

## Communion Bread

4 1/2 cups whole wheat flour (540g)

1 1/3 cups all purpose flour (170g)

2 2 1/4 cups warm water

1. Preheat the oven to 450 F.
2. Mix flours together, then add water all at once. Stir until flour is moistened and begins to "clean" the sides of the bowl. When I make the bread I find there's still quite a bit of flour that is not incorporated into the dough at this stage - that's fine.
3. Dump the whole mess out onto the counter or a board and begin kneading. Knead for 5 minutes or until smooth - you may need to add a little flour as you go if it becomes sticky (use whole wheat flour). When done kneading, cover the dough and let it rest for 5 minutes (I just leave it on the counter and turn the bowl upside down to cover it).
4. Divide the dough into 8 parts (I find a kitchen scale is very helpful here). Roll each piece into a ball then press into a circle about half an inch thick (it should be about 3 1/4 inches in diameter). Score each loaf into 40 pieces (see the photos above) - cut the smallest circle first, then the larger circle, then cut two straight lines at right angles all the way across the circle, then cut each quarter of the two outer circles into thirds (two cuts in each quarter), then cut each section in the outermost circle in two. When making cuts, cut all the way through or nearly so.
5. Place loaves on cookie sheets lined with parchment or lightly oiled. Bake bread for 15 to 18 minutes until the center is firm and loaf sounds hollow when tapped on the bottom. Cool on a rack.

**Helpful Hints:** Here are my comments which I hope will be helpful to other bakers.

1. For those, like me, who do not have a metric scale, dough portions, weighing 3 to 3.05 oz each, will produce 15 round loaves, each measuring 4 1/2" X 1/4".
2. I used Whole Wheat "Graham" flour. Because of the higher wheat - bran content, this flour has more texture and will produce a more tender, crunchier product that has some texture.
3. Based on my long experience making Irish Soda Bread, kneading or excessive handling makes non-yeast breads tough. Therefore, I mixed in the water with a large spoon just until the water was incorporated into the flour and the dough was moist throughout, but not sticky. (Add the last 1/4 cup of water sparingly.) I did not knead it. If the dough is the right consistency it is possible to handle it, weigh it and shape it without it sticking to your fingers or without the need to add extra flour; just like Irish Soda Bread.
4. I used lightly greased Airbake Cookie Sheets and cooked the bread 10 minutes @ 425F. I switched oven racks after 5 minutes.

I hope these comments are helpful, but let's face it, flour and water is just another name for Glue! Let's try our best. Nellie.