

## Steven's Mass Bread

*From Brother Steve Sallis (Benedictine)  
Of St. Benedict's Abbey, Atchison, Kansas*

1 ½ cups Whole Wheat Flour  
½ cup White Flour  
¾ teaspoon Baking Soda  
2 heaping Tablespoons Shortening  
¾ teaspoon Salt  
¾ cup Cold Water  
3 Tablespoons Honey

Mix well the flours, soda, and salt (be sure to sift these ingredients before measuring). Then add the shortening. Blend very well. Add the water and the honey. Knead until you have a good texture. Spread the dough into a pan or roll it flat with a rolling pin and then place it in a pan. Bake for 10 to 12 minutes at 350°.

Christine Whitehorn Stugard, *Living Bread*, (Cinninnati, Forward Movement Press, 1983).

### Notes from Rev. Don Johnson:

Dough should be rolled to about ½-inch thickness. Place in pan and score the dough into rectangular pieces about an inch long. This recipe should yield at least 60 pieces.