Communion Bread

The Christian church has a tradition of baking sacramental bread for the Eucharist. The bread must be made of wheat flour (predominantly whole-wheat) and water and it must be unleavened. It must also be palatable and be recognised as food. Within this framework, there are a wide variety of recipes for this type of ceremonial bread.

Basic recipe: Set the oven to 200°C then using a large bowl mix 300g whole-wheat flour and 150g white wheat flour. Add 350ml warm water and mix and kneed into a stiff dough.
Split into 8 dough balls and roll each one out to about 0.75cm thick. Scour the surface with a spatula and rest for 5 minutes.



Bake for 15-20 minutes and cool on a rack. When cool the breads can be stacked or wrapped and frozen. Defrost overnight before use.

An important part of the process is to break one bread and taste it to ensure that it is cooked and palatable. Before use, the bread can be broken and laid on a salver ready to be blessed. Only sufficient bread for the Eucharist will be blessed as the priest is required to eat any residue that is not used in the ceremony.

Extended recipe: Set the oven at 210°C and measure out 500g of strong whole-wheat flour. Mix 280ml hot water with 2 tablespoons of olive oil and 2 tablespoons of honey. Mix and knead the ingredients into a stiff dough and divide into 8 equal balls. Roll each dough ball out to less than 1cm thick and place on a baking tray. Impress with a fork to divide the dough into gridded segments. Bake for 15 to 20 minutes and cool on a rack.





Historical Bread Recipe