

EUCHARIST BREAD RECIPE

Note: Allow about 90 minutes to make this recipe.

Dry Ingredients:

5 cups whole-wheat flour
4 teaspoons baking powder
1 teaspoon salt

Wet Ingredients:

½ cup oil
¼ cup brown sugar
¼ cup of each: honey and molasses
(may substitute ½ cup of honey)
¾ cup milk
¾ cup very hot water

Nota bene: do not use more than ¼ cup molasses, or the bread will be gooey no matter how long it is baked.

Heat oven to 350 degrees. If you use a dark-colored baking sheet, you may need to heat oven to 325 degrees and bake an extra minute or two so bread cooks evenly.

Mix the dry ingredients together completely. In a separate large bowl, whisk brown sugar, honey, and molasses into water until thoroughly dissolved, then stir in oil and milk. Add the dry ingredients one cup at a time to avoid lumping..

Knead about 5 minutes by hand on well-floured surface, adding more whole-wheat flour until the dough is not sticky. {Knead using a pressing-folding-turning action performed by pressing down into the dough with the heels of both hands, then pushing away from the body. The dough is folded in half and given a quarter turn, and the process is repeated.} The key to kneading this dough is to incorporate enough flour that the dough is not sticky anymore and is about the consistency of play dough. You may find that you add up to an additional 1 cup of flour.

Form into a roll or ball and divide into 8 equal pieces. Roll each piece to ¼ inch thickness and cut out a circle about 5” across. {Hint: Use a 4.5-5” round bowl or container as your cutter or make a paper template.}

With a sharp knife, carefully score (make shallow cuts) to form a cross into each loaf. Aim to score about ¼ to 1/3 of the way through the dough, and score from one edge to the other. Be careful not to score too deeply or the bread may break before the fraction at the Eucharist.

Bake for 5-6 minutes on each side. Watch carefully; some ovens cook hotter than others.) Turn the bread over when it looks a little puffy around the edges, perhaps slightly raw looking in the very middle, and not yet browned. The finished loaves are slightly browned and may still look a little doughy in the middle. Slightly underbaked is better than overbaked.

Be sure bread is completely cooled before wrapping loafs individually in plastic wrap. Put wrapped loafs in gallon ziplock plastic bag. Store in freezer at church.

*Note: An electric dough mixer works well for this bread – it does not need to be kneaded by hand. Batches of 3-5 times the recipe and stored in the church freezer has worked well too.