



100% Spelt Bread

The flavor that comes from a 100% spelt loaf is what dreams are made of. I'm not kidding! Spelt is a baking super hero, so let's showcase it by showing how to make bread with this alone. Ancient grain lovers, this one's for you!

Recommended pan: 9 × 5" Loaf Pan

Ingredients

- 510 g wheat berries, Spelt

DR. MEL'S QUICK NO WAIT YUDANE

- 50 g water, boiling
- 25 g flour, any (from milled)

REMAINING INGREDIENTS

- 370 g water, cold
- 12 g yeast
- 10 g sea salt
- 25 g honey
- 25 g extra virgin olive oil
- 50 g egg, whole (1 egg)
- 10 g lemon, juice (or 1/8 tsp vitamin c powder (optional))

Directions

1. Put the kettle on to boil water.
2. Measure and mill your grains.
3. Make yudane by mixing 25 g of spelt flour with 50 g boiling water into a paste.
4. Measure water and put into mixing bowl.
5. Add yudane to water.
6. Add honey, oil, and egg.
7. Mix for 6 minutes.
8. Let dough rest for 15 minutes.
9. Add yeast, salt, and vitamin c and mix another few minutes until windowpane or smooth and shiny dough.
10. Let dough rise until doubled and passes the poke test.
11. Preheat oven to 375 F.
12. Shape the dough, and place into pan covered with wet towel.
13. Let dough rise on the stove while oven preheats.
14. Bake until middle of the loaf gets to 200 F.
15. Remove from pan and cool on baking rack.

Notes