

ALTAR (COMMUNION) BREAD RECIPE

4 cups whole wheat flour
4 tsp. double-acting, or 8 tsp. single-acting baking powder
2 tsp. salt
1/2 cup pure oil (can use extra virgin olive oil)
Honeyed water – 1/2 cup each honey, whole milk, water

Sift the dry ingredients together into a bowl. Warm the honey to get it into a very liquid form. Mix the oil with the honey, milk, and water and whisk it together before pouring it into the bowl. Do not pour all the honeyed water and oil into the mixture, only as much as is needed to make smooth, soft dough, not too sticky to handle. Turn the dough out onto a lightly floured surface and kneed it gently. Then make 6 balls and hand roll out the dough to the desired thickness of about 3/16 of an inch thick in circles. This is enough for 30 to 60 communicants. You can also roll it out flat about 3/16 thick and cut other sizes (Squares) for different services. This bread leaves little in the way of crumbs and is quite adaptable to the number of communicants.

Before putting into the oven, cut a cross into the surface of the dough. This can facilitate the breaking of the bread. The cross is best cut with a serrated knife. Use the knife also to smooth out the outer edge, by patting the edge with the side of the knife. Place the breads onto slightly greased baking sheets or a baker's stone, and put into the oven at about 400 degrees. It should take from 12 to 14 minutes to bake. Let the bread cool for about 1 hour.

Then wrap individual pieces in cellophane, and refrigerate. Take out about 1 hour before using. They can be put into freezer bags and stored in the freezer, taking out the amount which will be used at least 14 hours before it is to be used.

We suggest that the one who makes the bread be in a pleasant, happy mood.

Take your time.

Don't rush.

Smile and do it with love.

After all, the Lord is there watching you prepare the very bread He is going to change into His body.

Speak to God, at least in your heart.

Thank the Lord that your creative work is going to be consecrated into the Body of Christ.

And then at communion, you can let a little Holy Pride come over you as you see what happens to your labor of love.