

Baking Eucharistic Bread

*Because there is one bread, we who are many are one body,
for we all partake of the one bread. (1 Cor 10:17)*

Ingredients:

1½ teaspoons active yeast
sugar
4 cups white flour
1½ teaspoons salt
(100mg Vitamin C = ¼ teaspoon ascorbic acid)
2 tablespoons butter
milk

Recipe:

Take ¼ cup of warm water (36°-40° C = 97°-104° F), add ¼ teaspoon sugar, stir. Sprinkle 1½ teaspoons yeast on top of this. DO NOT STIR. Let yeast solution stand.

Mix 4 cups white flour, 2 teaspoons sugar, 1½ teaspoons salt, 100 mg Vitamin C in a bowl.

Melt 2 tablespoons butter, add ½ cup hot water and ½ cup cold milk. This liquid needs to be about the same temperature as the yeast solution.

The yeast solution should now have been standing 10 minutes and be frothy. Give the yeast solution a quick stir and pour it into the dry mix, add the butter-milk-water solution too.

Mix by hand in the bowl, adding more water if required to give a soft, slightly-sticky dough.

Turn out onto a floured surface and knead well for 10-15 minutes. Dough will spread back when touched lightly. Divide into three approximately equal parts and knead and shape each into a circular, flat loaf. Cover and allow to rise in a warm place till doubled in size.

Turn out. Using a knife mark a cross on top of each loaf; this will help the priest to break it at the appropriate time in the Eucharist. Allow to rise again.

Preheat oven to 220°C (428°F). Bake on greased tray for about 10-15 minutes. The bread sounds hollow when tapped on the base, and is lightly browned but not too crusty or it will become difficult to administer.

As the bread should not crumble, I have found it best to provide as fresh a loaf as possible, and have baked this the night before. From the three I baked each time I chose the one about 15cm (6") across the diameter, and 7cm (3") "high". The others you can enjoy yourself. Thank you for your help. I hope it adds another dimension to your celebration of the Eucharist.

Rev. Bosco Peters
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