

### Prospora Recipe

1. If not a priest, ask for a blessing to start, if feasible.
2. Preheat oven to **375° F° (190.6° C)**.
3. Mix in a large bowl:
  - 2 cups (240 ml x 2 = 480 ml) - Whole Wheat Flour**
  - 3 cups (240 ml x 3 = 720 ml) - White Flour**
  - ½ Teaspoon (2.5 ml) - Salt**
  - 2 x ¼ oz (7g x 2 = 14g) Packages – Active Dry Yeast**
4. Add **2½-3 cups (600 – 720 ml) – Water**  
The dough will look watery.
5. Knead dough, adding flour or water as necessary to make the dough smooth, light and springy – like a baby’s bottom.
6. Cover with a **towel** and let set for **20 minutes** for it to **rise**.
7. After it has risen, knead it again.
8. Use a **rolling pin** to roll out the dough so that t is **½- 5/8 inch (1.3 – 1.6 cm)** thick.
9. Cut out the bottoms of the prospora using a circular cutter **3 inches (7.6 cm)** in diameter. You should cut about 12 -14 prospora bottoms.
10. If possible, put **aluminum foil** on the bottom of the pan, or use a teflon pan, so they do not stick to the pan.
11. Using a metal spatula, put the bottoms on your baking tray, smooth side down (that is, the side of the bottom that was touching the counter top). Space them out about ½ inch (1.3 cm) if possible. A standard **9x13 inch (23-33 cm) baking sheet** will hold 12 prospora. You do not have to worry very much about them baking into each other, as long as you knead it well.
12. Knead the remaining dough again.
13. Roll out the dough to about **½ inch (1.3 cm) thick** – slightly less thick than the bottoms.
14. Cut out tops using **2¼ inch (5.7 cm)** cutter.
15. Stamp the tops with the seal.
16. Attach the tops to the bottoms using a small cup with warm water.

First wet the bottom using your index and middle fingers, like you see in the icons. Then wet the bottom of the sealed top the same way, if possible. Now slide the top onto the bottom in such a manner that there are no bubbles in between the two parts.

Carefully press the top down. Be careful not to damage the seal. If it is a little out of round, try to reform it to look better.

17. **Very Important!** Use a toothpick to pierce the prospora all the way to the baking pan. Pierce all nine points of intersection on the seal. This helps to ventilate and distribute the heat. If you do not do this, the tops will separate from the bottoms when you prepare the lamb at the proskomedi.

Follow this process for each prospora on the tray.

### **Baking**

18. **Bake** the prospora in two stages.

The **first stage**, the prospora are **not** covered. If you cover them on the first step, you will ruin them. They should be baked uncovered for approximately **15 minutes**.

For the **second stage**, loosely cover the tops of the prospora with a piece of aluminum foil, shiny side up. This is to help prevent the tops of the prospora's from getting too brown. Bake them covered for approximately **12 minutes**.

You can tell that they are done when the bottoms are a nice **golden brown**.

Check to see if the bottoms are brown. Check a few of them on the edges to make sure they are all done. You do not want it to be light brown, but more on the dark side. A brown top indicates they were in the oven too long.

19. When the prospora are done baking, take them from the baking sheet and place them on a cooling rack or on a clean towel. Cover them with another towel so they cool but yet stay moist. Let them **cool about 20 minutes**, or until they are about room temperature.

20. If you have any dough left over, prepare and bake it as above.

21. When they are cool, use a soft brush to **clean any excess flour off of the top and sides** of the prospora.

### **Storing**

**Important Note: If a prospora is dropped on the floor, it can not be used for the Divine Liturgy. If they are in a sealed container of some sort so that only the container and not the prospora itself touches the floor, they can be used.**

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**We only use prospora for the Divine Liturgy. They are not to be consumed as an everyday type of meal item.**

22. Put one prosthora in on Ziplock bag, if possible. Seal the bag most of the way, and then wrap the bag up around the prosthora, so that most of the air is squeezed out of the bag. Now seal the bag completely.

The prosthora is not tightly sealed, and will last in the freezer for at least two weeks. They may even last as long as a month or more.

If you can then place the sealed prosthora's into a larger Ziplock bag, that will help keep them from falling out of the freezer or getting lost with the other food. It will also help them to last longer in the freezer.