

Lent: Daily Bread

WEEK SEVEN 04.04.21

Road to Emmaus



recipe

SHORTCUT SOURDOUGH

3 C all purpose flour
1/2 C whole wheat flour
1 tsp salt
1/4 tsp instant yeast
1 1/2 C water, warm to the touch

1. In a large bowl, mix together flours, salt, and yeast. Form a well in the center and add the water.
2. Mix together until the water is completely incorporated into the flour. Let rest for 8-12 hours. Because this dough has such a small amount of yeast, you have a lot of room for flexibility with this timing. If you need more time, you can even pop it in the fridge up to 24 hours.
3. After the dough has rested at least 8 hours and up to 12, pour the dough onto a counter top lightly dusted with flour. Fold the dough in half vertically, then again horizontally.
4. Let the dough rest for 10 minutes then repeat the process of folding in half again. Gently shape the dough into a round with your hands and place on a baking tray.
5. Let the dough rest on baking tray uncovered for half an hour.
6. While the dough rests, preheat the oven to 450°F. After half an hour, slice a cross in the top of the dough, about half an inch deep.
7. Spritz the top of the loaf lightly with water just before putting it into the oven.
8. Let bake for 30 minutes, until the crust is golden brown. Let cool completely, then slice and enjoy!



scripture

LUKE 24: 13-35

30 When he was at the table with them, he took bread, blessed and broke it, and gave it to them.
31 Then their eyes were opened, and they recognized him; and he vanished from their sight.
32 They said to each other,
“Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?”



conversation

What good news surprised you today?
How was Christ present in it?



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