

Week Four

A good communion bread

3 cups all-purpose flour

1 1/2 cups whole wheat flour

3 teaspoons salt

1/4 cup oil, plus a little more

2 cups water

1/4 cup honey

Preheat the oven to 350 degrees F. Lightly grease a baking sheet.

Sift the flour and salt into a large mixing bowl. In a separate bowl, dissolve the honey in the water. Pour the honey mixture into the flour along with 1/4 cup oil to form a sticky dough. The rest of the oil will be used for the tops of the loaves. When the dough is too stiff to stir, turn it out onto a well-floured surface, and knead for 8 to 10 minutes, until smooth.

Divide the dough in half, then in quarters. Divide each quarter into quarters, to make a total of 16 pieces, and form each one into a flat round. Place the loaves on the greased baking sheet. Score each round with a knife, making the shape of a cross. Brush with oil.

Bake for 20-25 minutes in the preheated oven, brushing the tops of the loaves with oil once in the middle of baking and again after removing the loaves from the oven.

Literalism that kills | The Christian Century

