

Artoklasia Recipe

“He took the five loaves and the two fish, and looking up toward heaven, He blessed the food, and breaking the loaves He gave them to the disciples, and the disciples gave them to the crowds, and they all ate and were satisfied. They picked up what was left over of the broken pieces, twelve full baskets. There were about five thousand men who ate, besides women and children.” ~Matthew 14:19-21

Ingredients:

3 T yeast
½ cup orange juice
½ cup canola oil
4 cups warm water (100° to 115°)
1 T vanilla
1½ cups white sugar
½ cup brown sugar

2 t salt
4 t cinnamon
1 t cloves
2 t allspice
2 t nutmeg
freshly grated rind of 2 oranges
12 to 15 cups white flour

Optional Glaze:

¼ c water
¼ c sugar
¼ c honey
1 T orange or lemon extract

In a large mixing bowl combine the first 7 ingredients with 5 cups of flour. Let mixture sit or ‘sponge’ for 20 to 30 minutes (this ‘activates’ the yeast). Add the salt, spices, orange rind and just enough flour to make a smooth, silky dough. Knead for 10 minutes increasing the elasticity of the dough. Adding too much flour will produce dry loaves, too little and the dough will be sticky. It helps to knead the dough on an oily surface.

Shape into 5 round loaves, place on baking sheets, and let rise until almost doubled. Bake at 350° for 30 minutes or until the internal temperature of the loaves is 190°. Cool on a wire rack.

To make the glaze, combine the water and sugar in a saucepan and bring to a boil. Add the honey and extract and turn off the heat. Reheat the glaze, if necessary, before applying it to the bread. Brush the loaves with the glaze.

Generously dust with powdered sugar prior to the church service. If this step is done the night before, you may find the sugar dissolved and the loaves too sticky!

Enjoy!!

*"In everything give thanks; for this is God's will for you in Christ Jesus."
~1 Thess. 5:18*