

SPELT BREAD

Ingredients:

500g spelt flour (50/50 refined/wholemeal)

5ml instant yeast

5ml salt

30ml olive oil/butter

5ml coconut blossom sugar or honey

400ml luke warm water

1 free-range egg

Method:

Add all ingredients into bowl and kneed for 5 min. Dough will be soft and sticky.

Cover with damp cloth and leave to rise at approx 40 C for 30 - 60 min until doubled in size.

Then knead it down again and place in well oiled baking tin and pat flat. Dough will still be very sticky.

Leave to rise uncovered for 15 - 30 min until nicely puffed up.

Bake at 190 degrees C for 35 min or until loaf sounds hollow when tapped. Place a bowl of water in the base of the oven while baking. This helps to keep the crust soft.