



# *Eucharistic Bread Recipe*

*Wheat and Water Only*

*Office of Worship  
Diocese of Gary*

We are all called to live out God's supreme law to love one another. All ministers understand that, in their service to the community, they fulfill that commandment again and again.

The parish minister of bread baking has a unique opportunity to prepare a very special food which is intended to nourish both body and soul of each and every person who comes to Jesus' table. This ordinary bread, the work of human hands, becomes the center of our conjoined prayer in the hands of our presider, and becomes that holy and living sacrifice, Jesus Christ, given up to become our sustenance. We who gather at that table are similarly transformed in that same act and become both the nourished and the nourisher of one another, fulfilling Jesus' command that we love one another as he has loved us. We who bake the eucharistic bread are doubly involved in that miraculous transformation before, during and after the sacred, central action of our Mass.

When we lovingly prepare a substantial bread with heft, weight, texture, substance, and the appearance of a single, common loaf from which we all partake, we understand in an organic, embodied way that words can only hint at, that we are fed from one source, the same source, Jesus Christ. We see that no one who approaches Jesus for spiritual sustenance goes away hungry. We taste that the bread broken and shared is truly bread.

When we gather together in Christ's name, there is one thing we must always do together - pray to our gracious Creator. When ministers of bread baking gather they may pray this special prayer, based on the prayer written by Dorothy Huseman of St. Edward Parish in Lowell.

*Lord, we humbly accept your call to bake the bread  
for the holy and sacred sacrifice of the Mass.  
Make us worthy and bless us with pure hearts and open minds,  
as we take the grain the earth has given,  
and shape it with our human hands into what will become  
the body of your son, Jesus.  
Send your spirit upon us, gracious and loving God,  
that the bread may be pure, and sweet,  
able to bear the weight of the sacred mystery as it becomes the  
body of your Son and our savior.  
Let his bread nourish your people  
as they partake of your holy, living, sacrifice.  
Thank you Lord, for calling us to this ministry,  
and help us to always remember  
your love, which accomplishes all good things,  
and answers the prayers of your children who hunger for you.  
All praise to the Father, Son, and Holy Spirit, who live and  
reign for ever and ever. Amen.*

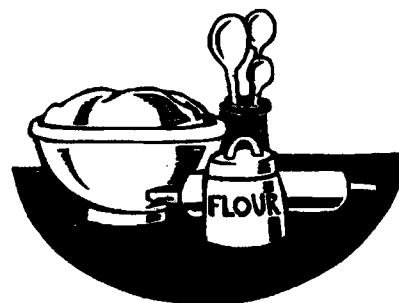
## Wheat-and-water Eucharistic Bread Recipe

Adapted from a recipe created by Deacon Bill Mallory of Hailey, Idaho.

Makes five to six 40 piece loaves.  
(One batch serves 240 people)

### **Ingredients:**

- 2 ½ cups whole wheat flour
- ½ cup unbleached white flour
- 1 ½ cups hot water



*Note: Have on hand an additional amount of wheat flour for rolling out the dough.*

### **Directions:**

- 1 Use an electric mixer, with a dough hook if at all possible, as it will do some of the kneading for you. However, a portable mixer will suffice, as will hand mixing.
- 2 Preheat oven to 350 degrees.
- 3 Measure both flours and sift together into mixer bowl.
- 4 Measure hot water (as hot as it comes from the tap) and slowly add to the flour mixer running. Be precise. Mix until all the flour is gathered in and the dough leaves the sides of the bowl.
- 5 Place dough on a floured surface and knead for 5 to 6 minutes.

**Kneading:** The kneading motion consists of folding the dough back on itself and pushing with the heels of the hands. This is repeated with a rhythmic motion until the surface of the dough feels smooth and satiny. (Knead 3 times, turn a quarter turn, knead 3 times, turn a quarter turn, etc. Repeat 5 to 6 minutes. Add flour to kneading surface as needed (sparingly). Full kneading time is needed to prevent puffing and ballooning during baking to make it "bread like".

- 6 When the dough is smooth and pliable, form the dough into a ball, cover it with a dampened clean cloth and let it rest for about 5 minutes. The damp cloth will prevent a crust from forming.

## Shaping and Scoring

- 1 Divide dough into 6 equal portions. Roll out dough on floured surface to a  $\frac{3}{8}$  to  $\frac{1}{2}$  inch thickness and at least 4 inches across. Cut into 4 inch rounds, score and transfer to baking sheet.
- 2 **SCORING:**  
Using the diagram, score the loaf with circular scorers (4 inch diameter,  $2\frac{3}{4}$  and  $1\frac{1}{2}$  diameter). The cross scoring is done with a thick or blunt edge blade. Score deeply so as to facilitate the fracturing process.
- 3 Bake at 350 degrees for 10 minutes. Remove baking sheet from oven and lightly brush loaves, remove loose flour. Place sheet back in oven and bake another 10 minutes. Remove from oven and transfer loaves to another surface that is covered with paper toweling.
- 4 When cool wrap each loaf separately in paper toweling and store in individual plastic baggies. Bread should look like bread (not wafer-like). Store on edge. **Do not stack on top on each other.**

