

Pleasant Ridge Communion Bread Recipe

Ingredients needed for a single batch

½ teaspoon salt

3 cups sifted all-purpose flour

½ cup Crisco

Cold water

STEP 1: Sift flour and salt together.

Cut in Crisco until mixture resembles coarse meal.

STEP 2: Take ½ cup of mixture and put into a small bowl.

Add 3 tablespoons water to this mixture, (water amount can vary) Mix gently with fork or spatula.

STEP 3: Turn onto floured parchment paper (board, waxed paper) and knead gently two or three times.

Using a floured rolling pin, roll out pastry until long and wide enough to fit on the bottom of an upside down cookie sheet.

STEP 4: Use a steak mallet to beat dough. Beat thoroughly so dough will not have air bubbles.

STEP 5: Take pastry cutter to cut across and down to form 1" to 1 ½" squares. Shake off excess flour.

Transfer bread on parchment paper to bottom of cookie sheet.

STEP 6: Bake in a preheated oven for 10-12 minutes at 350 degrees. Baking time varies. You do not want the bread to brown.

STEP 7: You may place the bread in a Ziploc bag and freeze.