

# St. Mark's Communion Bread

## Ingredients

- 2 cups Warm Water
- 1 tablespoon Yeast
- 3 tablespoons Sugar
- 2 tablespoons Oil canola, olive, or coconut melted
- 1 teaspoon Salt
- 7 cups Flour

## Instructions

1. Add the yeast to the warm water and stir to dissolve.
2. In a large mixing bowl add the sugar, oil, salt and 2 cups of flour.
3. Mix in the yeast mixture with the flour mixture and stir or mix with a mixer for a couple of minutes.
4. Gradually add in more flour 1 cup at a time.
5. Stir after each addition of flour until it's too thick to stir then, turn out onto a floured surface to knead in more flour until it's not sticky. Add 1/4 cup to 1/2 cup at a time.
6. Knead the dough on a floured surface for about 8-10 minutes, until the dough becomes elastic and smooth.
7. Place the dough in an oiled bowl and let rise in a warm place for about an hour.
8. Punch down the dough and shape into loaves. I usually make 4-5 small sized loaves. Place the dough on a baking sheet. Let rise until double about 30 minutes.
9. I score a cross on the top and then bake at 350 degrees for about 20-25 minutes.
10. Remove the bread from the sheet pan and cool on a wire rack.

# Unleavened Bread

## Ingredients

1/2 cup hot water  
1/2 Tbsp olive oil  
1/2 Tbsp honey  
3/4 tsp salt (optional)  
1- 1 1/2 cups of wheat flour

## Instructions

Mix all of the ingredients minus the wheat flour in a mixer fitted with a dough hook, or mix by hand.

Slowly add flour until the dough wipes clean off of the sides of the bowl. Mix for 5 - 7 minutes.

Pat the dough ball into a 1/4-inch-thick circle. Take a fork and pierce the dough with stripes and a cross.

(Don't skip the piercing step or the bread will ruin.)

Bake at 400 degrees for 14 - 20 minutes. Cool on a rack.  
Wrap well and freeze until needed.