

Providing communion bread:

1. Please prepare bread according to the following recipe. You may also buy bread or prepare another kind. Keep in mind that we dip the bread into wine, so a flat or pita style bread often works the best.
2. The bread should be brought in some type of plastic bag, so that we can store and reuse the leftover bread. It would be helpful to write the date it was prepared on the bag.
3. Please place the bread in the altar server room (behind the pulpit) on the shelf, or on the kitchen table.

Luther Seminary Communion Bread

Yield: 4-8oz. Loaves:

Each loaf serves approximately 40 people (depending on the size of the piece)

Sift dry ingredients 3 times

2 c. whole wheat flour

1 c. white flour

1 ¼ tsp. Baking powder

1 ¼ tsp. Salt

Cut in 4 tsp. Oil

Mix water and sweeteners together; add to dry ingredients and mix well.

¾ cup + 2 Tbsp. Very hot water

3 Tbsp honey

3 Tbsp Molasses

Dough should be a bit sticky

Divide and roll ¼" thick circle

Mark with a cross

Bake at 350 degrees for 10 minutes

Remove and brush with oil, bake an additional 5-8 minutes, remove and cool.

Note: a bread machine is used to mix the dough – if mixing by hand, mix well

Rev. 5-21-01

Communion Bread Recipe #1

5 1/2 cups bread flour
2 cups water
1 package yeast
1 teaspoon salt
1 tablespoon honey

Dissolve yeast in warm water. Sift in flour. Knead for 10 minutes. Let rise for 1-1/2 to 2 hours. Punch down. Knead again, for about 2 minutes. Shape into four round loaves. Score top with a cross. Bake at 350 degrees for 20-25 minutes. Wait to put the bread into a plastic bag until it is completely cooled. Mark the bag with the date.

Communion Bread Recipe #2

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

Sift the dry ingredients together into a bowl. Warm the honeyed water to be sure it is all liquid. Mix the oil with the honeyed water. Gradually add the wet ingredients to the dry ingredients and mix until you have a soft, but not sticky dough.

Separate the dough into pieces and roll each piece out on a lightly floured surface. Each loaf should be smaller than your face. Before putting into the oven, cut a cross into the surface of the dough. Place the breads onto slightly greased baking pans or baker's stone, and put into the oven at about 400 degrees. It should take from 10 to 15 minutes to bake. Let the bread cool for about 1 hour.