

Recipe for Qurban for Holy Eucharist and the Antidoron  
Traditional Recipe from A Guide for the Domestic Church  
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A basic bread dough recipe is used in preparing the holy bread. The most distinctive sign that this is bread meant for the Eucharist is that before baking it is marked with the seal or stamp on which the divine name is inscribed. This seal consists of a cross, around which is written the Greek inscription IC KC NIKA (Jesus Christ is victorious). Some of these seals contain only one such inscription; others contain several (meant to be used in larger celebrations) as well as indications for the other particles cut during the prothesis or preparation rite. Usually made of wood (but increasingly of plastic or ceramic as well), these seals are available from the liturgical suppliers listed in the appendix and often from ethnic grocers as well.

There are many variations to the recipe for prosphora and these are often found in ethnic cook books. One handy guide is Father Anthony Coniaris' leaflet Preparing the Bread Offering (Prosphora) for the Liturgy, available from Light and Life (see appendix).

One popular recipe used in many of our churches is the following:

#### Holy Bread

1 pkg. compressed dry yeast  
2 1/2 cups water  
2 tsps. salt  
6 3/4 to 7 cups unbleached flour (Crutchfield is a good brand)

Dilute yeast in warm water. Add salt, then half of the flour and stir. Mix the remainder of the flour by hand until dough is firm. Knead until dough is smooth. Divide dough and place in 8", 9" or 10" cake pans that have been floured only: do not grease pan. Keep in mind that the dough should be smoothed out to cover the bottom half of the depth of the pan.

Take the Eucharistic seal and dip into flour. Shake off the excess flour, then press firmly and evenly in the center of the dough. Remove the seal and let dough rise, covered, until almost doubled in bulk. As the dough will also rise in the oven, take care that it does not rise so much that the seal will be erased.

Preheat oven to 400 degrees.

Before baking, take kitchen scissors and cut the dough at an angle around the perimeter of the bread midway between the edge of the pan and the seal, taking care not to cut

through to the bottom. Then take a toothpick and prick the outer edge of the seal. Do not pierce the center section of the seal.

Bake in 400 degree oven for 30 minutes or until done. Bread should be golden in color.

Immediately after taking the bread from the oven, wipe the face of the bread with a clean, damp cloth which has been soaked in cold water. Cover the bread with a dry cloth and allow to cool. Place bread in a plastic bag when cool.

While mixing, kneading and waiting for the bread to rise or bake, family members can pray for the intentions they wish to commemorate during the Liturgy. In some parishes the priest sings these names aloud during the Great Entrance, so when you bring the Bread to church, include a list of the intentions you wish commemorated.