

St. Mark's Lutheran Church, San Francisco CA

Communion bread

Preheat oven to 425F.

Sift together into a large mixing bowl:

2 ½ cups whole wheat flour

1 cup unbleached white flour

2 tsp salt

2 ½ Tbsp baking powder

In another bowl, combine:

1 ½ cups hot (not boiling) water

2 Tbsp olive oil **

¼ cup honey

Make a well in the dry ingredients and pour the wet ingredients into it. With a large mixing spoon stir the mixture until it has formed a dough ball. Transfer to a well-floured surface and knead until smooth. Divide the dough into 8 equal balls. Put a little more flour on your work surface now. Using a floured rolling pin, roll each ball into a round loaf approximately 7 inches by ¼ inch. Add small amounts of flour to work surface as needed. Bake the loaves on parchment paper lined baking pans for 10 -12 minutes. Allow to cool to room temperature. Wrap each loaf in plastic wrap and then in aluminum foil. Freeze until ready for use. This recipe will yield 8 round loaves. Note that it takes about 30 minutes for each loaf to thaw to room temperature. Don't hasten the thawing process by warming the bread in a microwave to avoid the bread's turning into something resembling concrete. Yield: 8 loaves.

** [Hint: Put the oil into the cup you're using to measure the honey and add the oil to the water; then pour to honey into the same cup and add it to the water and oil mixture. The honey will slide out of the cup with a minimum of fussing around.]

