

SAINT MARK'S EPISCOPAL CATHEDRAL

EUCCHARISTIC BREAD

INGREDIENTS

Dry

- 1 ½ cups white flour
- 1 ½ tsp double-acting baking powder
- ¼ tsp salt

Wet

- ⅛ cup vegetable oil
- ⅛ cup honey
- ¼ cup milk
- ¼ cup very hot water

DIRECTIONS

- ▶ Pre-heat convection oven to 325°F. Pre-heat regular oven to 350°F
- ▶ Sift dry ingredients into large bowl.
- ▶ In a pitcher, put in wet ingredients in specific order: oil, honey, milk, and water. Mix until everything is blended.
- ▶ Place liquid into Kitchen Aid bowl. Slowly add dry ingredients until dough is consistent but not too dry. Dough that is slightly moister will make the rolling out much easier.
- ▶ Roll out until about ¼" thick. Use as much flour as necessary to prevent dough from sticking to table or roller. Use a metal circle cutter (approximately 5" in diameter) to form loaves. Continue until all dough has been used.
- ▶ Using a spatula, place all loaves on a baking sheet that is either greased or has parchment paper. Score each loaf, using a butter knife, with the sign of the cross.
- ▶ Bake in the oven for 7–8 minutes for convection oven, 10–12 minutes for regular oven, or until the top is a light, golden brown. Monitor the time in the oven. There may be air pockets that will occur during the baking process; these bubbles will go away when the loaf is placed on a cooling rack or by placing the loaf face side down on the cooling rack.
- ▶ Allow the loaves to cool.

*Depending on thickness of the dough, this will make about 4 circular loaves.
Shelf life should not exceed one month.*