

C O M M U N I O N B R E A D

Single Batch Recipe:

- 2 cups whole wheat flour
- 1 cup white flour
- 1 1/4 tsp. baking powder
- 1 1/4 tsp. salt
- 1 tbsp. plus 1 tsp. oil
- 1 cup plus 2 tbsp. warm water
- 3 tbsp. honey
- 3 tbsp. molasses



Instructions:

- Make **4** batches of bread, placing each into a jellyroll pan for baking.
- Use a handled sieve/sifter over the top of a large bowl and measure 2 cups of whole wheat flour and put it in the sifter. Measure both the baking powder and salt and put them on top of the whole wheat flour. Last, add 1 cup of white flour. Sift the three ingredients into the bowl and stir.
- Measure the oil and pour over the flour mixture in the bowl. Use gloves and stir together.
- Put 1 cup of water in a separate bowl. Measure the honey and molasses and add to the water. Mix with a spoon.
- Pour the liquid ingredients over the dry ingredients and mix with a spoon or your gloved hands. Mix well. If the dough is sticky, add just a little more flour. Turn dough into a jellyroll pan that has been sprayed with Pam. Dust the dough with a little flour and roll the dough with a pizza (or pastry) roller into a rectangular shape, trying to keep the thickness uniform. Poke the dough with a fork every few inches to keep the dough flat.
- There is no kneading or resting this dough – you mix it and bake it!
- Bake at 325 degrees for 8 minutes per recipe. Remove pan from the oven and brush with oil. Bake an additional 5 minutes.
- Remove from the oven. Cut the bread into three pieces. Using two pancake turners, lift each of the three pieces onto the counter to cool. Cover with a towel to keep the bread moist. Once cool, cut into individual pieces. A pizza cutter works the best.

Instructions Continued:

- **In addition:** Make **3 host pieces** (about the size of a medium cookie), one for each worship service, and mark with a cross using a table knife. (When taken from the oven, the round host pieces may have lost the indentation of the cross – just use the knife again to re-mark the cross, but not too deep!)
- Bag the number of pieces needed for each worship service as shown on the second page.
- Deliver the bread to the Sacristy on Friday. Just lay it on the counter.

of Bread Pieces Needed for Each Service:

- 9:30 a.m. Sunday = 300
- 5:30 p.m. Saturday = 70

Summer Services:

- Pieces must be cut larger to accommodate intinction. Cut them in more of a rectangular shape so people can hold on to the bread to dip it in the liquid, without getting their fingers in the wine/grape juice.

Cut bread approximately
this size for intinction.

Questions?

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