

SLOW-RISING WHOLEGRAIN SPELT BREAD



Slow-risen spelt bread is absolutely fantastic. The crumb and flavour are far superior to bread left only to rise for 30 minutes or a few hours. They are also very easy to make. The dough can sit in the refrigerator for up to 4 whole days, so rather than having to make a new batch of dough every day, you can make one large batch and bake fresh bread from it four days in a row.

AMOUNT: 4 large loaves of bread

PREPARATION TIME: All day or night for the bread to rise and then 50-60 minutes for baking.

EXPIRY: The bread will keep for 3-4 days if stored in an airtight container.

USE: Whenever you want absolutely brilliant, healthy and filling bread for the lunch box, breakfast, brunch etc.

YOU CAN ALSO: You can replace 50% of the wholegrain spelt flour with wholegrain rye flour or wholegrain giant durum flour (sometimes called Kamut flour). Remember to increase the amount of water to 1,8 L if you replace 50% of the spelt flour with rye flour, as the rye flour absorbs more water and hence makes the bread dry unless extra water is added.

The dough keeps for up to 4 whole days in the refrigerator, so you can also bake the bread in batches over the four days rather than all at one.

KITCHEN GEAR IN ACTION: Your baking stone.

HEALTH BENEFITS: Wholegrain spelt flour contains even more nutrients than wholegrain wheat flour. Also, the gluten content is slightly lower. People with a mild intolerance to gluten might be able to eat spelt occasionally without experiencing symptoms.

YOU NEED:

1,2 L cold water

20 gr yeast

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20 gr sea or rock salt

2-3 tbs extra virgin olive or soft butter at room temperature

1 tbs lemon juice

aprox. 1,9 kg wholegrain spelt flour

HOW TO PREPARE:

Add water, yeast, salt, oil and lemon juice to a bowl sufficiently large mix and knead the dough in. Stir until salt and yeast are dissolved.

Add half the flour and stir until a thin dough forms. Add the rest of the flour little by little whilst stirring the dough.

Finally, knead the dough thoroughly.

Put the dough in the refrigerator to rise slowly. It needs at least 8 hours to develop, but the longer the better. Hence, the rising process can be as long as 96 hours (4 whole days).

Remove the dough from the refrigerator, divide it in 4 equally large pieces and form 4 loaves of bread from these.

Place your baking stone on the bottom of a hot air oven and preheat it to 250° C.

Place 2 loaves of bread on the baking stone and bake for 25-30 minutes. Reduce the temperature to 180° C after 10 minutes.

Raise the temperature to 250° C again and bake the two remaining loaves.