

Approved Eucharistic Bread Recipe

Catholic Diocese of Richmond (*January 14, 2003*)

Ingredients:

2 1/2 cups whole wheat flour
1/2 cup all-purpose white flour
1 1/4 cups very warm water – 110 degrees

Pre-heat oven to 350 degrees

Equipment needed:

Mixing bowl, thermometer, ruler or large (5 in.) Crisco lid, Crisco shortening *or* vegetable oil, baking sheet, damp cloth, straight edge knife, wire rack, waxed paper, regular and freezer zip bags

Please prepare 4 batches of 4 loaves each = 16 loaves

Approximate time needed – 3 to 4 hours

Directions

- Mix ingredients together in a bowl until all the flour is gathered.
- Knead for about 5 minutes. The dough is stiff and sticky. If kneading by hand, oil hands lightly to make handling the dough easier. You can also use thin, clear plastic food-service type gloves. Kneading is very important to prevent puffing or ballooning.
- When the dough is smooth and pliable, form into a ball and let rest for about 5 minutes, covered with a damp cloth to prevent crusting and drying.
- Prepare the baking pan with a light coating of Crisco *or* oil.
- Divide dough onto 4 equal balls with knife. Press out one ball at a time with fingers, to a 5-inch circle. The Crisco lid is a good guide for the size and shape desired. This can be done on the counter top and transferred onto the baking pan or directly onto the baking pan. The circle should then be about inch thick. There should not be any leftover dough.
- Score each loaf with an oiled knife, pressing the knife deeply into the dough to make cuts 8 horizontally and 8 vertically. The cuts need to be

deep enough so that they don't disappear as the bread is baked, however, be careful not to cut all the way through which can cause the bread to come apart when handled. This marking will help to maintain uniformity in the size of the individual pieces.

- Bake each batch immediately after preparing, for 20 minutes or until the bread duffs in color. Check the bottom of each loaf to be sure that it is completely baked in the center.
- Let the bread cool completely on a wire rack.
- Place 4 loaves in a plastic zip bag with wax paper between each loaf and seal in a large zip freezer bag. Name and date each bag. Freeze the bread and put it in the plastic container in the kitchen freezer in the Parish Hall that is marked *Eucharistic Bread*, no later than 3:00 p.m. on the Friday of your scheduled weekend.

PLEASE NOTE: It is very important to maintain the integrity and consistency of the bread as much as possible. Please follow the directions closely and do not modify or process the ingredients in any way. Please be mindful as you come to participate in this special ministry, this is the bread that is central to our faith. Perfection is not necessary or even obtainable as we are creating the bread with our hands, however, we are unable to use bread that is too small, very thin, with an uneven shape or raggedy edges! The bread does not have to be baked all at one time. You may prepare the batches at different times during the week to suit your time schedule.

Some tips from our bread baking workshops:

*Water temperature is important ---- instant read thermometers are about \$5. (Wal-Mart).

*Measure flour by spooning into measuring cups and leveling off with a knife. Scooping with the measuring cup may give you too much flour.

*If slight puffing occurs, gently pierce with knife tip in a few spots, after baking, along the score lines while the bread is hot and press down with fingers or bottom of flat coffee cup to smooth out. The puffing will usually disappear, especially during freezing.

*Cool completely to minimize ice crystals.