

Communion Bread

2 tsp yeast (1 packages)
¼ cup warm (not hot) water

2 TBSP olive oil
¼ cup honey (or tight packed brown sugar)
1½ tsp salt
⅔ cup boiling water

¼ to ⅓ cup ice water
2¾ cups whole wheat flour
¾ to 1¼ cups white flour
Canola oil

This recipe can be made using a heavy duty mixer, or by stirring in ingredients by hand.

1. In a small bowl, stir yeast into warm water.
2. In a large bowl (mixer bowl, if using a mixer), stir together next 4 ingredients.
3. Add ice water and stir until ice melts. (Remove the last couple ice cubes with a spoon if they don't melt quickly.) Mixture should be lukewarm.
4. Stir in yeast mixture.
5. Gradually mix in whole wheat flour and 1 to 1½ cups white flour.
6. Turn dough out onto a floured board and knead for 5 minutes or more, until the dough is smooth and elastic, adding more flour if dough is sticky.
7. Grease a large bowl with canola oil. Place the dough in the bowl and flip the dough over to grease the top. Cover and leave in a warm place to rise. After 1½ to 2 hours, when the dough has doubled in size, punch it down.
8. Divide the dough into two loaves. Use a sharp knife to score a cross in the top of each loaf.
9. Let rest for 20 to 30 minutes before baking in a 350° F preheated oven. Bake about 35 minutes until done. Brush with a small amount of canola oil while hot.