Guidelines for Parish-made Communion Bread

320. The bread for celebrating the Eucharist must be made only from wheat, must be recently baked, and, according to the ancient tradition of the Latin Church, must be unleavened.

321. The meaning of the sign demands that the material for the Eucharistic celebration truly have the appearance of food. It is therefore expedient that Eucharistic bread, even though unleavened and baked in the traditional shape, be made in such a way that the priest at Mass with a congregation is able in practice to break it into parts for distribution to at least some of the faithful.


**Eucharistic Bread Recipe 1**

This bread is wholly in keeping with the tradition proper to the Latin Church, unleavened, and by reason of sign actual bread, and made only with wheat flour and water.

Preheat oven to 350°

2 ½ cups whole wheat flour
½ cup unbleached white flour
1 ¼ cups lukewarm water (110 degrees)

- Mix all the ingredients together in a bowl until all the flour is gathered together. Place on the counter, bread board or whatever you are using, and knead for about 5 to 6 minutes. The dough is on the stiff side, so there is not a great need for very much extra flour to facilitate kneading. Kneading is most important to prevent puffing or ballooning.

- When the dough is smooth and pliable, after kneading, form dough into a ball and let rest for about 5 minutes, covered with a dampened cloth, to prevent a crust from forming.

- The above recipe will yield about two 8 inch round breads, with only a small amount of scrap left over. So depending on what size you wish to make and use, increase or decrease the formula.

- Roll the dough to the approximate diameter and about 1/4 inch thick. You can score the bread at this point if you desire. Grease lightly the cookie sheet or flat pan you will be using.

- Bake the bread immediately upon completion of rolling out in desired rounds...bake for about 16 to 17 minutes. The bread should not brown, so the color will remain about the same but will lighten somewhat. It must not be overbaked as some moisture is needed to retain the proper texture.
• Cool and wrap in wax paper and foil and freeze until a few hours before using.

One 8 inch round will yield about 125 to 140 portions. The portions should be small. A large piece is not very palatable.

COMMUNION BREAD, RECIPE 2

Preheat oven to 375°

Ingredients:
4 cups whole wheat flour (unsifted)
2 cups white flour (unsifted)
2 ½ to 2 ¾ cups warm water
¼ cup flour for flouring kneading surface and/or hands

-Mix together the 6 cups of flour. Add the warm water, all at once. Stir until dough “cleans” side of the bowl.

-Turn onto a surface dusted with whole wheat flour. KNEAD dough for 5 minutes until smooth. (I find that I prefer to knead the dough in a large bowl.) Shape dough into ball, cover with damp cloth and let rest for 5 minutes.

-Divide dough into 8 equal parts. If you want, use very little cooking oil to LIGHTLY oil the palms of your hands and cookie sheet. (Spray my hands with Pam). Lolly, recommends lining the cookie sheet with aluminum foil or using a no stick pan. [Parchment paper is also a good alternative.] Bread is done when it does not stick to the foil or pan.

-Shape each piece of dough into a circle with your hands or roll it out into a circle. A one pound coffee can is a good mold until you get the feel and can do it freehand. The dough should be between 3/8 and 1/2 inch thick. Try not to handle the dough to much.

-Place the dough on the cookie sheets and score into 40 pieces as illustrated below. Be sure to cut all the way through each loaf. The top of an oil bottle, a salt shaker lid, or an aspirin bottle lid is good for the center circle.** If you have a biscuit cutter, this will make both circles at one time. (I recommend investing in a biscuit cutter.) I then spray the biscuit cutter and the knife I use for scoring the bread lightly with Pam as needed to keep them from sticking.)**You may want to use a glass or jar lid for the second circle.

Bake 18-20 min. (You may want to check after 15 minutes, until you know how the bread responds to your oven.) BREAK open one loaf of bread to be sure it is done. Also, taste the bread. The center should be firm, not soggy. The bread will be pale. If the bread is done, remove from oven and cool on baking racks to room temperature. Stack the bread with a paper towel in between loaves and wrap in aluminum foil. If you plan to freeze the bread, wrap the loaves in foil, place in a plastic bag, and freeze. Frozen bread takes about one hour to thaw.

If bread has been previously frozen, please indicate on package when delivering to Church.

HAPPY BAKING!!!

ILLUSTRATION FOR SCORING BREAD—YIELDS 40 PIECES PER LOAF