

Holy Ascension Orthodox Mission Prospora Recipe

Equipment

Large Bowl
Wooden Spoon
Knife
Sifter
Gladwrap
Blanket/Tea Towels
Prospora Stamp
Baking Tray
Cake Tin(s)
Freezer Bags

Ingredients

To make 4 loaves

- 4 cups 'Special White' flour (*can get this from any European-style Deli*)
- 1 teaspoon salt
- 1 teaspoon dry yeast (*can get this from supermarket – then store in freezer*)
- 2 ½ cups water – hand hot (*hotter than lukewarm, but not boiling*)

To make 6 loaves

- 8 cups 'Special White' flour
- 2 teaspoons salt
- 2 teaspoons dry yeast
- 5 cups water – hand hot

Method

1. Pre-heat oven to 180°C.
2. Sift all flour into large bowl.
3. Make a cross in the flour three times, with wooden spoon.
4. Add the salt and yeast.

5. Fold it all in, make a well in the centre to pour your lukewarm water.
6. Pour half the lukewarm water into the well, mix slowly into the flour. Then keep adding a little water at a time, and mixing.
7. Cover your board or bench-top with flour, and pour mixture onto it.
8. Flour your hands and knead dough until it becomes smooth. From the point that it becomes smooth, knead it for an additional 10mins.
9. After 10mins roll mixture into a ball and place back into [washed] large bowl. Cut a cross into the upper half of mixture.
10. Cover mixture with gladwrap, and place a clean blanket/tea-towels over entire bowl. Set aside like this for 1hr & 15mins.
11. **Knead again to get rid of air bubbles** (you will hear it stop squeaking).
12. Cut into 4 or 6 or 8 equal portions (depending on how many proshpora you are making).
13. Knead each individual portion 40 – 60 times. Shape them flat and round. **Be sure to get rid of all air bubbles, cracks, etc.**
14. Prepare cake tins with a little flour to prevent mixture from sticking.
15. Place portions into cake tins.
16. Cover each portion of proshpora with a little flour, then push down the stamp **so that the seal is very clear** (*I hold down for at least 10secs*).
17. Let them sit like that for 1hr.
18. One hour later they should have risen a little. Bake each proshpora for between 15-30mins, depending on your fan forced oven. They will sound hollow [when you tap them] when they are baked, and should be a little browned on top and bottom. Can turn over and bake bottom for five mins if this has not browned by this stage.
19. Once baked, place on baking tray and cover with tea towel for 10mins. Then let them cool down for at least 2hrs before placing each individual proshpora into it's own freezer bag.

Please note:

If you are unaccustomed to baking proshpora, this may be a 'trial and error' process for you. Results may vary depending on conditions of your kitchen and equipment. If you find another recipe that works better for you, please use that recipe.