

# Liturgy for Breadmaking

## RECIPE ADAPTED FROM:

Artisan Bread in Five Minutes a Day

by Jeff Hertzberg and Zoë François

## TOOLS:

Large bowl or container, measuring cups

and spoons, spoon to mix dough, baking

tray, additional baking pan or broiler tray,

oven, serrated Knife

## INGREDIENTS

1 cup warm water

1 teaspoon granulated yeast

1 1/4 teaspoons kosher salt

2-1/8 cups unbleached flour, plus extra for

dusting dough

Cornmeal (optional)

## LITURGY BY:

Rev. Alexa Eisenbarth

## LITURGY

1. Set the Altar. Gather the ingredients and tools you will need and set them out on your work space. *Pray: God, remind me I have all I need.*
2. Measure warm water (about 100 degrees) with care and attention. Warm water moistens the dough and helps the bread to rise. *Pray: Help me show others the warmth of our baptismal waters through loving-kindness.* Add to large bowl or container.
3. Measure yeast with care and attention. Yeast helps the dough to rise. *Pray: Work through me, O God, and resurrect me to fullness of life.* Add to large bowl or container.
4. Measure salt with care and attention. Salt slows the fermentation process, making bread more flavorful. *Pray: God of every moment, slow me down so I can taste the goodness of your love.* Add to large bowl or container. Mix.
5. Measure flour with care and attention. *Pray: Thank you, God, for providing an abundant harvest!*
6. Stir in flour, mixing until mixture is uniformly moist with no dry patches. *Pray: Bring together your disciples in one body as these ingredients come together.* Do not knead. Dough will be wet and loose enough to conform to shape of container. Cover, but not with an airtight lid.



## LITURGY CONTINUED

7. Let dough rise at room temperature, until dough begins to flatten on top or collapse, about 2 hours. (At this point, dough can be refrigerated up to 1 week if you don't want to bake it right away). *Pray: There is so much I am waiting for. Be with me as I wait, Jesus.*

8. When ready to bake, sprinkle cornmeal or flour liberally in a bread loaf shaped circle on a baking tray. Place a broiler pan on bottom rack of oven. Preheat oven to 450 degrees.

9. Sprinkle a little flour on dough and on your hands. Working for 30 to 60 seconds (and adding flour as needed to prevent dough from sticking to hands; most dusting flour will fall off, it's not intended to be incorporated into dough), turn dough in hands, gently stretching the surface of dough around to the bottom, rotating ball a quarter-turn as you go, creating a rounded top and a bunched bottom. *Pray: Loving God, stretch me to new resistance for greater resilience.*

10. Place shaped dough on prepared baking tray, uncovered, for 40 minutes. Dust dough with flour. *Pray: Just as the bread needs rest, so do I. Dust me with peace, Source of All.* Find a comfortable place to sit and rest.

11. After 40 minutes, using a serrated knife, slash top of dough in three parallel, 1/4-inch deep cuts (or in a tic-tac-toe pattern). Slide baking tray into middle oven rack. Pour 1 cup hot tap water into broiler pan and quickly close oven door to trap steam. *Raise hands and Pray: I release control of the outcome. No matter what the shape or size or color, help me see that this bread is your grace.*

12. Bake until crust is well-browned and firm to the touch, about 30 minutes. Remove from oven to a wire rack and cool. *Hold hands over the dough and give thanks to God, praying: Thank you, Bread of Heaven, for this simple and extravagant gift of bread. Satisfy me and my neighbors, fill our bellies and souls with good things. Help us be Christ's body in our homes, in our neighborhoods, and to all the world. Amen.*

13. Enjoy & share if possible!