

Communion Bread Recipes

From Luther Seminary and www.communionbread.org

This past month we invited our Confirmands and First Communion families to bring homemade bread for Holy Communion. We would like to provide the same recipes to you so that your family can make bread for our Virtual Holy Communion worship services.

Why unleavened bread? It goes back to the Passover story. In their haste to leave Egypt, Israelites didn't have to time to let their bread rise, so they used unleavened bread. We are invited to use unleavened bread in remembrance.

The ingredients in this communion bread are symbolic to the teachings of Christ and the purpose of His death on the cross. I noticed this on one particular day of baking the bread.

Wheat Kernels: *"Unless a grain of wheat falls into the earth and dies it remains by itself alone; but if it dies, it bears much fruit."* John 12:24

Water: *"If any man is thirsty, let him come to Me and drink. He who believes in Me, as the Scripture said, 'From his innermost being shall flow rivers of living water.'" John 7:37*

Salt: *"You are the salt of the earth; but if the salt has become tasteless, how will it be made salty again? It is good for nothing anymore, except to be thrown out and trampled under foot by men."* Matthew 5:13

Oil: *"How good and pleasant it is when brothers live together in unity. It is like precious oil poured on the head...running down the beard."* Psalm 133:2; *"You anoint my head with oil. My cup overflows."* Psalm 23

Honey: *"The ordinances of the Lord are sure and altogether righteous. They are more precious than gold...they are sweeter than honey, than honey from the comb."* Psalm 19:9-10

Recipe for a Communion Bread (7 loaves)

2 cups hot water	1 Tbsp molasses
2 Tbsp olive oil	1 Tbsp salt
2 Tbsp honey	5-6 cups of wheat flour

Mix all of the ingredients minus the wheat flour in a mixer. (I use a Bosch mixer with dough hook). Slowly add flour until the dough wipes clean off of the sides of the bowl. Mix for 5-7 minutes.

Divide recipe into six to seven equal balls. One at a time, take the dough ball and pat into a 1/4 inch thick circle. Take a fork and pierce the dough with stripes and a cross.

(Don't skip the piercing step or the bread will ruin.)

Bake at 400 degrees for 14-20 minutes. Cool on a rack. Wrap well and freeze until needed.

Bread will be slightly chewy. If you desire crispy communion bread, roll out very thin and bake longer. The benefit of chewy bread is that it doesn't crumble.

White Flour Communion Bread (Makes 3 loaves)

NOTE: This recipe is easy to make with a bowl and wooden spoon. No mixer needed.

2 cups white flour (or one white flour and one wheat flour)	1 Tbsp. sugar
1 tsp. salt	6 Tbsp. butter
	3/4 cup milk

Combine dry ingredients in a bowl. Cut in butter. Add milk and stir. Knead for a few minutes.

Divide into three balls of dough. Pat out on floured board to 1/2 " thick.

Pierce with fork into stripes (see photo above)

Bake at 450 degrees for 12-15 minutes.

• Piercing the bread must be done or the bread will puff up in the oven.

(Remember, Jesus was pierced for our transgressions.)

Skillet Communion Bread

This is how many Jewish families prepare their homemade "matza" or unleavened bread for Passover. They don't cut the bread into pieces. They place it into the skillet looking like a tortilla.

1 Cup Wheat Flour
½ Cup Cold Pressed Olive Oil
½ Warm Water mixed with ½ tsp. Salt

Take 1 cup of wheat flour and gradually add 1/2 cup cold pressed olive oil until it beads up and incorporates with stirring. Then incorporate with clean fingers until it looks like a pie crust. Gradually add 1/2 cup warm water mixed with 1/2 tsp. salt. Stir with a fork or fingers (fingers work best) until it's formed into a ball.

Knead ball but don't overdo it! Roll it on a non-greased surface to thin thickness and then cut into pieces. Score and stripe with a fork. Cook in electric skillet adding NO GREASE at 400 degrees. Watch closely so they don't burn. Transfer onto clean paper towels to cool. Put into bag with the paper towels and then into a freezer bag. Freeze until use.

Some have questioned the use of salt, but does not leaven bread. Baking soda does. The only reason you would not want to use salt is to make the bread kosher for Passover.

Gluten Free Communion Bread

To make gluten-free communion bread, simply substitute JULES GLUTENFREE FLOUR instead of the white flour or wheat flour in the recipes.

Luther Seminary's Communion Bread Recipe

(Makes four 8 oz. Loaves; each loaf can serve between 60-70 people, depending on size of piece given. Loaves freeze well).

Sift dry ingredients (important!) together three times:

2 c whole wheat flour	1 & ¼ tsp baking powder
1 c white flour	1 & ¼ tsp salt

Stir in 4 tsp oil. Set aside.

Mix wet ingredients together until dissolved:

¾ cup + 2 Tbsp very hot water (minimum of 180 degrees F)
3 Tbsp honey
3 Tbsp molasses

Add wet ingredients to dry ingredients and mix well. Dough should be slightly sticky. Do not knead. Divide into four balls and flatten each into a 1/4 inch thick disk.

With a knife, score the top of each loaf into eight pie-shaped sections, so that the sections can be more easily broken off while serving. Alternatively, you could score a cross onto the loaf.

Lay the loaves on a baking sheet. Bake at 350 degrees for 10 minutes.

Remove from oven and brush the tops of the loaves with oil. Bake an additional 5-8 minutes. Let cool.