be made and opened to assess the doneness of the loaves (and as reward to the breadbaker!).