

UNLEAVENED COMMUNION BREAD

The bread used at Passover at the time of Jesus, and thus at the Last Supper, was unleavened. So far as we know, the grain used in making the flour was ground entire.

In the strict sense of the word, "white" bread is not a true symbol of the body of the Lord, who is the great Life-giver. If depended upon exclusively for food, white bread will lead to disease and premature death. In times of old, special directions were given for the making of bread for sacramental purposes . . . "fine flour" mingled with . . . "beaten oil" (Exodus 29:40; Leviticus 2:1).

In the making of the following bread, it is necessary that the flour be ground fine. If the directions are followed, the bread will be tender and of good flavor.

- 2 cups entire (whole) wheat flour, ground fine
- ½ teaspoon salt
- 6 tablespoons purest vegetable oil or extra virgin olive oil
- 9 tablespoons cold water

Add the salt to the oil in a round bowl, and pour in the water in a very slow stream, beating constantly with a silver fork until thick and white (a temporary emulsion).

Pour into the flour all at once, and mix lightly into a dough.

Turn dough out onto a floured board and knead, folding it over and over to enclose air, and pounding it with a wooden mallet (such as a wooden potato masher) until quite elastic, which takes about 5 or 6 minutes.

Roll out to the thickness of piecrust.

Mark with a dull knife into $\frac{3}{4}$ -inch squares.

Bake in a medium slow oven (300° - 325°). Avoid browning, except for a slight tinge, as browning gives a strong flavor.

LEAVENED COMMUNION BREAD

4 cups whole-wheat flour (or 3 ½ cups whole-wheat flour, ½ cup barley flour)
4 teaspoons double-acting, or 8 teaspoons single-acting, baking powder
2 teaspoons salt
½ cup extra virgin olive oil
Honeyed water: ½ cup each honey, milk, water, blended

Sift dry ingredients together into a bowl.

Mix oil with honeyed water, then pour that mixture into the dry ingredients. Pour in not all of the oil/honeyed water mix but only enough as is needed to make a smooth, soft dough that is not too sticky to handle.

Turn the dough out onto a lightly floured surface and knead it gently.

Roll dough to desired thickness, about ¼ inch.

Cut dough into desired size and shape. A circle about six inches in diameter will produce a loaf enough for 25 to 60 communicants. (This batch easily makes 9 such pieces.)

Use a knife with a serrated edge to cut a cross into each loaf; this will make the bread easy to break into quarters. Smooth the outer edge of each loaf by patting it with the side of the knife blade.

Bake the loaves in slightly greased baking pans or on a baker's stone for 10-15 minutes at 400° F. Let them cool one hour.

Loaves may be frozen.

GLUTEN FREE ALTAR BREADS*

FOR COMMUNICANTS ALLERGIC TO WHEAT

WASHINGTON WAFERS (LEAVENED)

(This recipe originated with the Washington Celiac Support Group)

- 2 tablespoons potato starch
- 7/8 cup cornstarch (7/8 cup is equal to 1 cup minus 2 tablespoons)
- 3 cups brown or white rice flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 tablespoons xanthan gum
- ½ cup margarine
- 1 cup buttermilk

Preheat oven to 350°. Mix dry ingredients together. Cut margarine into dry ingredients. Add buttermilk and mix with fingers until workable. Roll with rolling pin on rice floured surface until as thin as possible. Cut into small circles using a bottle cap. Bake 6 minutes. Wafers will not brown.

GLUTEN-FREE WAFERS (UNLEAVENED)

- ½ tablespoon sugar
- ¼ cup soy flour
- ¼ cup potato starch
- ¼ cup brown rice flour
- ¼ teaspoon salt
- ¼ teaspoon baking powder
- 1 tablespoon white Crisco
- ½ tablespoon butter-flavored Crisco
- 1 ½ tablespoons gluten-free honey
- ¼ cup water

Preheat oven to 350°. Mix dry ingredients well. Cut in Crisco and honey. Add water in small amounts and mix well. Spread dough in a quarter-inch-thick layer in a 9" pan. Bake 10 minutes. Cool. Cut wafer into pieces measuring about one to one and a quarter inch by a half inch.

**Not approved by the Roman Catholic Church.*