



Lemon Blueberry Cinnamon Swirl Bread Recipe

Recommended pan: 8.5 × 4.5" Loaf Pan

Ingredients

- 200 g wheat berries, hard
- 310 g wheat berries, Khorasan (Kamut)
- 40 g water, boiling (for yudane)
- 370 g buttermilk
- 16 g lemon, juice (1/2 lemon, juiced)
- 12 g yeast
- 10 g sea salt

FILLING INGREDIENTS:

- 10 g syrup, date (optional)

EGG WASH:

Directions

1. Mill the grains into fresh flour as fine as you can.

DR. MEL'S QUICK, NO-WAIT YUDANE:

3. In a small bowl, mix 20g of the milled flour with 40g boiling water to create a quick Yudane paste.

COMBINE INGREDIENTS IN THE BREAD MACHINE:

5. Pour the buttermilk, lemon juice, zest, and yudane into the bread pan. Add the remaining flour, ginger, cinnamon, and sea salt, then place the yeast on top.

KNEAD IN THE BREAD MACHINE:

7. Set the bread machine to knead for about 15 minutes. Allow the dough to rise in the machine until it has doubled in size.

SHAPE THE DOUGH:

9. Remove the dough and spread it out on a lightly floured surface to about a 10x12" rectangle.

ADD THE FILLING:

11. Brush the dough with the beaten egg, then sprinkle cinnamon evenly over the surface. Drizzle with date syrup, then scatter the frozen blueberries over the top.

FOLD AND ROLL:

13. Stretch the short ends slightly, then fold each end toward the center. Roll the dough into a tight log and place it seam-side down in a greased Lodge cast iron bread pan.

SECOND RISE:

15. Cover the pan and let the dough rise on the stovetop as you preheat the oven to 350°F. The warmth will help offset the chill from the frozen blueberries, aiding in the second rise.

BAKE:

17. Place another bread pan upside down on top to create a cover, trapping steam for an extra-crusty exterior. Bake for 35 minutes covered, then remove the cover and bake for another 25 minutes, until the loaf reaches an internal temperature of around 190°F (I prefer 203°F in the middle).
18. Let the bread cool before slicing to keep the structure intact. Enjoy it as is or turn it into French toast with a bit of whipped cream and berries for an extra treat!

Notes