

Communion Bread- Immanuel Lutheran Church

Recipe adapted to be used during Virtual Communion while worshipping at home.

Original recipe makes 24 rounds- about 300-500 servings
This version will make 6 rounds.

History: Connie Lindborg from Immanuel Lutheran Church in Missoula created this recipe as she thought was similar to the bread served at the Last Supper. It didn't hurt that our Swedish Lutheran communion bread is also made with hearty Swedish rye flour.



Ingredients

2 T sugar

$\frac{3}{4}$ - 1 cup white flour

$\frac{1}{2}$ cup rye flour (whole wheat or regular flour can be substituted, but it won't look or taste as good!)

$\frac{1}{4}$ teaspoon soda

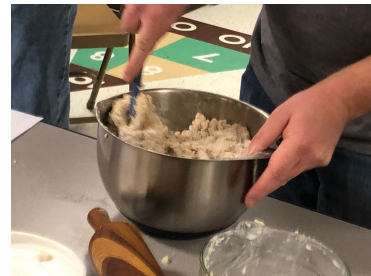
$\frac{1}{8}$ teaspoon salt

$\frac{1}{4}$ cup butter, melted

$\frac{1}{2}$ cups buttermilk or milk

Mixing the dough

- Preheat oven to 350°.
- Mix dry ingredients together.
- Use softened or melted butter and mix well. Add 2 cups buttermilk (or milk) until dough sticks together.
- Set out on counter on some flour. Knead until dough is smooth. Should hold together into a smooth ball- add a little water or a little flour to make it smooth and not sticky.
- It is sticky all over and looks like a failure at this point. **Have faith** it will look like bread after a few minutes of gentle hand mixing.



To make Rounds of bread: See Video below for further explanation of these steps (or ask one of Immanuel's youth who helped make it as part of the Family Faith Gathering)
https://youtu.be/U3qxQ3643_4

- Cut into 6 equal pieces.
- Roll out each piece flat- about $\frac{1}{2}$ inch thick on a cookie sheet.

- Pierce with a fork and make a wide cross.
- Bake at 350 for 6 minutes, then switch shelves and bake for 5 minutes until lightly brown on the bottoms.
- Let cool for 5-10 minutes.
- Seal in zip quart bags.
- Date the bags. After 3 weeks in the freezer, white patches of freezer burn appear and it is usually too dry for many folks.
- The usual serving of bread is the amount pinched between the Pastor's thumb and forefinger. You could get about 20 servings for each round.



Eat and enjoy. Truly God's work our hands

May the Lord bless you and keep you in his grace.