

Altar Bread

2 2/3 C warm water
1/2 C honey
1/4 C olive oil
4 C whole wheat flour
4 C unbleached flour
3/4 t kosher salt
3 packets dry yeast

Oven 350°

Measure the water into a large mixing bowl and stir in the honey and oil. In another bowl mix together the flours salt and yeast. Add the flour mixture to the liquid using your hands. Mix completely to form a stiff dough.

Turn the dough out onto a lightly floured board and knead thoroughly for five minutes (don't skimp on this.) The dough should be smooth and elastic. Place the dough in a bowl and cover it with a damp towel. Put in a warm place and let it rise until double in bulk – about an hour.

Punch down dough and turn it out onto a lightly floured board. Knead it for a moment. Divide dough into four parts. Roll each out to a quarter inch thickness and cut into rounds with a cutter approximately four inches in diameter. Press a cross in the dough with the blade of a knife (not cutting through) so that the loaf may be divided into quarters. Transfer to a very lightly oiled baking sheet and bake 10 – 12 minutes.

Cool completely then place in freezer on baking sheet. After frozen seal the loaves into plastic bags and put back in freezer.

Yields about 2 – 3 dozen loaves. We are currently using about 17-18 loaves per week.