

Spelt Bread

Brown bread using only organic wholemeal spelt flour.

This is an **English**¹ recipe.

See Wikipedia - Spelt² for more information.

Ingredients

- 450 g Doves Farm Organic Spelt Flour
- 10 g dried yeast
- 5 g salt
- Zaytoun **FAIRTRADE** olive oil
- to taste **FAIRTRADE** freshly ground black pepper
- 30 ml pumpkin seeds
- 30 ml sunflower seeds
- 30 ml linseeds

Method

Notes

Spelt has a high gluten content and is very suitable for breadmaking.

The wholemeal flour is coarse to the touch and absorbs a lot of water in making dough.

Preparation

Mix the flour, dried yeast, salt and (optionally) the seeds in a large bowl.

Gradually add the water and stir with a wooden spoon to form a shaggy mess.

Then flour your hands and continue adding water to form a dough ball.

Lightly oil the dough and place in an oiled baking tin.

Allow to rise for about 60 minutes until almost doubled in size.

Pre-heat the oven to Gas Mark 6.

Cooking

Bake in the oven for 45 minutes.

Remove from the loaf tin and put back in the oven for a further 10 minutes.

The loaf is baked when it sounds hollow to a tap on the bottom.

Allow to cool on a wire rack.

Variations

Click **Breads**³ to see all Fairtrade Cookbook bread recipes.

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>

²<http://en.wikipedia.org/wiki/Spelt>

³http://www.fairtradecookbook.org.uk/pages/bread_making.htm