

Recipes for Communion Bread

1 package dry yeast	1 teaspoon salt
1 cup warm water	1 tablespoon sugar
3 cups flour	1 tablespoon soft shortening

- Combine yeast and water and let stand for three minutes.
- Add half the flour, salt, sugar, and shortening and beat well.
- Add the remaining flour, working it in with your hands when it becomes too stiff to beat.
- Knead for 5 minutes
- Place in a greased, covered bowl, and let rise until doubled in bulk (about 45 minutes).
- Punch down dough and divide into 2 balls. Place them in greased 8" cake pans and flatten them evenly.
- If desired, slash with sharp knife or fork tines to create symbols on top (fish, crosses, etc.).
- Let them rise again until almost doubled in bulk, and bake 20 minutes at 425°.

COMMUNION BREAD

1 cup white flour
1 cup whole wheat flour
1 teaspoon salt
1 teaspoon honey or sugar
3/4 teaspoon baking soda
2 tablespoons oil or shortening
1/2 cup water

Mix together. Mix ingredients in the same direction at all times. Knead 5 to 10 minutes until smooth. Flatten into round flat breads. Makes about 4 breads about 5" in diameter. Each bread could serve about 25 people. Score top as desired. Bake 11 minutes at 425°.

"MOTHER'S COMMUNION BREAD"

1 egg	pinch of salt
1/2 cup sugar	1 teaspoon baking powder
1 cup milk	2 cups flour

Beat egg and sugar together until fluffy. Add salt and baking powder to flour and sift (a little at a time) into egg mixture. Beat until smooth. Pour into greased loaf pan and bake at 350°.

PITA POCKET BREAD - makes 12

4 1/2 - 4 3/4 cups all-purpose flour	1 1/2 teaspoons salt
1 package dry yeast	1 3/4 cup water
1 1/2 teaspoon sugar	2 tablespoons oil

Oven preheated to 500°. In large mixer bowl, combine 2 cups flour, yeast, sugar, and salt; mix well. In saucepan, heat water and oil until warm. Add to flour mixture. Blend at low speed until moistened; beat 3 minutes at medium speed. By hand, gradually, stir in enough remaining flour to make a firm dough. Knead on floured surface until smooth and elastic, about 10 minutes. Cover dough with plastic wrap, then a towel. Let rest 20 minutes on board.

Punch down dough. Divide into 12 parts; shape each into a ball. Place on board, allowing space between each ball. Cover; let rise 30 minutes. Roll each ball into 6" circle. Place 3 circles at a time directly on oven rack. Bake until puffed and top just begin to brown, about 3 mins. Cool into halves and add filling.

OATMEAL BREAD, Texas

1 1/2 cup rolled oats
2 cups boiling water
2 teaspoons salt
1/2 cup dark brown sugar
1/3 cup shortening
1 package yeast
1/2 cup lukewarm water
4 1/2 to 5 cups sifted flour

Add rolled oats gradually to boiling salted water and cook for 5 minutes, stirring occasionally. Stir in sugar and shortening. Let cool to lukewarm.

Add yeast to lukewarm water, stir to dissolve, and add to cooled cooked oats.

Add one half amount of flour and beat well until smooth. Add remaining flour and work with hand to form a fairly firm dough.

Knead on a floured board until dough is smooth and elastic (about 10 minutes). Place in greased bowl, turn, and cover with damp cloth. Let rise until double in size.

This makes 2 full-sized loaves. Put loaves in well-greased pans; cover and let rise for 1 hour or until doubled.

Bake at 400° for 10 minutes; lower temperature to 350° and bake 30 minutes longer.

Remove from pan and cool on racks.

OATMEAL BREAD, Downeast

2 cups Old Fashioned Oatmeal (not Quick Oatmeal), 1 cup hot water
2 teaspoons salt
4 tablespoons melted shortening
1 cup molasses
1 package dry yeast or 1/2 household yeast cake, 1/2 cup lukewarm water
3 cups lukewarm water, Flour enough to knead

Put oatmeal into large bowl and pour hot water over it, cool to lukewarm, then add salt, shortening, molasses, dry yeast dissolved in the 1/2 cup lukewarm water, 3 cups lukewarm water, and flour enough to knead. Turn onto floured board and knead 5-10 minutes until dough is smooth and elastic. Place in a greased bowl. Cover with a clean towel and let rise until double, about 1 hour. Punch down and divide into loaves. Place in greased tins and let rise until double. Bake in moderate oven (350°) for about 1 hour. Brush loaves with butter while cooling.

UNLEAVENED COMMUNION BREAD

Measure 3/4 cup sifted flour into a bowl. Cut in 3 tablespoons butter or oleo until mixture resembles very coarse meal.

Add several teaspoons cold milk, mixing lightly until dough looks and feels like pie crust dough. Form the dough into two balls. Wrap in waxed paper and chill for at least an hour.

Place one ball on a lightly floured board. Roll until very thin and oval in shape. With the help of a spatula, place on a heavy cookie sheet. Do second ball. Score deeply into 3/4" squares, with a serrated knife which has been dipped in flour.

Bake at 400° about 10 minutes or until center of sheet is done. Remove at once. Discard rough edges and imperfect pieces.

Makes 150 pieces (more or less).

ALTAR LOAVES

2 cups whole wheat flour	1 teaspoon salt
2 cups white flour	1 tablespoon honey (optional)
1 cup warm water	1 tablespoon baking powder
1 cup milk	

Sift together all dry ingredients. Slowly add milk and water. Knead together for 10 minutes, adding a little flour if mixture is too sticky. Put dough in glass bowl and cover; let set for four hours. Roll dough 1/2" thin and cut into large rounds with two-pound coffee can lid. Score lightly with knife to desired size pieces. Bake on greased cookie sheet in preheated oven 370-375° for 10-15 minutes. Do not let it become brown on the bottom.

TRAPPIST MASS BREAD

3 1/4 cups mill-ground whole wheat flour
1 1/4 cups regular bread flour
3 teaspoons salt
2 1/2 teaspoons baking powder
2 cups water (approximately)
3 tablespoons honey
3 tablespoons oil

Sift dry ingredients 3 times. Cut in the oil. Stir the honey into the water, then add to the flour. Dough should be a little sticky. Weigh out what is needed for each bread. Put a few drops of oil on each piece, sprinkle lightly with flour and roll to desired size (about 8" diameter), and place on a greased sheet.

Baking time and temperature depend on size and thickness of bread and type of oven used. At Gethsemane 8" bread rolled 1/4" thick at 350° for 18 minutes. Remove bread and lightly paint the surface with oil after which it is placed in the oven at 400° 10 or 15 minutes or longer. For smaller breads, use same temperature but less time.

These may be frozen in a sealed plastic bag. Remove 12 hours before use and allow to thaw at room temperature, sealed in plastic bag in order to prevent moisture loss. Or just pop in a toaster, frozen, minutes before service.

1. The dough should remain soft and flexible.
2. Over-mixing will cause it to become hard.
3. It is difficult to mix in large batches as there is great danger of over-mixing.
4. Scraps can be re-used only if water is added to soften the dough and then a little flour to bring it to the right consistency.

After using the recipe several times, you may want to experiment by adding more honey or even some cracked wheat and adjusting some of the other ingredients accordingly (i.e., add more flour or less water, etc.)