



# 100% Spelt Bread | Ancient Grains Fresh Milled

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: 8.5 × 4.5" Loaf Pan

## Ingredients

- 400 g wheat berries, hard

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

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

### REMAINING INGREDIENTS

- 220 g water, cold
- 8 g sea salt
- 8 g yeast
- 8 g lemon, juice
- 10 g syrup, date (optional)
- 20 g extra virgin olive oil
- 50 g egg, whole (1 egg)

## 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 egg, date syrup, olive oil, lemon juice, remaining flour, and mix until combined.
5. Let the dough rest 10-15 minutes for the dough to hydrate.
6. Add salt and yeast.
7. Mix until the dough is smooth, elastic, and passed a windowpane test. If the dough feels too wet, wait until after the first rise to decide if you want to add more flour.
8. Let the dough rise until almost doubled in size. When you push your fingertip into the dough, it should stay dented in, and not spring back quickly.
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, lower oven temperature to 375 F, and bake for 30 minutes.
14. Take the internal temperature of the bread. Bake until the center of the loaf reaches a temp of 200 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

**Notice:**

This is an enriched bread dough (meaning we added eggs, fat, and sugar), and instead of using hard wheat berries, I use all spelt. It is a fan favorite! No need to change anything else. If the dough looks too wet, let it do the first rise.

Do not be tempted to add more flour. Let it mix, start to look smooth and elastic, and then decide if you want to add some flour in during the shaping.

Same story, just bread dough - but dinner rolls, hamburger buns, or cinnamon rolls will be softer because of the additions.