



EUCCHARISTIC BREAD

Thank you for continuing to make the bread for our Saturday and Sunday Eucharist. It is recommended that you make the bread on Saturday so that it is fresh and moist for our prayer. We currently need the Saturday baker to make 4 loaves and the Sunday baker to make 4 loaves. I will e-mail you or call you the Wednesday before you are scheduled to bake as a reminder.

Please bring the cut loaves to the kitchen at the **Conference Room** at the Church on Saturday by 4:30 PM or 45 minutes before Mass begins. I do ask that you mix each loaf separately so that each loaf will be of uniform size. However, you can bake more than one at a time. Please follow the recipe exactly as written and don't be tempted to add any ingredients. Since we are only using flour and water, the crust could become hard. Therefore I'm asking that you keep your flour in the freezer and the spring water refrigerator cold, which should prevent a crust from forming.

Preheat oven to 425 degrees. Baking sheets for 4-6 round loaves are needed.

For each loaf mix:

1/3cup whole wheat flour and 2/3 cup unbleached white flour (kept in freezer)

1/2 cup cold spring water (such as Perrier or Pellegrino)

Quickly mix the flour and water together with a fork until all the flour is moist. Form dough into a smooth ball.

Gently flatten the ball of dough into a circular loaf about 1/2 to 3/4 inch thick.

Place the loaf on a lightly oiled baking sheet. (You can use Pam, Parchment paper, or a SILPAT)

Place in a preheated oven (425 degrees)

After approximately 12-15 minutes the top crust should be slightly raised. Prick the crust with A toothpick in several places, turn the loaf over and continue to bake for 5 minutes.

Then turn the loaf right side up and continue to bake until the crust is very lightly browned,

About 10-15 minutes more for a total of 25-30 minutes.

Place loaf on a rack for cooling.

PLEASE CUT LOAVES INTO 1/2 'X 1/2' PIECES-APPROX. 80 PIECES PER LOAF.

I hope bread making will be a special experience for you and the members of your household.

If you cannot bake bread on your scheduled day, please try to switch with someone.