

Eucharist Bread Recipe

Dry Ingredients:

4 cups whole-wheat flour
4 teaspoons baking powder
1 teaspoon salt
¼ cup brown sugar

Wet Ingredients:

½ cup oil
¼ cup of each: honey and molasses
(may substitute ½ cup of honey)
¾ cup milk
¾ warm water

Note: Allow about 90 minutes to make this recipe

Heat oven to 350 degrees. Mix the dry ingredients together completely.

In a separate large bowl, mix together oil, honey, molasses, milk and warm water. Add the dry ingredients one cup at a time to avoid lumping.

Knead for at least 1 minute in mixer with dough hook or about 5 minutes by hand on well-floured surface, adding more whole-wheat flour in ¼ cup increments until the dough is not sticky.

This part will require that you get your hands in the dough to knead it. 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. You may find that you add *up to* an additional 1½ cups of flour. Dough should be about the consistency of Playdough®.

Form into a roll or ball and divide into 8 equal pieces (each piece makes one “loaf”). Roll each piece to ½ inch thickness and cut out a circle about 5” across. [Hint: Use a 4½”-5” round Tupperware or Rubbermaid container as your cutter.] Check with the Clergy to see if they want anything distinctive, especially at Christmas, Easter, and Pentecost.

With a sharp knife carefully score (make shallow cuts) to form a cross into each loaf. Aim to score about ¼ to ⅓ 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.) It's time to 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 under baked is better than overbaked.

Be sure bread is completely cooled before putting it into containers. Bread may be frozen.

Delivery to St. Mary's Church: Please place bread in freezer bag before delivering to the church. Using a permanent marker please write “Eucharist Bread” (or similar) on the bag(s). Please tell the clergy or a member of the Altar Guild that you have put bread in the freezer.

Herbs & Spices

One of the fun things about making bread for the Eucharist is flavors. A wide variety of things can be added to make your bread interesting: cinnamon, clove, mint, myrrh, and rosemary are examples. Seeds (flax, sunflower) make it interesting as well. Do not make the flavors *strong*: they should be just strong enough to be smelled.



This bread recipe came to us through Arlene Dutro, who acquired it while living in Berkeley, California, near the Church Divinity School of the Pacific (the Episcopal seminary).