

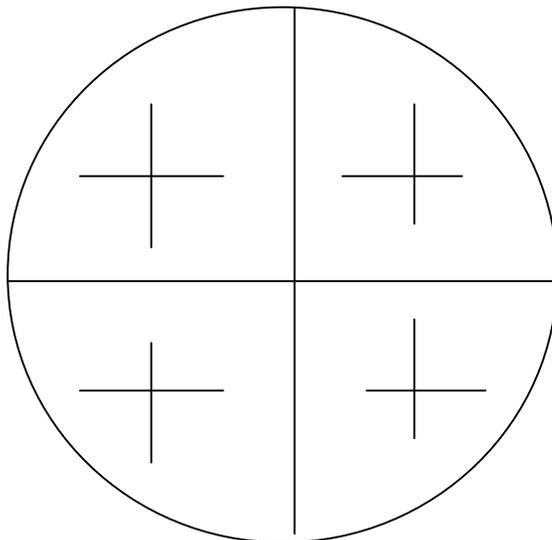
COMMUNION BREAD

6 cups Whole Wheat Flour
1 ½ cups White Flour
2 tsp Baking Powder
½ tsp Baking Soda
½ tsp Salt
⅔ cup Sugar
⅔ cup Honey
½ cup Oil
2⅓ cups Buttermilk*

*may substitute 2⅓ cups milk to which has been added 1 Tablespoon of cider vinegar:
let stand 5 minutes

PROCEDURE:

1. PLEASE READ ALL TIPS AND PROCEDURES ON THE REVERSE SIDE.
2. Mix all dry (first 6) ingredients together. Make well in center.
3. Add oil and honey.
4. Stir in buttermilk.
5. Mix well with a spoon or electric mixer.
6. Sprinkle some whole-wheat flour on a breadboard or flat surface. Knead lightly until well mixed and easy to handle.
7. Divide dough into 3 or 4 parts for ease of rolling.
8. With rolling pin, roll dough until ¼ **inch thick**. Cut into rounds with a large coffee can or other cutter about **6-6 ½ inches in diameter**.
9. Score with cross symbol using a knife. (see diagram)
10. Let loaves rest 10-15 minutes before baking.
11. Spray cookie sheets with Pam or lightly grease. Place bread rounds on cookie sheet. Parchment paper may be used instead of the Pam.
12. Bake at 375° F for 12-13 minutes. Do not over-bake. Loaves should be soft and **not** browned.
13. Place wax paper between **cooled** loaves and seal in zip-loc bags with the date plainly indicated on the bag.



COMMUNION BREAD BAKERS TIPS AND PROCEDURES

Bread baking is more "art" than "science". Many factors can influence amounts of ingredients, such as temperature and humidity. Practice makes perfect, so feel free to practice!

BREAD FLOURS

You will need to buy whole-wheat flour and all-purpose flour to prepare the bread. Brands of whole-wheat flour that have been used successfully include King Arthur, Kroger, and Gold Medal, although you are welcome to try other brands.

MIXING

All ingredients should be at room temperature to ease mixing.

DOUGH

Dough will be stiff. It is easier to handle if slightly moist. If dough is too moist, you can work in regular flour as you roll it to prevent sticking to you and to your rolling surface.

Each loaf needs to be about **¼ inch thick and 6 ½ inches in diameter**. A large coffee-can will cut the correct diameter loaf. If you get 9-12 loaves per batch of dough, you have the right size. It will seem thin compared to the baked thickness since the loaf will rise.

DO NOT OVERBAKE.

This bread does not brown. It should be firm to touch, but not brown on the bottom. If baked too long, the bread will harden as it cools and will crumble easily when it is being distributed.

IMPORTANT: Allow the bread to cool completely before sealing in plastic bags.

GENERAL

- Bring your bread to church **BEFORE** your assigned month (before Sat. morning)
- Put fresh loaves in plastic Ziploc bags, separated by wax paper.
- Please monitor the bread supply **during the entire month** and coordinate with the other bakers assigned for that month and the next month to be sure that there will be at least 10 loaves in the freezer at all times (one communion weekend's supply)
- During special **holiday** months especially, (Christmas, Ash Wednesday, Holy Week, Easter, and Pentecost) additional loaves *may* be needed)
- Rotate loaves so that the oldest loaves are on top.

SCHEDULE

If you are not able to serve at your scheduled time, please contact another volunteer on the list to make arrangements to cover your slot on the schedule.