



# 100% Einkhorn Wheat Bread - Fresh Milled

This bread uses 100% freshly milled Einkhorn wheat berries and turns out moist and flavorful.

Recommended pan: 8.5 x 4.5" Loaf Pan

## Ingredients

- 400 g wheat berries, Einkhorn

### DR. MEL'S QUICK NO-WAIT YUDANE

- 40 g water, boiling
- 20 g flour, any (from the milled flour)

### REMAINING INGREDIENTS

- 240 g water, cold
- 8 g sea salt
- 8 g yeast
- 8 g lemon, juice
- 25 g extra virgin olive oil

## Directions

1. Mill wheat berries on the finest setting.
2. Make the Yudane: Quickly mix 20 grams of flour from step 1 with 40 grams boiling water until a paste forms.
3. Pour the COLD water over the hot yudane and stir. This will immediately cool down the yudane so we don't kill our yeast.
4. Add the lemon juice, olive oil and remaining flour, and mix until combined.
5. Let the dough rest 10-15 minutes for the dough to hydrate.
6. Add yeast and salt.
7. Mix until the dough is smooth, elastic, and passed a windowpane test. If the dough feels too dry, drizzle in water very slowly while kneading.
8. Let the dough rise until almost doubled in size.
9. Gently fold the dough to even out the dough temperature.
10. Preheat oven to 420 F.
11. Shape into a loaf with a taut skin, and place in a greased or parchment lined 8.5 x 4.5" bread pan.
12. Let the dough rise until it springs back slowly when pressed with a wet fingertip.
13. Place pan in oven, and bake for 30 minutes.
14. Bake until the center of the loaf reaches a temp of 190 F.
15. Typical bake time 30-45 minutes.
16. Remove loaf from pan and cool completely on a rack (about 3 hours) before slicing.

## Notes

Einkhorn flour is ALWAYS sticky. You can't avoid it. What you can do is either use wet hands or oiled hands. Use a bench scraper, wet or oiled, and work quickly.