

Prospora Recipe

This recipe makes three loaves

You will need:

White Flour
Yeast
Salt
Sugar
Parchment Paper
Two bowls, measuring spoons/cups, etc.

In a large bowl mix:

2 cups lukewarm water
1 tsp sugar
1 tbsp. + 1 tsp. yeast

Cover with clean cloth and wait for yeast to “bubble up”.

In another bowl, mix:

6 cups flour
2 $\frac{3}{4}$ tsp salt

Mix together. Add dry mix to wet mix until it is a lump of dough. You may not need to add all of the dry mix right away. Save it for when you are kneading as it may need more dry to make it less sticky.

Knead approximately 10 minutes (or more). This is so important! More kneading the better the prospora.

Form into a long loaf and cut into equal loaves (3). Make these three loaves into nice smooth balls by kneading.

Place balls of dough on parchment paper (approx 7' by 7'). Cover with a clean dry cloth. Then on top of this cloth place a slightly damp cloth. This prevents loaves from drying out.

Let balls rise for 35 minutes.

Preheat oven at 350 degrees

Uncover balls of dough. Lightly flour the tops of each ball and dip seal into flour (tap out any excess flour). Press seal into centre of ball and hold for about 30 seconds (or as long as it takes you to say the Lord's Prayer). Press firmly so any air bubbles will be released. Very gently remove seal from loaf and place loaf on baking sheet. Repeat for each ball.

After the loaves have been pressed with seal, I poke very tiny holes, with a skewer, around the seal design. This helps release more air. Also, poke any air bubbles around the edges of each loaf.

Put sealed loaves into oven and bake for about 18 minutes, depending on oven and atmospheric conditions, or until lightly brown.

Remove from oven: the loaves should sound hollow when tapped on the bottom.

Cool on a rack, covered with a clean cloth to prevent the seal from drying out.

Bring to Church early! :)