



# 100% Spelt Italian Bread, whole grain

Makes: 1 loaf / 16 slices Prep Time: 1 hour 25 minutes (mostly inactive) Bake Time: 50 minutes Total Time: 2 hours 15 minutes

## Ingredients

- 490 g wheat berries, Spelt
- 400 g water, cold

## Directions

1. Mix together all ingredients EXCEPT THE YEAST for 3 minutes with the WIRE WHIP or WHISK, in mixer or by hand. It will be wet and sticky!
2. Let the dough rest for 15-45 minutes so the flour can absorb the liquid - fresh flour takes longer to absorb the liquid, so the rest period is best.
3. Sprinkle the yeast into the dough, and mix or knead for another 5 minutes. Your dough will be VERY WET.
4. Transfer the dough into an oiled bowl with plenty of room to rise and a lid. Do one set of stretch and folds, as described in the next step.
5. Preheat your oven and your dutch oven, by setting the oven to 450 F.
6. Stretch and folds: Stretch a side of the dough up and press it gently into the top center of the dough ball. Imagine the dough is a clock, and you just did 12 o'clock. Move your hand to 1 o'clock, and repeat. Continue turning the bowl and doing these folds until the dough begins to take shape.
7. Every in 15 minutes, do a set of stretch and folds.
8. Turn out the dough on a floured or oiled surface.
9. Sprinkle flour to line the bottom of your dutch oven, then gently place the dough into it, and sprinkle the top of the loaf with flour.
10. I found it easiest to transfer the dough to the oven by gently picking it up from the center, as if doing a coil fold, and then placing it directly into the dutch oven and dust it with flour (optional).
11. Place the lid on your dutch oven, and put it into the oven for 30 minutes
12. Remove the lid and lower the oven temperature to 400 F, baking for another 25-30 minutes
13. Remove from the oven when the center of the loaf reaches 210 F, and place on a cooling rack with air flow all around the loaf.
14. Allow to cool at least 3 hours before slicing.