

ST. JOHN THE BAPTIST GREEK ORTHODOX CHURCH

OFFERINGS

• FROM AN ORTHODOX KITCHEN •



Baking BASICS

FLOUR

All Purpose vs Bread Flour
Gluten & Kneading

YEAST

Rapid Rise vs Instant vs Compressed
Leaven

WATER

Facuet vs Filtered

WEATHER & TEMPERATURE

Humidity
Seasons - Temperature & Dough Rising
Oven Temperature for Baking & Bakeware

FLOUR

All-Purpose:

is available as a “multi-use” flour. **It has a lower percentage of protein.** Some brands use only hard wheat, while others use only soft wheat, and some use a combo of both. You can use it for making bread but the brand you use will be important for the outcome of your loaf of bread.

Bread Flour:

has a higher percentage of protein and is best for making yeast-raised bread.



GLUTEN & KNEADING

Gluten is formed when two proteins in flour, glutenin and gliadin, are combined with water. The amount of gluten development depends on the type of flour and the amount of kneading of the dough.

Glutenin provides the bread's strength (called tenacity), while gliadin provides the bread's stretchiness (or extensibility).

This is why yeast breads yield better results when bread flour is used and also explains the importance of kneading the dough long enough.

YEAST

Active Dry:

Add to water - ideal temperature is 105-115 degree F. (Yeast will die in water over 135 degrees F.) It is less difficult to over-proof the dough.

Instant:

Do not warm up the water at all. Add instant yeast directly to the dough & you need less of instant than other forms of yeast. It is more vigorous than rapid rise or compressed yeast - very easy to overproof.

Compressed / Bakers's Yeast:

Needs to be dissolved in warm (100 degree F) water first before adding to the dough

***Note:** 1 packet of yeast = 2 1/4 tsp

YEAST

Leaven / Starter:

Leaven / starter is the term used for capturing your own local yeast from the air in flour and water. It is used as a leavening agent in baked goods.

If you already have a starter and would like to use it when making bread for church, please purchase “The Heavenly Gift: the Ancient Art of Liturgical Bread-Making” available in our church bookstore. It contains detailed instructions for using leaven in both prosphora and artos.

If you are new to baking bread, I suggest you start with store bought yeast before using leaven for church breads.

WATER

From the Faucet:

Your local water treatment will have an affect on the outcome of your bread. If your area has a high chlorine content in the water supply, this will kill much of the yeast. If your area has a high mineral content (hard water), this will inhibit gluten development.

Filtered:

If you use filtered water when baking bread, you will tend to not have to worry about how the water will affect your yeast and gluten development.

Note: Water filters are not all equally effective.



WEATHER & TEMPERATURE

Humidity:

Your local humidity levels will also affect your baking. For instance, someone baking in Phoenix may need to add more water to their dough, while someone baking in Portland may need to use less water.

You may also need to adjust the amount of water you use on a particularly humid or rainy day. When you become familiar with how the dough should look after kneading, you will be able to more easily know when to add a little more flour to get the consistency you are looking for after kneading the dough.

WEATHER & TEMPERATURE

Seasons - Temperature & Dough Rising:

The inside temperature of your home will affect how fast your dough rises. If you like to keep your home cool, it will take longer for your dough to rise. If you like to keep your home warm, your dough will rise faster.

Additionally, **your loaves *may* be smaller in the winter and larger in the summer** because of the temperature difference in your home.

OVEN & BAKEWARE

Oven Temperature for Baking:

The temperature you set on your oven will affect your baking as well. When you are trying to use a stamp or seal on your bread for church, a lower temperature (and length of dough proving) usually yields a better quality imprint.

Bakeware:

Whether you use cake tins or baking sheets when you are baking bread, the type and color of your bakeware will conduct heat differently to your loaves. Dark bakeware will bake faster than light colored bakeware. Bakeware made of silicon is a poor heat conductor and will take longer to bake while aluminum is a good heat conductor.



Artoklasia

means “breaking of bread” and is a short service of thanksgiving for the blessings in our lives and in commemoration of the miracle of Christ feeding five thousand with five loaves of bread.

Artos

is the bread used during the service of Artoklasia.

The distribution of bread as blessings (eulogia) dates back to the first centuries of the Christian Church. Eulogia was a general term used for these offerings brought and then distributed by the Church – known today as andithoron and artos. These loaves were also used for the catechumens, the sick, the poor, the ailing, and to help feed the priest’s family. Prosphora would also be referred to as eulogia, but would usually be preceded with an adjective such as “mystic eulogia.” Additionally, any gift given from one Christian to another was called an eulogia. These blessings were always gestures of love from one Christian to another.

There was a long-standing practice, for the greater part of history, for loaves of bread to be marked by the baker or family with a specific stamp or cuts, which indicated where the bread came from and/or its intended use. This practice of marking the bread for the intended purpose was carried over into the early Church using bread stamps. The most well known of these stamps is the prosphoro stamp.

Stamps for these loaves of bread have been found in archeological digs and have been preserved in museums, as well as, in some private collections. They were made out of local resources, such as: limestone, clay, stone, terra cotta, stone, wood, and even from bronze and marble as well.



There is an ancient tradition of making artos using a stamp which depicts the saint of the church or monastery and is offered on the eve or day of their feast (nameday). This tradition has largely fallen out of practice, primarily due to the diminishing number of people who know how to make stamps used for breads brought to church.

Saint Catherine's Monastery on Mount Sinai still uses a stamp depicting Saint Catherine on their loaves of artos, which are distributed to those in attendance on the monastery's feast day.



Today, some people will use a bread stamp for their artos with a cross or make a cross on the loaf before baking using some of the dough.

This abbreviated history of bread in the Church is offered here for the baker's illumination. The artos you bring for artoklasia does not *need* to be decorated with a stamp or a cross.

"Lord, Jesus Christ, our God, You blessed the five loaves in the wilderness and from them five thousand men were filled. Bless now these loaves, the wheat, the wine and oil and multiply them in this holy church, this city, in the homes of those who celebrate today, and in Your whole world. And sanctify Your faithful servants who partake of them." - from the Artoklasia Service



ARTOS

Options

Honey glaze

VS.

Unglazed



SPICE CHOICES



ARTOS

Recipe from Veronica Fisher

SERVINGS: 1 LARGE LOAF

OVEN TEMP: 350 F

BAKING TIME: 50 MIN

INGREDIENTS

For the scented water:

- 1 1/2 cups water
- 2 cinnamon sticks
- 6 cloves

For the bread:

- 1 cup (250 g) scented water
- 2 cups (250 g) bread flour
- 2 cups (250 g) all-purpose flour
- 2 1/4 tsp or 1 packet of active dry yeast
- 1/2 cup sugar (100 g)
- 2 tbs maple syrup or honey
- 2 tbs olive oil
- 1/2 ts ground cinnamon
- 1/2 tsp salt

DIRECTIONS

- 1. Make the scented water:** Transfer the water, cinnamon, and cloves to a small pot and bring to a boil. Turn off the heat and let it come to room temperature. Pass the water through a sieve.
- 2. Make the artos bread:** In the bowl of your electric mixer, mix 1 cup of the scented water, 1 tbs of flour, the yeast and a pinch of sugar. Let it rest in a warm place for 5-10 minutes or until foamy. Then, add the rest of the flour, sugar, maple syrup / honey, olive oil, cinnamon, and salt. Knead with the dough attachment until soft and pliable dough forms (about 10 minutes). If the dough is sticky, add extra flour.
3. Cover the bowl with a clean towel and let it rest in a warm place until it has doubled in size (about 1 hour)
4. Knead by hand and shape into a ball. If you have the artos stamp, dust it with flour and press it firmly on the center of the ball. Otherwise, flatten the ball with your hands to form a disk. Let it rest in a warm place until almost doubled in size.
5. Bake and then let cool completely on a rack.

NOTES

For a glossy finish after baking, mix 2 tbs of boiling water with 1 tsp of sugar. Then brush the mixture over the bread while it is still hot.



ARTOS

Recipe from Jennifer Hock

SERVINGS: 5 SMALL LOAVES OVEN TEMP: 350 F BAKING TIME: 30-35 MIN

INGREDIENTS

3 tsp active dry yeast
3 tbs bread flour
1/2 cup warm water
(between 105-115 F)

2/3 cup sugar
zest of one orange
1 tsp ground cinnamon
1 tsp ground mastic
4 cloves & 1 tsp malephi (grind
with mortar & pestle)
2 1/2 cups warm water
1080 grams bread flour
(approximately 7 cups)
1 tsp kosher salt

1 tbs honey & 3 tbs water for
the wash after baking

DIRECTIONS

1. Heat 1/2 cup water to 105 - 115 degrees F and add to 3 tbs flour and yeast in a small bowl. Mix and let sit.
2. Add flour, sugar, orange zest, cinnamon, and mastic to mixer.
3. In a mortar and pestle, grind 4 cloves and 1 tsp malahepi (mahlab). Then add to the mixer.
4. Finally, add the yeast from step 1 and then 2 1/2 cups additional warm water heated to 105-115 F.
5. Using the dough hook, knead for 6-10 minutes or until smooth. If this is too much flour for your mixer, mix until incorporated and then turn out onto your counter to knead. It will take approximately 15-20 minutes to hand knead the dough.
6. Let rise for about 45 minutes or until doubled.
7. Knead again and separate into 5 equal pieces & roll them into smooth, flattened dough balls.
8. Place parchment paper into either 5 six inch cake pans or on two baking sheets. Then transfer the 5 dough balls. (If you are stamping the loaves with an artos stamp, do so now)
9. Let rise for 40 minutes. Then bake.
10. Mix honey & water together. After loaves are baked, brush the tops of the loaves with the honey mixtures.
11. Let cool completely before wrapping and bringing to church.

NOTES

If you do not have mastic and malephi, you can substitute 1/8 tsp ground clove instead and add an additional 1/2 tsp of ground cinnamon.



ARTOS

Recipe from Elizabeth Strong

SERVINGS: 5 LARGE LOAVES OVEN TEMP: 325 F BAKING TIME: 25-30 MIN

INGREDIENTS

2-3 cinnamon sticks
1 tbs anise seeds
6 tbs rapid rise yeast
4.5 cups warm water
plus 2 cups for spice water
3 cups sugar
1 tsp mastiha powder
2 tsp vanilla
1 tbs orange zest
3 tsp nutmeg
2-3 tbs orange water
1 cup grapeseed oil
1 tsp salt
5 lbs flour

DIRECTIONS

1. Lightly boil cinnamon and anise in 2 cups of water until it is reduced to 1 cup.
2. In a large pot, add this to the rest of the water and orange water and heat to lukewarm. (105 F)
3. Dissolve yeast in the warm cinnamon water plus 1 tablespoon sugar and let stand 10 minutes.
4. Put the oil, salt, vanilla, sugar, orange zest, and the yeast water mixture in the mixer, blending well. Add the mastiha, nutmeg and half of the flour - mix well.
5. Slowly add the remaining flour until a soft dough is achieved. You may need to add the additional 1/2 cup of water. MIX FOR 4 MINUTES.
6. Turn on a floured surface and knead lightly until the dough is ready.
7. Divide into 5 loaves and place in greased 9" cake pans. Or just shape into circles and put on a cookie sheet.
8. Let rise for 45 min. to 1 hour or until doubled in size
9. Bake for 25 - 30 minutes at 325 F

NOTES

For 5 medium loaves, divide the dough into 8 equal parts and then freeze the extra 3. The internal temperature of the loaves should be between 180 - 190 degree F. When loaves have cooled a bit, brush the tops with honey water. (1/4 c water + 2 tbs honey)



ARTOS

Recipe from Fr. Vasile & Presvytera Mirela Tudora

SERVINGS: 5 SMALL LOAVES OVEN TEMP: 350 F BAKING TIME: 25-30 MIN

INGREDIENTS

A. 2 packets dried yeast
1 cup water (about 105 F)
1 tbs sugar
B. 1/2 cup sugar
1/2 cup dark brown sugar
1/4 cup warm water
1/4 cup juice of an orange
1 tsp salt
1/4 cup oil (canola or other)
2+ tsp cinnamon or
pumpkin pie spice
2 tsp fresh orange zest
1.5 tsp vanilla
C. About 6 cups unbleached flour
D. (Quantities May Vary)
2 tbs orange blossom honey
1 tsp dark molasses
1 tsp water

DIRECTIONS

1. Mix and then proof all ingredients from A in a small bowl.
2. Mix ingredients from B in a separate medium sized bowl.
3. Mix ingredients from D in small bowl.
4. When yeast is proofed, add A to B. Mix well.
5. Add A/B to C. Mix well and knead until smooth, adding flour to make a stiffish, but not overly dry dough.
6. Cover and let rise until doubled again, about another hour.
7. Roll out on a lightly floured surface to about 3/8 inch thickness and allow to rest 3 minutes for gluten to relax. Cut to desired size using an inverted bowl for 5 loaves.
8. Place roundlets on baking sheet. Cover and allow to rise again. Then bake. Glaze with D after baking.

NOTES

Optional: A cross design can be made on the loaves using ropes of dough leftover after cutting out 5 loaves. Use warm water to adhere the cross to the dough.

KOLLYVA

CLASS

January 20th

1PM - 4 PM

TO REGISTER TEXT
JENNIFER HOCK
859-630-9157



What to Expect

1 Introduction - The service of artoklasia is given in thanksgiving for our blessings and in commemoration of the miracle of Christ multiplying five loaves of bread to feed five thousand people. We will go over a short introduction to baking bread and then proceed into making our own loaves under the guidance of the instructor.

2 Hands-On Practice - After the introduction, participants will have the opportunity to practice the recipe themselves under the guidance of the instructor. They can ask questions, receive feedback, and also learn tips on making artos.

3 Final Presentation - We will go over when and how we bring artos to the church. Each participant will also receive a small binder with recipes and instructions for them to take home with them.



Sponsored by Sunday School