

Eucharist Bread

Gluten-free adaptation of a Eucharist bread recipe from Luther Seminary in Minnesota.

Yield: 4 round loaves, each 5-6 inches in diameter

Dry ingredients:

2 cups Bob's Red Mill Gluten Free All-Purpose Baking Flour

1 cup Bob's Red Mill Sorghum Flour

1 tsp Xanthan gum (available from Bob's Red Mill)

1-¼ tsp salt

1-¼ tsp baking powder

Sweet ingredients:

3 Tbsp molasses

3 Tbsp honey

Other ingredients:

¾ cup plus 2 Tbsp very hot water (175° or higher)

About 1 Tbsp olive oil

1. Preheat oven to 350°. Prepare a cookie sheet with parchment paper or a silicone liner.
2. Sift dry ingredients into a large bowl. Use a flour sifter or a sieve shaken over the bowl. Whisk or use the stir setting on a stand mixer to mix the dry ingredients.
3. Measure the hot water into a 1 or 2-cup measuring cup. Add the molasses and honey to the water. Mix thoroughly.
4. With mixer on stir or while stirring with a spoon, slowly dribble the water mixture into the dry ingredients. Continue mixing on low until the dough has come together, about 1 minute.
5. Dump the dough into the center of the cookie sheet. With damp hands to keep it from sticking, divide the dough into four balls. Pat each into a circle loaf 5-6 inches in diameter and about ¼ inch thick. Smooth the tops of the loaves with a rolling pin or the outside of a smooth damp drinking glass.
6. Use a serrated knife to score the top of each loaf with a cross or design. A checkerboard design works to assist the pastor in tearing the bread. Make each square no bigger than ½ inch.
7. Bake the loaves for 10 minutes. Remove from oven to brush the tops generously with olive oil. Return them to the oven to bake for an additional 7-8 minutes. Remove from oven and cool on the cookie sheet. Loaves may be frozen for future use.



9/2/22

made 6 loaves instead of 4
~~cooked~~ Baked for 8 minutes
Used Extra light olive oil
Baked for 7 minutes

Try 7 ^{scores} ~~scores~~ in each direction
(score ^{score} ~~cut~~ down middle, then 3 on either side)