

Prospora Recipe

Before you begin:

O Lord Jesus Christ, only-begotten Son of the Eternal Father, who has said with your most pure lips: without me you can do nothing. O Lord, my Lord, with faith I accept your words, help me a sinner to prepare the bread of offering, that the works of my hands may be acceptable at your holy table, and may become through the operation of your Holy Spirit, the communion of “your most pure Body for me and all of your people.”

In the name of the Father, and the Son and the Holy Spirit, Amen.

After you finish:

O Lord and Master Jesus Christ, our God, who alone has power to forgive the sins of mankind, do you O Good One, who loves mankind, forgive all the sins that I have committed in knowledge or in ignorance, and make me worthy to receive without condemnation, your divine, immaculate and life-giving mysteries; not unto punishment or unto increase of sin, but unto purification and sanctification and a promise of your kingdom and the bread of life; as a protection and a help against all adversaries. For you are a God of mercy and compassion and love toward mankind, and unto you we send up glory together with the Father and the Holy Spirit, now and ever and unto ages of ages. Amen.

For a 7” round baking pan at least 3” high

Ingredients:

- 5 cups unbleached bread flour
- 3 tsps. Saf-Instant Yeast
- ¾ tsp. salt
- About 2 cups of very hot tap water

Sift dry ingredients into a large mixing bowl. Blend with a dough hook on low. Gradually add enough hot tap water to make a soft dough that doesn’t stick to the side of the bowl. Remove the dough from the bowl and knead by hand until the dough is firm – 5 to 8 minutes.

Put the dough in a large bowl lightly sprayed with cooking spray. Cover the bowl with a damp towel and move to a warm place and let it double in size – approx. 45 minutes. Punch down the dough. Divide the dough into 2 pieces, one being slightly larger than the other. With your hands, roll the larger piece until smooth and then flatten to fit in the bottom of a sprayed 7” round baking pan, smooth side down.

Roll the smaller piece into a smooth, tight ball. Slightly flatten the ball to be smaller than your 6” seal. Press the seal down hard on the dough and pull it straight up. Place this piece on top of the other piece in the pan. Place in a pre-heated 350° oven. Conclude with prayer.

Bake at 350° for 15 minutes and then lower the temperature to 325°, cover the bread completely with foil to prevent the top from browning. Continue baking for another 30 minutes. Remove the bread from the pan and cover with a damp towel and let cool on a rack. Remove the towel after 5-10 minutes.

The sides of the bread should be lightly browned.