

Recipe for making Holy Bread

Ingredients: 1 Small package of Gold Medal unbleached flour and 1 package of bleached flour

1 packlett of Fleischmanns active dry yeast

Sugar

Salt

Recipe: Start by washing your hands, then get a medium to large size metal bowl.

Measure out 2 cups of Bleached Flour and 2 cups of Unbleached Flour. One cup of Warm Water (Keep a separate bowl handy nearby with a half-cup of unbleached flour in it, and a half-cup of warm water too.)

Add the two cups of flour into the bowl mix around and add the cup of warm water. Mix together until doughy, and add some of the extra unbleached flour as needed to keep doughy consistency. If too dry then add some of the extra water with your fingers only.

Mix together in the measuring cup 1 spoonful of Yeast, 2 spoonfuls of Sugar and 1 spoonful of Salt. Stir together for 2 minutes and then let sit for 2-3 minutes.

Then add the yeast mixture to the flour in the bowl,
-Again, if it becomes too tacky add some flour
-And if too dry add some warm water with your fingers only don't pour it in.

Knead the dough until it doesn't stick to your fingers, and it becomes smooth. You knead it for 10 minutes. Push on the dough to get out all the air bubbles otherwise bread will crumble later on.

Get two pans about 3' x 4' and spray each with a little non-stick spray and spread around on the surface or use Teflon coated pans.

It's now time to cut the dough, wet hands first so dough will not stick to your hands.

Twist off a piece of the dough and roll it into a ball the size of your palm, like a big meatball. Put in onto the pan and flatten it out even all around, but don't flatten it so the sides are thinner than the middle. Use the little wooden roller to flatten it out more after you've used your hand.

Get 1C XC stamp and center it in the middle of each bread and put pressure down on it with the palm of your hand pushing evenly all around the stamp, then take your hand off and let it sit there for 30 seconds, then slowly raise the stamp off of the bread evenly on all sides. There should be a good impression on the loaf.

Once you've done all the loaves this way, then let them sit on the counter for 1 hour, Then check on them to see if they have risen some.

Next take a wooden stick (like those used to light the candles in the chapel) and poke five holes in the bread but not all the way through. The five places are the four areas where the cross meets in the middle but on the outside of each area. You could say the four pocket areas. The last area the fifth is where the M is located on the bread.

Set the oven to broil for 10 minutes, then set to 500 deg. Put the bread into the oven, leave it for 10-15 minutes, then check the bread. When it starts to get a little brown on the top take them out and check to make sure the bottoms aren't burning underneath.

After the 10-15 minutes the bread should be done, take them out and while warm wrap them in saran wrap and put them into the freezer. And that's the name of that tune!