

Artisan Whole Grain Sourdough Spelt Bread Recipe

*John Benedict
Home Harvest, Recipes for Healthy Living
<https://celebratingyourjourney.com>*

John's fantastic whole grain spelt bread!



Servings: 40

Yield: 2 each

*18 2/3 ounces whole grain
spelt flour, approx. 2.34 cups*

1 1/2 teaspoons sea salt

*1 cup water, purified (no
chlorine or othr microbicidal
agents)*

3 tablespoons honey

*240 grams Spelt Starter
Culture*

6 1/2 cups raisins, pureed

Spelt Starter Culture

**Per Serving (excluding unknown
items): 140 Calories; trace Fat
(2.7% calories from fat); 4g
Protein; 33g Carbohydrate; 3g
Dietary Fiber; 0mg Cholesterol;
74mg Sodium. Exchanges: 1
Fruit; 0 Other Carbohydrates.**

Preparation Time: 1 hour

Time with Culture: 48 hours

1. Add 1 cup of warm water to mixing bowl
2. Mix in 3 Tbs honey to mixing bowl
3. Mix in 240 grams starter to mixing bowl
4. Mix in raisin puree to mixing bowl
5. Mix in 240 gram flour and salt in to liquids in mixing bowl for 1 to 2 minutes.
dough.
6. Remove and knead for 2 to 3 minutes until all thoroughly mixed as bread
7. Allow dough to proof in mixing bowl for 1 hour. Wet down inside of bowl to keep the dough from sticking too badly.
8. Begin kneading dough after 1 hour of proofing. Knead dough at half hour intervals for three kneads, for a total of 1 hour. Use the "stretch and fold" technique for kneading. Stretch and fold the dough in half, bring halves together, and stretch dough in the opposite direction fold in half and form a ball. Place back in bowl to proof. Cover with plastic during proofing. Hints: dust hands and dough if dough is too wet and sticky; or wet hands and dough if too dry. Wet scraper to remove dough from bowl and working surface.
9. Let dough proof for 8-12 hours as necessary to double in size and reach the top of the bowl. Or place in frig over night and proof the next day.
10. After doubling in size roll dough onto a wet or floured board, then flatten and fold corners, one over the other, pinch together at top which is really the sticky bottom side when dropped on to the clay baker from the proofing basket.
11. Place the reformed dough pinched side up in a proofing basket. The proofing basked should be thoroughly dusted with rice flour to keep the dough from sticking to it as the dough proofs.
12. Proof for 1 to 2 hours at room temp as necessary for the dough to double in size and come up to the top of the proofing basket. Keep the dough covered with plastic during proofing.
13. While the dough proofs heat the oven and clay bakers to 500 degrees for 30 minutes.

14. When the oven and dough are ready, use both hands to release the dough from the basket into the hot clay baker. Be sure baker has parchment paper in the bottom, so the dough does not stick. And score the top so the bread expands evenly.

15. Cover and cook for 45 minutes at 450 degrees. Remove cover and allow to crisp up for up to 10 min. May need to turn over to crisp up bottom. Check internal temp, it is cooked when the temp reaches 200 degrees F. When done the bottom should sound like a drum when thumped.



16. Remove from oven and place on cooling rack for at least one hour before cutting.

Spelt Starter Culture

John Benedict

John's awesome spelt starter for breadmaking

Servings: 1

Yield: 240 grams

1 cup Rye flour
-- whole rye flour
1 cup whole
wheat flour -- Einkorn wheat
type
water --
purified water/ no chlorine
2 tablespoons
pineapple juice -- non-
sweetened

2 cups spelt flour
2 tablespoons pineapple juice,
nonsweetened
water, purified-no chlorine

Preparation Time: 15 minutes

Time with Culture: 48 hours

Add flours to water and pineapple juice. Make sure amount of water used creates a somewhat thick & soupy culture consistency.

Leave out at room temperature 75-80 deg. F. Takes about 4-5 days for culture to be ready to use. Need to check it every few days to make sure it is growing. You can refrigerate the culture but will need to leave it out for one day to make sure it is room temperature when using it.



More detail instructions and other ways to make bread can be found at Breadtopia,

<https://breadtopia/sourdough-no-knead-bread>.

Per Serving (excluding unknown items): 618 Calories; 5g Fat (6.6% calories from fat); 27g Protein; 129g Carbohydrate; 20g Dietary Fiber; 0mg Cholesterol; 25mg Sodium. Exchanges: 1/2 Fruit.