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Updated: 11/20/09

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Recipes

Bread

Title: Altar Bread

Source: [Alabama Emmaus Community](#) Edited version of instructions
from the Monastery of the Holy Spirit, Conyers, GA

Ingredients:

4 cups whole wheat flour
4 tsp. double-acting, or 8 tsp. single-acting baking powder
2 tsp. salt
1/2 cup pure oil (we used extra virgin olive oil)
Honeyed water - 1/2 cup each honey, milk, water

Instructions:

1. Sift the dry ingredients together into a bowl.
2. Pour in the honeyed water. You may have to warm the honey to get it into liquid form. Be sure to mix the oil with the honeyed water before pouring it into the bowl. Do not pour all the honeyed water into the mixture, only as much as is needed to make smooth, soft dough, not too sticky to handle.
3. Turn the dough out onto a lightly floured surface and knead it gently.
4. Roll out the dough to the desired thickness. We find that about 3/16 of an inch works well for us.
5. Cut the dough into the desired size and shape. Use a metal soup bowl which measures about six inches across. This size is enough for 25 to 60 people. We also make other sizes for different services. This bread leaves little in the way of crumbs and is quite adaptable to the number of people.
6. Before putting into the oven, we cut a cross into the surface of the dough. This facilitates the breaking of the bread into four quarters and thus others can help the server to break the required number of pieces.
7. The cross is best cut by a knife having a serrated edge. Use the knife also to smooth out the outer edge, by patting it with the side of the knife.
8. Place the breads (this batch easily makes 9 pieces) onto lightly greased baking pans or baker's stone
9. Put into the oven at about 400 degrees. It should take from 10 to 15 minutes to bake.
10. Let the bread cool for about 1 hour.
11. Wrap individual pieces into cellophane, and refrigerate.
12. Take it out about 1 hour before using. They can be put into freezer bags and stored in the freezer, taking out the amount which will be used the night beforehand.