

Honey Bread for Communion

Ingredients

125 g wholewheat flour
1/2 tsp baking powder
1/2 tsp bicarbonate of soda
1/2 tsp salt
1 tbsp honey (this is important)
1 tbsp molasses
60 ml plain yogurt (use water if there is dairy intolerance)
60 ml cream or whole milk (use water if necessary)

Method

- Oven temp 180'
- Mix dry ingredients in a largish bowl
- Whisk wet ingredients in small bowl then pour, bit by bit into the dry mix
- Mix with one hand until it forms ball you can handle. *(Aim for a smooth even texture, adding a little more flour or water if necessary to get the consistency just right: dry enough not to stick to your hands or the table top but damp enough so that when you fold it over it sticks to itself without leaving creases or cracks.)*
- Divide into equal parts. (2 for use in church, 12 or more for use during Lockdown at home)
- Roll into flat even "pancakes" about 1/4 inch thick. Shape into rounds
- Place on a lightly oiled baking sheet
- Use a sharp knife to score a deep cross edge to edge
- Bake 10 minutes, until there's a slight 'bounce back' when pressed with finger
- Leave to cool on the sheet
- Pop in the freezer until needed

Additional notes:

- This recipe comes from St Margaret's Episcopal Church, D.C. The key ingredient is honey. They say *"It's soft enough to use one hand to pull off a piece while using the other to hold a silver plate. It is firm enough not to disintegrate completely if dipped into the wine. Most importantly, its not so dry that it sticks to the roof of your mouth and makes you wonder if the bread of heaven will ever make it down your throat."*

- There's no yeast but it does rise a bit in the oven. If you want to stop them rising too much, dust the top of the loaves with a little flour and pop another baking sheet on top of the loaves before putting in the oven.
- Preparing any bread, not least bread for communion can be a simple and straightforward task, but in fact it can be real work and can teach us a lot about ourselves and about God. One Anglican monastery in Crawley Down in England advise those on cooking duty that although baking can be exasperating sometimes, even depressing, God does not mind when things go awry; God understands the troubles we have. In fact it's through simple jobs like baking we can gradually learn to share in Christ's own work of healing the world's muddle and disorder. And some of that disorder will reveal itself in the shape and character of our loaves!
- There's a prayer we can say before we start:

*Loving God, you give us life and all good gifts that we may come to the fulness of life in the Kingdom of your Son.
He came to us in our need and redeemed us from our mistakes.
He have us new life in Baptism and in the Eucharist left us an abiding memorial of His presence.
And now Father, bless our work and grant us the help of your Holy Spirit, that the gifts we prepare may become a holy offering and that we may become a holy people acceptable before you in Jesus Christ, Our Lord. Amen.*

Cedric Blakey
3 June 2020