

## A Recipe For Eucharistic Unleavened Bread

Provided by Hilfield Friary, Dorchester  
Winners of the first Eco Church Gold Award

### Introduction

Bread considered suitable for the Eucharist varies with Christian denomination. Roman Catholic bread must contain only pure flour and water. Eastern Orthodox and Eastern Catholic denominations use only leavened bread to represent the risen Christ. Nonconformist and Lutheran churches sometimes allow the addition of salt, oil and honey. Within the Anglican Communion, although depending upon the view of the president of the Eucharist, any pure bread may be considered suitable.

The recipe offered here should be suitable for any denomination except Orthodox. If permitted, and wished, a pinch of salt, a teaspoon of olive oil and half a teaspoon or honey may be added but may result in a different consistency. The aim is to produce a bread that will break into pieces without crumbs, and which is not too chewy. Be sure to wash hands and remember what the bread will be used for. Bread prayed over during the making, generally turns out better!

*Michael Oram TSSF*

### Ingredients

250g organic white flour, without bread improvers

160ml (approx.) cold water

Wholemeal wheat flour, or ancient biblical wheat flours, such as Spelt, Emmer or Khorasan/Kamut flour, may be used although will probably need a little more water.

### Method

**Note: a half measure may be made but is more difficult to knead.**

Combine the flour and water and knead for 10 minutes. Quite hard work but do not cut this time; it is important. Divide the dough into 16 pieces. Roll each piece into a ball and flatten with a rolling pin on a lightly floured board to form 6-inch (15mm) circles. If wished, score with a small cross or other suitable motif. Cover with a slightly damp tea towel and leave for 10 minutes.

Pierce the dough disks with a fork at around 1-inch (2cm) intervals and place on an ungreased baking sheet. Bake in the middle of a preheated 220°C (425°F, Gas Mark 7) oven for 7 minutes or until the discs are lightly coloured, blistered and crisp.

If you do not want 'crisp', cover for half an hour to an hour with a damp tea towel but use that day.

If you want to store it, keep crisp in an airtight tin or plastic container, in a cool dark place for to 2–3 weeks. Do not refrigerate.