

SPELT BREAD

Ingredients (1 Loaf)

- 450g / 1lb wholemeal spelt flour
- 1 teaspoon salt
- 1.5 teaspoons dried yeast
- 1 tablespoon olive oil
- 325ml tepid water

Instructions

1. Grease a 2lb loaf tin
2. Put the flour in a large bowl and add the yeast, salt and sugar
3. Stir to mix
4. Add the oil and water
5. Stir to mix
6. Bring together the mix with your hands
7. Turn out on a work surface
8. Knead for about 5 minutes
9. Place in a bowl, cover with a tea towel at room temperature for about one hour until it has doubled in size
10. Turn out on a work surface, knock back and knead for a few minutes
11. Shape into loaf tin size by folding the dough and shaping
12. Place in the loaf tin, cover and leave for about 30 minutes
13. Bake in the preheated oven at 430 degrees Fahrenheit for 40 minutes
14. Turn out and cool on a wire rack

Tipp of the Coach: Spelt has the tendency to dry out quicker. Bake bread with a bowl of water underneath (oven safe bowl!) to get it soft and juicy.

Source: www.pennysrecipes.com



Wheat free and healthy for a
delicious start into the day...