

Whole Wheat Communion Rounds

3 cups whole wheat flour
3 cups bread or all purpose flour
2 pkgs dry yeast
2 cups warm water (110-115 degrees F) – Very hot tap water
1 tablespoon honey or sugar
¼ cup oil
2 teaspoons salt (optional or use less)

Combine flours and stir before measuring 5 cups into bowl (or food processor with a dough blade). Make a well in the flour and add yeast, water, oil, honey or sugar, and salt. Mix together, gradually adding enough flour to form a soft dough. Cover and allow dough to rest and rise for 30 minutes. Punch down and knead on floured surface and shape into a log. Using a sharp knife, slice into 1 inch or 1-1/2 inch pieces – you should have about 12. Roll each piece into a ball and flatten into a circle about 4 inches in diameter. Place on cookie sheet sprayed with cooking oil and mark with a cross (optional). Cover with a cloth and let rise 30 minutes. Bake at 400 degrees for 10 minutes. Check for light brown color, recheck in 2 minute intervals if not done. Do not overcook! Cool on rack.

After cooking, place bread rounds in plastic bag to prevent drying out. Do not freeze or refrigerate. Bake no earlier than Thursday or Friday. Saturday is best! Deliver to sacristy on Sunday morning by 8:30 AM.

Helpful Hints:

If you are unsure how hot your tap water is, use a candy thermometer or if you have a microwave that you can set for a specific temperature, try that.

Rubbing shortening (Crisco) on your hands instead of dusting with flour helped with the kneading. Sometimes using flour makes the bread tough.

For rising – put in cold oven over a pan of hot water. The oven light gives off some heat.

Please get the bread to the Sacristy before 8:30 AM on Sunday.

Thank you,
Debbie Balling