

# RECIPE FOR HOLY BREAD (PROSPHORA)

**MAKES 10 LOAVES**

## INGREDIENTS:

- 4 pkg. fast-rising active dry yeast
- 35 cups all-purpose flour (10lbs.)
- 14 cups warm water

## DIRECTIONS: *(PLEASE NOTE, YOU SHOULD BAKE 1-2 DAYS PRIOR TO LITURGY)*

In preparing the Holy Bread, one first begins with fasting and prayer:

*O Lord Jesus Christ, only-begotten Son of the Eternal Father: You have said with your holy lips: "Without me you can do nothing." My Lord, I embrace your words with my heart and soul, and bow before your goodness and say: Help me, your unworthy servant, to prepare the bread of offering, that the works of my hands may be acceptable at the Holy Table and may become through the works of Your Holy Spirit, the communion of Your Most Pure Body for me and all Your people, in the Name of the Father, and of the Son, and of the Holy Spirit. Amen.*

- Dissolve yeast in 1 cup of the water and 4 tbsp. flour (15 minutes)
- Put flour in mixing bowl with a well in the center
- Pour dissolved yeast into well
- Mix flour and add remaining water while kneading
- Cover and leave in warm place for at least 1 hour
- Punch down center of dough and knead lightly
- Make dough into ten (10) balls, put on a floured surface, and cover
- Let stand for 15 minutes
- Flatten dough balls with palm of hand, working bubbles from center out—should be thicker in center
- Cover loaves and let stand for 15 minutes
- Place bread in cake pans
- Stamp bread and allow to stand at least 1 hour before baking
- Bake at 400°F for 25–30 minutes. Remove bread and wrap in clean, slightly damp cloth or towel until cooled so crust will soften. *Make two (2) lists of names to be remembered during the Liturgy – One list for the Living and one list for the departed. Email those lists to the Church Office at [Office@StGeorgeChi.org](mailto:Office@StGeorgeChi.org) four (4) days prior to the Liturgy.*

