

ST. CHRISTOPHER'S ALTAR BREAD

Dissolve in mixing bowl

1 cup warm water

1 packet dry yeast

Add and stir

1 ½ tbsp. oil

3 tbsp. honey

¼ tsp. salt

Add – mix with spoon – hands

2 ⅓ cups whole wheat flour (not sifted)

⅓ cup white flour (not sifted)

Turn out dough on lightly floured hard surface

Knead dough with hands for 5 minutes adding more flour as needed

Place dough in lightly greased bowl and cover with damp cloth

Let dough rise 1 -1 ½ hours in warm place

Turn dough out on lightly floured surface and knead briefly

Roll to about ⅓ inch and cut into 4 inch rounds – use a hamburger patty cutter or can of that size. You will have about 6 rounds. Using a serrated knife, cut a shallow cross into top surface

Place on lightly greased cookie sheet

Bake 350° for 10-12 minutes (Do not over bake)

Cool on wire rack

Take 4 loaves to church in time for 7:15 am service

Put into refrigerator in sacristy