

St. Gregory's Abbey Altar Bread

7/8 cup lukewarm water
4 tbsp. honey
2 tbsp. olive oil
1/4 tsp. salt
2 1/2 cups whole wheat flour
1 pkg. active quick rising yeast

1. Measure the water into a mixing bowl and add yeast, stirring until the yeast is dissolved.
2. Stir in the honey, oil and salt.
3. Stir in the unsifted flour.
4. Turn the dough onto a lightly floured board and knead for 5 minutes until elastic.
5. Replace the dough in a greased bowl, cover with a damp towel and let it rise for 1 1/2 hours until double.
6. Roll out the dough to 1/4 - 1/2 inch thick and cut into rounds with a biscuit cutter, a tin can or a glass. Make a cross in each loaf with a serrated knife.
7. Transfer to a lightly oiled baking sheet and bake at 350 degrees for 10 - 12 minutes.

Note: Do not use stone ground flour or the bread will be crumbly. Pillsbury plain whole wheat flour works well. The recipe can easily be doubled.