

Parish of St. Benedict  
Eucharistic Bread Recipe  
Makes 6 rectangular loaves

3 Cups unbleached white flour

3 Cups whole wheat flour

2  $\frac{3}{4}$  Cups cold unflavored sparkling water (*Sparkling water is the best. The bubbles aid in baking the interior of the loaf in the absence of leaven*). You can find this bottled water at the grocery store. Be careful because there are many flavors, like lemon, lime, and peach. These are not acceptable.

1. The night before: freeze both kinds of flour in a zip lock bag  
chill bowl and sparkling water
2. Preheat oven to 375 degrees.  
Spray cookie sheets with Pam.
3. Mix ingredients in cold bowl.  
Add more water or flour as necessary to form a ball that is a little sticky when you hold it.

Divide dough into 6 balls. Flatten each of the balls (with your fingers) on a cookie sheet to the size of the rectangular template. (I use jelly roll pans and put two on each on.) Round the end of one of the loaves to make it look like a circle. This end will be used for the consecration.

Prick the top of the loaves with a fork to release any air bubbles.

4. Bake for 10 minutes. Flip over and bake another 5 minutes. Adjust time if necessary.  
Remove from oven and cool on wire rack.  
After the loaves have completely cooled, cut off the rounded end and put that loaf on top, wrap them tightly in plastic wrap and place in a plastic freezer bag. Please write your name and the date on it.

NOTES: Each loaf should be at least  $\frac{1}{4}$ " thick.  
The size of each loaf is 6  $\frac{1}{4}$ " x 9  $\frac{1}{4}$ ".

Deliver to the office on Friday before 3:00 (noon during the summer) or to the sacristy Saturday after 3:30.