***GRANARY* BREAD – Used for Communion**

**from Lisa McManis**

This recipe will make 4 one pound round loaves for communion. After the 20 minute rising period, divide dough and shape into 4 round loaves – each about 5” in diameter. Before baking, slash a cross into the top of each loaf. Bake for 35 minutes at 375 degrees.

With a large pinwheel design cut in the top crust, this is a picture loaf. It is equally good—wheaty, moist and with a faint trace of the special sweetness of honey. It is a CoolRise loaf—2 to 24 hours in the refrigerator which means this can be scheduled to be served warm from the oven with most of the work done the day or night before.

INGREDIENTS

3½ to 4 cups all-purpose flour, approximately

2 packages dry yeast

2 teaspoons salt

1/3 cup honey

3 tablespoons margarine or shortening, room temperature

2½ cups hot tap water (120- 130 degrees)

2½ cups whole wheat flour

1 teaspoon oil to brush loaves

One baking sheet or two 9-inch round cake pans, greased or Teflon, with 1½ or 2 inch sides.]

PREPARATION - 15 mins.

In a large mixer bowl, measure 2½ cups all-purpose flour and stir in yeast, salt, honey and margarine. Pour in the water. Beat with electric mixer at medium speed for 2 minutes. Scrape the bowl occasionally. Add 1 cup whole wheat flour and beat at high speed for 2 minutes. Stop mixer. Stir in the remaining whole wheat flour and 1 cup of all-purpose flour, a half cup at a time, mixing first with the spoon and then by hand. The dough will be a rough, shaggy mass that will clean the sides of the bowl. It may be sticky. If so, add small amounts of flour.

KNEADING - 8 mins.

Turn the dough onto a lightly floured work surface— counter top or bread board—and knead with the rhythmic 1-2-3 motion of push-turn-fold. The dough will become smooth and elastic. Sprinkle more flour on the dough and the work surface if the dough continues slack or moist, or if it sticks to the hands. Occasionally, change the kneading rhythm by raising the dough above the table and banging it down hard against the surface. (Knead 6 minutes under the dough hook.)

RESTING - 20 mins.

Cover the dough with a towel or piece of plastic wrap and let it rest on the counter top.

SHAPING - 8 mins.

Punch down and knead for 30 seconds to press out the bubbles. Divide the dough in half. Shape each into a round loaf, about 8 inches in diameter. Flatten slightly.

While I think this loaf does better on a baking sheet it may be a problem to find space for it in the refrigerator. If so, use two 9-inch pans that are easier to place. Brush dough lightly with oil.

REFRIGERATION: 2—24 hours

Cover baking sheet or pans lightly with plastic wrap, allowing room for the dough to expand. Place in the refrigerator 2 to 24 hours. I find the dough does best with no more than 8 to 10 hours in the cold.

BAKING 30—40 mins.

Remove the loaves from the refrigerator and set aside, uncovered, while the oven heats to 375. About 10 minutes.

With a sharp knife or razor blade cut six graceful curves radiating from the center. Make slashes no more than ¼-inch deep. Place in the oven. When the loaves are a dark brown and tapping the bottom crust yields a hard and hollow sound, they are done. If the loaves are browning too quickly, cover with a piece of foil or brown paper. Midway in the bake period, and again near the end of it, shift the loaves so they are equally exposed to temperature variations in the oven.

FINAL STEP

Remove bread from the oven and place on a metal rack to cool.

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