

PROSFORO (COMMUNION BREAD)

TAKEN FROM: FESTIVAL OF GREEK FLAVORS

INGREDIENTS:

1 PACKAGE DRY YEAST
1 ½ CUPS LUKEWARM WATER, DIVIDED
1 TEASPOON SUGAR (A MUST AT HIGH ALTITUDE)
4 CUPS ALL-PURPOSE FLOUR, DIVIDED
½ TEASPOON SALT
SFRAYITHA (RELIGIOUS SEAL)

DIRECTIONS:

IN A BOWL, DISSOLVE YEAST IN ½ CUP OF LUKEWARM WATER WITH SUGAR AND LET RISE UNTIL BUBBLY. ADD REMAINING 1 CUP WATER. PLACE SALT AND 3 CUPS OF FLOUR IN FOOD PROCESSOR, PULSE 5 SECONDS. TURN PROCESSOR ON AND SLOWLY ADD ALL LIQUID; ADD REMAINING 1 CUP FLOUR IF NECESSARY. ALLOW THE PROCESSOR TO RUN UNTIL ALL DOUGH COLLECTS TO THE SIDE OF THE BOWL, MIX ABOUT 1 MINUTE UNTIL STIFF DOUGH IS FORMED. DOUGH SHOULD FEEL ELASTIC BUT SOMEWHAT FIRM.

MAKE 2 BALLS, AND PLACE 1 ON TOP OF THE OTHER IN AN 8 OR 9 INCH ROUND CAKE PAN THAT HAS BEEN SLIGHTLY DUSTED WITH FLOUR. PRESS OUT TO EDGE OF PAN. SPRINKLE THE TOP LIGHTLY WITH FLOUR. PLACE THE SEAL IN THE CENTER AND PRESS DOWN AS FAR AS POSSIBLE. REMOVE THE SEAL AND POKE HOLES ABOUT 1 INCH APART WITH A TOOTHPICK AROUND THE EDGE OF THE DESIGN.

COVER BREAD WITH A DRY CLOTH, AND LET RISE IN A WARM PLACE UNTIL DOUBLE IN SIZE, FOR ABOUT 1 HOUR. OPEN THE HOLES WITH A TOOTHPICK AGAIN. BAKE IN A 375 DEGREES PREHEATED OVEN ABOUT 35 MINUTES. REDUCE OVEN HEAT TO 250 AND BAKE ANOTHER 30 MINUTES OR UNTIL BREAD SOUNDS HOLLOW WHEN TAPPED. COOL ON A WIRE RACK. WHEN COMPLETELY COOL, WRAP IN FOIL.

TIP: MAY ALSO BE PREPARED BY HAND.

*THIS BREAD IS PREPARED IN A PRAYERFUL MANNER. BEFORE BAKING PROSFORO A RELIGIOUS SEAL IS PRESSED ONTO THE DOUGH, THE SIGN OF THE CROSS IS MADE, AND THE “LORD’S PRAYER” IS RECITED AS WELL AS A SHORT PRAYER FOR THOSE FOR WHOM PROSFORO IS BAKED. YOU MAY ALSO PREPARE A LIST OF NAMES (LIVING AND DECEASED) OF PEOPLE YOU WANT COMMEMORATED DURING THE DIVINE LITURGY.