

RECIPE FOR *QURBAN* (HOLY BREAD FOR COMMUNION)

Ingredients

1 package dry yeast
1/2 teaspoon sugar
1/4 cup warm water

10 cups flour (up to 2 cups of the total may be whole wheat flour, if desired)
1 teaspoon salt
3 cups warm water (approximately)

Procedure

Proof the yeast with 1/2 tsp sugar in 1/4 cup warm water.

In a large mixing bowl, combine flour, salt, and 3 cups warm water. Add dry ingredients gradually so that everything is thoroughly mixed.

Add dissolved yeast and mix well.

Depending on various factors (humidity, type of flour, etc.), you may need to add more water or more flour. The dough should not be sticky, but will be very dense and stiff.

Knead dough thoroughly until smooth.

Cover with a light cloth and set in a warm place to rise about 1-1/2 -- 2 hours.

Preheat oven to 400°F.

(Lightly grease cookie sheets or shallow baking sheets.) Correction: this line should read "Lightly FLOUR cookie sheets or shallow baking sheets."

According to Rev. Father Mark Malone, St. George Melkite Greek Catholic Church, 1620 Bell Street, Sacramento CA 95825, (916)920-2900, no fat can be near Holy Bread. Since oil and grease are by products of fat they can not be used.

Punch down risen dough. Shape into balls about the size of a tennis ball or baseball, depending on size of loaf desired. Roll between hands until smooth.

Flatten each ball until less than 1/2 inch thick. Place on baking sheet, shaping as necessary.

For each loaf, dip holy seal (IC XC NIKA stamp) lightly in flour and press firmly into the center of the loaf.

Make vertical punctures all the way through the dough around the edges of the seal and in the rest of the loaf to allow steam to escape and prevent rising.

Baking

Bake about 13-15 minutes, until bottoms of loaves are light brown. Top crust should color very slightly.

When done, remove from baking sheet. Cool on racks.

When loaves are completely cool, they may be put in zip-lock bags and frozen for future use.

Leavened or Unleavened?

Byzantine Christians (Orthodox and Catholic) use leavened bread for Holy Eucharist because it symbolizes the living, risen Christ, given to us in the Mystical Supper.

Latin Catholics use unleavened bread because they understand the Last Supper as a Passover meal, when unleavened bread would be used.