

Luther Bread Recipe

Yield: 4 loaves

Ingredients:

Dry:

2 Cups whole wheat flour

1 Cup white flour

1 ¼ teaspoon baking powder

1 ¼ teaspoon salt

Wet:

1 Tablespoon and 1 teaspoon oil

7/8th Cup hot tap water

3 Tablespoons Honey

3 Tablespoons Molasses

** and olive oil for finishing

Sift dry ingredients together 3 times. Cut in the T and tsp of oil. In another bowl mix the hot water, honey and molasses, add to the flour mix and knead lightly. Dough should be a bit sticky. Divide into four balls.

Roll and pat each ball into a circle loaf approximately ¼ inch high and 7 inches in diameter. Score into 8 pie shaped pieces. (do not cut all the way through)

Preheat oven to 350 degrees and let loaves sit for 20 minutes before baking on lightly oiled cookie sheet.

Bake at 350 degrees for 10 minutes, remove and brush entire top surface generously with olive oil. Bake an additional 5-8 minutes.

After fully cooled, put in a zip-lock bag, date and put in the scullery freezer in the containers marked "Communion Bread or Altar Guild".

Contact Jill Nichols-Hicks 425-785-9866 (Mobile #) if you have any questions.