

Altar Bread

(recipe from Anne Waters)

1 ½ cups whole wheat flour
1 ½ cups white flour
¾ cup skim milk
¼ cup water & 1 tbsp water
2 tsp active yeast*
2 tbsp olive oil or butter
2 tbsp honey
1 tbsp molasses
1 tsp salt
sprinkle of cinnamon

Use a bread machine on dough cycle. If making by hand, instructions for kneading and timing any whole wheat bread should work. The cutting and cooking is the same as bread machine dough.

Put machine on dough cycle and follow machine instructions.

If the dough looks too sticky, add a small amount of flour. If it is too stiff, add a little water. Place finished dough on a large, flat, floured surface. Press down with hands and roll out with a rolling pin. If the dough is sticky, sprinkle with flour. When dough is rolled out to about a third of an inch, cut into circles about 4" in diameter. Place either on parchment paper (if you have it) or on lightly greased and floured aluminum foil on a cookie sheet. Cut crosses on the rounds with a serrated knife. Cook in a 370° oven for about 14 minutes. This is the tricky part because ovens differ. You will have to vary oven temperature and time according to your own oven. However the finished bread should not be raw and not be overdone. It should pinch and hold together for communion without falling in the wine. When the bread comes out, you may have to lightly recut the crosses on them. The bread can be frozen if you need to make it much in advance.

*note: I buy my yeast in bulk at Costco. It is called Red Star active yeast, costs about \$4 and lasts for all my bread making for over a year, however, it needs to stay refrigerated. You also can get bulk yeast at health food stores. The yeast can go directly into the bread machine without having to soak it in hot water.