



**EPISCOPAL**  
CHURCH OF NH

## **A Sacred Meal for a Dispersed Community**

### *Homemade Bread Recipes for Your Sacred Meal*

While homemade bread is not required for your Sacred Meal (any bread or wafer-like cracker is fine to use), home-baked bread for use in celebrating the Sacred Meal adds a wonderful personal touch and may help you reflect upon and deepen the significance of the Sacred Meal for a Dispersed Community in your home. Below are a few of our favorite recipes.

#### **St. Gregory's Abbey Altar Bread**

##### *Ingredients*

- 7/8 cup lukewarm water
- 4 tbsp. honey
- 2 tbsp. olive oil
- 1/4 tsp. salt
- 2 1/2 cups whole wheat flour 1 pkg. active quick rising yeast

##### *Directions*

- Measure the water into a mixing bowl and add yeast, stirring until the yeast is dissolved.
- Stir in the honey, oil and salt.
- Stir in the unsifted flour.
- Turn the dough onto a lightly floured board and knead for 5 minutes until elastic.
- Replace the dough in a greased bowl, cover with a damp towel and let it rise for 1 1/2 hours until double.
- Roll out the dough to 1/4 - 1/2 inch thick and cut into rounds with a biscuit cutter, a tin can or a glass. Make a cross in each loaf with a serrated knife.
- Transfer to a lightly oiled baking sheet and bake at 350 degrees for 10 - 12 minutes.

*Note* Do not use stone ground flour or the bread will be crumbly. Pillsbury plain whole wheat flour works well. The recipe can easily be doubled.

## Monastery Altar Bread from the Society of St. John the Evangelist

*(requires no yeast, freezes well, makes six loaves)*

### Preheat

Preheat oven to 400 degrees Fahrenheit.

### Ingredients

*Sift together into a large bowl*

4 cups whole wheat flour

4 teaspoons baking powder

2 teaspoons salt

*Mix together in a separate bowl*

½ cup milk (2%)

½ cup oil (vegetable, canola, or safflower)

½ cup water

6 oz molasses - OR - 1 cup honey

### Directions

1. Pour the liquid ingredients into the dry ingredients and mix till well blended; the dough should be stiff and moist, but not sticky.
2. Turn out onto a lightly floured board and knead briefly, using additional flour as necessary.
3. For ease of handling, divide into two portions and work with one at a time. Roll out the dough on a lightly floured board, to about 3/8" thickness.
4. Cut into rounds of appropriate size (no larger than 6 1/2" diameter).
5. Mark with a cross, using a sharp, thin knife dipped in cool water.
6. Place the rounds on cookie sheets - try using parchment paper; or oil the cookie sheets if you prefer.
7. Bake at 400 degrees for 12 to 14 minutes. 210 degrees on instant-read thermometer.
8. Cool the loaves on wire racks, and then wrap well before refrigerating or freezing.

### Noted

- Whole wheat flour needs to be stored in the fridge to prevent it tasting rancid.
- Before rolling out the dough, shape the dough into 6 / 12 round balls.
- Try to roll the dough as evenly as possible and try rolling to ¼" rather than 3/8" - experiment with different size rounds and depths, so that you can find the combination that works for you and your oven.
- To make the cross, lay the knife, blade down, on top of each round and lightly imprint the dough with the knife.
- After the loaves have cooled to room temperature (a couple hours), wrap each loaf in plastic wrap, then insert several loaves into Ziploc freezer bags. The plastic wrap provides additional protection from drying out, and also prevents the loaves from sticking together as they freeze.
- Finally, remember that these aren't just any loaves, but rather they will be made sacred when they are consecrated at the Eucharist. As you go along, take time to notice the smells, textures, and colors of the dough and loaves. The process of preparing them is both mundane and holy, and it involves all your senses. It is a very special way of sharing in the liturgical and spiritual life of our community.

## NYTimes Favorite Challah

Joan Nathan | Makes 2 large loaves

1 ½ packages of active dry yeast (or 3 ½ teaspoons)  
1 tablespoon plus 1/2 cup sugar  
1 ¾ cup lukewarm water  
1/2 cup vegetable oil, more for greasing bowl  
5 large eggs  
1 tablespoon salt  
8 to 8 1/2 cups all-purpose flour  
Poppy or sesame seeds for sprinkling

- In a large bowl, dissolve yeast and 1 tablespoon sugar in 1 ¾ cup lukewarm water.
- Once the yeast mixture looks slightly foamy (about 5 minutes), whisk oil into yeast, then beat in 4 eggs, one at a time, with remaining sugar and salt. Gradually add flour. When dough holds together, it is ready for kneading. (You can also use a mixer with a dough hook for both mixing and kneading.)
- Turn dough onto a floured surface and knead until smooth, for about 5 minutes or so. Be sparing with the amount of flour you use to flour the surface. If the dough starts to become tacky again, you've gone too far, so stop kneading.
- Clean out bowl and grease it, then return dough to bowl. Cover bowl with plastic wrap and let rise in a warm place for 1 hour, until almost doubled in size. Dough may also rise in an oven that has been warmed to 150 degrees then turned off. Punch down dough, cover and let rise again in a warm place for another half-hour.
- Use a cooking spray or a thin spread of oil to grease the surface you're working on so the dough does not stick. Adding flour to the countertop at this point will add unnecessary flour to your dough and make the finished product stodgy and dense.
- To make a 6-braid challah, either straight or circular, take half the dough and form it into 6 balls. With your hands, roll each ball into a strand about 12 inches long and 1 1/2 inches wide.
- Place the 6 in a row, parallel to one another. Pinch the tops of the strands together. Move the outside right strand over 2 strands. Then take the second strand from the left and move it to the far right. Take the outside left strand and move it over 2. Move second strand from the right over to the far left. Start over with what is now the outside right strand. Continue this until all strands are braided. For a straight loaf, tuck ends underneath. For a circular loaf, twist into a circle, pinching ends together. Place braided loaf on a greased cookie sheet or lined with parchment paper.
- Beat remaining egg and brush it on loaves. Either freeze the bread or let rise another hour in refrigerator if preferred.
- To bake, preheat oven to 375 degrees and brush loaves again. (If freezing, remove from freezer 5 hours before baking.) Then dip your index finger in the egg wash, then into poppy or sesame seeds and then onto a mound of bread. Continue until bread is decorated with seeds.
- Bake in middle of oven for 35 to 40 minutes, or until golden. Cool loaves on a rack for 2-3 hours or until completely cool to the touch.
- Store bread in a ziplock bag, or freeze to preserve freshness.

## **Moravian Love Feast Bun Recipe**

*Adapted from Winkler Bakery Recipe Winkler is the original Moravian bakery still in operation, in Old Salem, North Carolina, since 1800. Bakers still use the wood stove for all their baking.*

### *Ingredients*

1 cup hot mashed potatoes, unseasoned, without milk or butter  
1/2 cup scalded milk  
1 cup sugar  
1/2 cup butter, room temperature  
2 eggs, beaten  
1 1/2 pounds flour  
1/4 tsp nutmeg  
2 packages yeast  
1/2 cup warm water  
2 Tbsps. orange rind,  
grated 2 Tbsps. lemon rind  
grated 2 Tbsps. orange juice  
1 Tbsp. lemon juice  
1/2 tsp. mace

### *Directions*

1. Cream butter and sugar; add potatoes, mix well. Add lukewarm milk, then eggs, mix well.
2. Dissolve yeast in warm water and add to mixture.
3. Combine seasonings and rind. Add enough flour to make a soft dough.
4. Knead on a well-floured surface. Form into ball, place in a greased bowl. Cover with a cloth and let rise in a warm place until double in size.
5. Punch down; let rise again five to ten minutes. Flouring hands well (dough will be sticky) form in to small balls (about three ounces).
6. Place on a cookie sheet. Slash tops with a knife (to release air). Cover-Rise until size doubles.
7. Bake at 350 degrees till golden brown all over (15 to 20 minutes). Makes about thirty love buns.