

St. Mark's Lutheran Church **Gluten (Wheat) Bread for Home Communion**

Begin this recipe on **Wednesday, Thursday or Friday**

Tools Needed:

- 2 quart bowl with tight fitting lid (4 quarter if you are doubling the recipe)
- 1 cup and 1 tsp
- Bread Whisk or Mixer or Food Processor
- Pizza Stone or Cast Iron griddle/fry pan (if these not available, a heavy duty cookie sheet)
- A 9x13 baking pan (**metal** not glass; glass will break!)
- Piece of parchment paper (you can also use corn meal on a cookie sheet without a lip as long as it is enough to let the dough slide off the cookie sheet)

Ingredients

- 2 cups all purpose flour (you can use bread flour, too)
- 1 tsp table salt or 1 ¼ tsp kosher salt
- 1 tsp yeast
- 1 cup water

NOTE: If you only have yeast packets, then double the amounts for everything else. You can always make a second loaf of bread!

Instructions:

- In your 2 quart (or 4 quart if doubling) bowl, mix the dry ingredients together. Add the water. Using a bread whisk, mixer, food processor or your hands, mix the ingredients until the water has been completely absorbed (about 2-3 minutes at most). You will end up with a dough that is much like chocolate chip cookie dough. Clean up the sides of the bowl a little then put on the cover of the bowl.
- Let rest on your counter for two hours. The dough will rise to about double in size.
- Put the bowl into your refrigerator.

On Saturday evening,

- Get out a piece of parchment paper.
- Place your pizza stone, cast iron griddle/skillet or baking sheet on the top shelf in the oven.
- Place the 9x13 METAL pan on the shelf below slightly to the side so you can pour liquid into it.
- Set your oven temperature to 450 F.

While the oven preheats (it will need at least ½ hour for an electric oven) prepare your loaf:

- Remove bowl from refrigerator.
- Open the lid
- If you've made a double batch, cut the dough into two equal parts.
- Sprinkle the dough with a light dusting of flour to make it manageable (it will be quite sticky).
- Lift out (one of) the ball of dough.
- Slightly shape it into a ball by tucking the edges underneath. You want to make the top of the ball a little "tight" without ripping it. (easier than it sounds!)
- Place the ball onto the parchment paper.
- Cover with a towel and let rest for 30 minutes.

To bake the Bread:

- Get 1+ cup of warm water ready and set next to the oven.
- Immediately before placing the dough into the oven (on the parchment paper), cut a cross in the top of the ball.
- Open the oven door, place the dough (lifted with the parchment) on the cooking surface.
- Pour the 1+ cup of water in the pan below. Quickly close the oven door.
- Bake for 30 minutes or until golden brown. For those who have an instant read thermometer, the internal temperature will be 135 F.
- Remove the loaf from oven and let cool on a rack.

St. Mark's Lutheran Church
Communion Bread (Gluten/Wheat without Yeast)

BEGIN ON SATURDAY NIGHT (the night before):

Tools needed:

- Small bowl with tight fitting lid (or a bowl and plastic wrap)
- Bread Whisk or Mixer or Food Processor
- Parchment Paper
- Pizza Stone or Cast Iron griddle/skillet or Cookie Sheet

Ingredients:

- 1 cup all purpose flour (bread flour will work too)
- ½ tsp baking powder
- ¼ tsp salt
- ¼ cup milk
- 3 TBSP butter, melted (if you don't have butter, you can use corn oil or butter-flavored olive oil)
- 1 TBSP honey (sugar can be substituted if necessary)

Instructions:

- Mix dry ingredients together.
- Add wet ingredients.
- Mix thoroughly. Then, using your hands (or the appliance), continue folding and squeezing (kneading) the dough for about 3 minutes until the dough stretches a little when you pull on it. The ball should be about the size of a baseball at this stage.
- Cover the ball of dough with some plastic if available. Then cover the bowl with a tight-fitting lid.
- Let sit on your countertop at least 8 hours or overnight.

SUNDAY MORNING (1 hour before service begins or earlier):

- Place your pizza stone or cast iron griddle/skillet in the oven or cookie sheet.
- Preheat your oven to 350 F.
- While your oven is preheating, shape the dough into a flat disk about 5 inches across and about 1 inch thick. Place on a piece of parchment paper or a cookie sheet that will permit you to slide it onto the pizza stone/griddle/cookie sheet.
- Cover with the used plastic or a towel.
- Let rest for 20 minutes (while the oven continues to heat up).
- Immediately before placing the dough into the oven, cut a cross shape on the top.
- Place loaf in the oven and back for 20-25 minutes, until golden brown.
- Remove from the oven and let cool on a rack.
- Prior to the service, place the loaf on the dish you have selected for the service.

Any questions, you are welcome to call Tammy at 701-306-6865.
(She has tested these recipes and found it quite appropriate for communion!)