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# PAX BREAD

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## The Original Idea: Lizzie Davies

### Artist's Statement:

Necessity is the mother of invention! The inspiration for PAX Bread came when I had to create a large scale Candala for The 2010 Bath Peace Ceremony, within a very small time frame, on an impossibly small budget and had to think of an appropriate symbolic material to fit the occasion. Bemoaning this challenge to a friend, I said "If all else fails, I will have to make the Candala out of ... (looking round in desperation and then seeing a pile of loaves in a cafe window) bread!" Later that day, the idea of inscribing the word PAX on loaves and rolls completed the concept of PAX Bread. The use of the word PAX (Peace in Latin) linked to the spirit of the occasion whilst drawing attention to the significance and power of the word. For more information visit: <http://www.theglobalcircleofpeace.com/2010/09/inspiration-for-the-candala>

The baking, sharing and eating of PAX bread provides a contemporary link to the ancient ritual of breaking bread enjoyed by people around the world. A symbolic foodstuff international in scope, bread is the quintessential human food and a part of everyday life. It connects people to culture, to tradition and to their spiritual and religious beliefs. PAX Bread also provides food for thought serving to highlight the connection between creating world peace and ending world hunger.

### The Invitation

Imagine people all around the world baking PAX bread as a symbol of unity and peace. Be creative: Bake a loaf or some rolls for your neighbour, use PAX Bread in your personal relationships and community. Have fun, help to heal a personal rift or participate in a global movement on The International Day of Peace (21st September). Experiment and enjoy. Start with your family and friends .Use our recipe or create your own!

### Recipe for PAX Bread

By Orlando Murrin & Sam Goldsmith commissioned by The Global Circle of Peace as an integral part of Peace PAX. Making bread is the most miraculous and inspiring of all kitchen processes. From a ragged heap of ingredients rises something beautiful, fragrant, delicious. This recipe can be used to make one large freeform loaf or twelve individual rolls. The ingredients are simple but have their own subtle symbolism: flour, rice, seeds, honey. PAX is inscribed on top in seeds. The dough can be made using a food mixer, processor or by hand, or even in a bread maker. From start to finish, allow 2 ½ hours (only about half an hour of which is actual work).

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## INGREDIENTS

Although it is the done thing to write recipes in metric measures nowadays, you may prefer the old-fashioned imperial here as they are so easy to remember.

300ml (1/2pt) hand hot water (or half milk, half water)

1tbsp honey

25g (1oz) fresh yeast (from a health food shop, baker or supermarket bakery section), or a 7g sachet of dried or instant yeast

25g (1oz) rice (any kind, or a mixture), cooked (it will weigh about 60g when cooked)

2tbsp mixed seeds (sunflower, poppy, pumpkin, sesame, flax, as you wish)

450g (1lb) strong white bread flour

1tsp fine sea salt (or ordinary cooking salt)

4tbsp of oil (sunflower or groundnut or olive oil) or 50g (2oz) butter, softened

Beaten egg and extra seeds, to finish

## To make the dough

Mix the water, honey and fresh yeast. (For dried and instant yeast, check the packet but they are usually added with the flour.)

Put the rice, seeds, flour, salt and oil in a large bowl, or the bowl of your food mixer or food processor. Add the liquid.

Either knead by hand for 10 minutes, or 5 minutes in a food mixer, or 45 seconds in a processor. The dough should be soft and slightly tacky to the touch – a bit like a Post-It note; add a little more flour if it is sticky, or water if it seems dry.

If kneading by hand or in a processor, transfer the dough to a large (unoiled) bowl and cover with a plate or cling film. If making in a mixer, it can stay in the mixer bowl. Make a mental note of the size of the dough at this point and put it in a warm corner, away from draughts and disturbances.

In 1 ¼ to 1 ½ hours the dough should have expanded to about double its volume (quicker in a warm kitchen or airing cupboard, longer in a cool place). Line a baking sheet with baking paper, or two baking sheets if making rolls.

Heat oven to 190C /170C fan oven/gas 5.

Flour your work surface.

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### **To shape a freeform loaf**

Turn the dough out onto the work surface. Pat gently out into a 30cm square. Turn each corner into the centre, pinch together and flip over, so you have a rough ball shape. With cupped floured hands, pull the sides underneath the ball, to make the surface tight. Turn a little and repeat, then continue round the ball once or twice, turning all the time, so you have a taut ball. Pinch the underneath so that the ball stays in shape, then gently shape into an oval loaf. Place on the baking sheet, pinched side underneath, and dust liberally with flour. Leave to rise uncovered in a warm place for 30-40 minutes, till risen to about one and a half times its original size.

Use a small brush to mark the letters PAX on the surface of the loaf, brushing away any flour, then carefully but thoroughly paint in the letters with beaten egg. Sprinkle thickly with seeds, they will stick to the egg, and brush away any round the edges.

Bake for about 45 minutes, till the loaf feels firm and sounds hollow when you tap it on the base. Empty onto a rack and allow to cool completely before eating.

### **To shape rolls**

Turn the dough out and cut into 12 equal pieces (each one weighing 75g). Roll each piece into a ball, then pull into an oval; twizzle each end to make a point. Place six on each baking sheet and dust with flour. Allow to rise in a warm draught-free place for 25-30 minutes, until slightly risen.

Use a small brush to mark and glaze the letters PAX on the surface of each roll (as for the freeform loaf), dusting with seeds as above.

Bake for 15 minutes, till the rolls are golden and feel firm when touched. Empty onto a rack - can be eaten warm or left to cool.



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### **To make in a breadmaker**

Use dried or instant yeast. Put all the ingredients into the breadmaker except the seeds and rice. Some machines have a seed dispenser – if so, put the seeds and rice in here. Others will signal when to add them with a beep. Alternatively, add at the beginning with the other ingredients. Set the machine to regular or white loaf and start.

About an hour before the bread is due to finish (after the dough has had time to rise but before it starts to bake) gently brush the letters PAX on to the top of the dough with beaten egg and sprinkle the extra seeds on. Do this with great care as any unwanted seeds will remain in the bread tin.

### **Fundraising using PAX Bread**

We actively encourage people to make and sell PAX Bread to raise funds and help local or global projects become more sustainable. The only criteria are that the project benefits the community and that you reference the origin of PAX Bread in the following way:

PAX Bread is an integral part of Peace PAX – a peace offering for our times. For more information visit:

**[www.theglobalcircleofpeace.com](http://www.theglobalcircleofpeace.com)**

Don't forget to let us know how much money you raised and for what, who you are helping and where you are by emailing

**[info@theglobalcircleofpeace.com](mailto:info@theglobalcircleofpeace.com)**



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