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## DIOCESE OF RICHMOND Eucharistic Bread Recipe

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### Eucharistic Bread....recipe and baking notes

Here is a tried and true recipe for eucharistic bread. Follow it exactly and you'll be rewarded with bread whose consistency, texture and taste are just right.

**Canon Law note:** The only requirement mentioned in canon law is that the bread be made of wheat flour and be "unblemished." This has been traditionally interpreted as using unbleached and / or whole grain flour, and pure untreated water (such as spring water), and the loaves are fresh and not moldy. The above recipe meets those requirements. The loaves are also moist and have very few crumbs, even when broken during the fraction rite.

1 cup whole wheat flour  
1 cup unbleached white flour  
7 oz. carbonated non-flavored spring water (Perrier)

Mix together until the dough cleans the bowl. Turn out on a floured surface and knead for about five minutes. Cover the dough with plastic wrap and let stand for ten minutes. Divide in half and form each half into a ball. Press or roll each ball into a flat round, ¼ to 3/8 inch thick, about seven to eight inches in diameter. Place on parchment lined baking sheet (both loaves will fit on the same sheet). Bake at 350F in a regular oven (not convection) for 9 minutes. Turn the breads over and continue baking for another 12 minutes. The loaves will lighten in color while baking and should not brown. They will be somewhat dense but not doughy when fully baked. A high moisture bread is more palatable. Cool on a rack.

Each loaf can be cut into about 100 one-cm square pieces. Use a straight edged knife, not a serrated bread knife, for best results. Loaves for elevation and blessing as whole breads can be scored with a knife (or fork pricks) before baking, or after baking...your choice.

Store in plastic bags in the refrigerator. Bake the breads no more than a day before the eucharistic celebration for best freshness. Refrigeration will extend the useable life of the bread by several days. Breads and pieces can also be frozen and thawed before use. To thaw properly, the bread should remain sealed in its original plastic bag while thawing; this allows the moisture that was condensed from the bread on the inside of the bag to be redistributed to the pieces, restoring some of its original texture.

Most of these unleavened bread doughs tend to puff when baked, like a pita. The above recipe reduces the puffing greatly, and the kneading may have helped also. If an

absolutely flat loaf (no puffing) is required for the loaf that will be elevated, prick the surface of the loaves with a fork before baking and after turning the loaves in the middle of the baking.

- The major difference between this recipe and previous ones is using slightly less water to form the dough. This greatly improved the baking time and resulting texture.
- The dough was very elastic as I rolled it to form the breads, possibly a result of the kneading. The elasticity was much more evident with this recipe and kneading technique than with earlier attempted batches which essentially avoided kneading.
- I always use an oven that has been heated for twenty minutes after reaching the desired temperature.

*For example:*

Holy Thursday celebration at St. Matthias Catholic Community, Somerset, NJ (3000 families) required about 800 pieces and one loaf for elevation (five batches of bread were required). Some of the consecrated bread was not consumed during the Mass and was placed in the ciborium for adoration. On Good Friday, this bread is supplemented with consecrated hosts for communion. Holy Thursday celebration at St. Ann (1300 families) required about 200 pieces and one loaf for elevation (two batches).

Ingredients used for Holy Thursday Eucharistic loaves:

Hecher's Unbleached White Flour  
King Arthur Stone Ground Whole Wheat Flour  
Perrier natural spring water, non-flavored

*For additional help, contact:*

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