

April 24, 2013 Handout

KW Urban Homesteaders Club

Seeded Spelt Bread

Makes 2 loaves. Recipe adapted from Everyday Oatmeal Bread recipe from the *Simply In Season* book.

Materials

- 1.5 cups hot water
- 1 cup quick rolled oats
- 3/4 cup molasses, or 1/2 cup honey
- 3 tablespoons butter or oil
- 1-2 teaspoons salt
- 1.5 cups lukewarm water (Use 2 cups for non-spelt flours that require more water)
- 1 packet of quick acting yeast (2.25 teaspoons) or 1 tablespoon of active dry yeast
- 7-8 cups of spelt flour, plus more for dusting the counter
- Seeds and grain: 1/4 cup ground flax seeds, 1/8 cup ground pumpkin seeds, 1/8 cup **each** sesame and sunflower seeds, 1 tablespoon millet

Directions

1. Pour oatmeal into a large bowl. You will use this bowl to stir the dough, so it must have a lot of extra head room.
2. Boil 1.5 cups water over the oatmeal and stir. Leave for 10 minutes.
3. Combine yeast and 1.5 cups of lukewarm water. Stir very well, until you unable to see individual granules.
4. Into the oatmeal mixture, stir in the honey, salt, and oil.
5. Then stir in yeast mixture into the oatmeal mixture.
6. Begin to pour one cup of flour at a time into this mixture. Stir after every couple of cups and make sure to scrape the dough on the sides of the bowl.
7. After the 7th cup, you should be able to easily remove the dough from the bowl and place it on a dusted counter.
8. Knead the dough until smooth, without over kneading. Over kneading will create a denser bread. The final product will be a little tacky but a solid mass.
9. Scrape and oil the bowl.
10. Place the dough into the oiled bowl, then turn the dough over in the bowl so that both sides are oiled. Place the bowl in a warm location for one hour to rise, such as the oven with the oven light on.
11. In the meantime, prepare two bowls with evenly distributed seeds and millet grain, and oil two loaf pans.
12. After first rising, put out half the dough with your hands, place on a dusted counter, and lightly flatten it out. Use your fingers to indent it. These indentations will collect the seeds more easily.
13. Pour 1/3 of the seeds for one loaf onto the flattened dough. Fold the dough over, create more indentations, and spread another 1/3 of the seeds, then repeat once more.
14. Knead the dough as little as possible to distribute the seeds thoroughly.
15. Place the kneaded loaf into the oiled loaf pan.
16. Repeat steps 12-15 for the second half of the dough.
17. Let the loaves rise in a warm place for 45 minutes.
18. Near the end of the rising time, heat the oven to 410F degrees.
19. Once preheated, score the loaves with one-inch deep cuts all along the bread. **This is important, or the top might pop off your loaves.**
20. Place the loaves in the oven on the middle rack.
21. Bake at 410F for 10 minutes, and then reduce to 380F for 30 minutes.
22. Remove the loaves from the pan once they come out of the oven. You will know they are fully baked if they sound hollow when tapped on the bottom of a loaf.
23. Let them cool on a rack with a cloth over them to help retain their moisture.
24. When storing in the fridge, they will stay moist if you wrap each loaf in a cloth and place in a plastic bag.

Sourdough starter

This recipe has been adapted from *The Urban Homestead* by Kelly Coyne and Erik Knutzen.

Important: This recipe requires you to feed your starter every day for an extended period of time.

Materials

- 1 litre container with lid, not metal
- 1 cup of non-whole grain flour (and more for each day); this recipe uses white flour
- 1 cup lukewarm water

Directions

1. Get yourself a glass or ceramic container with a lid. It should be able to hold at least three to four cups of starter. Don't use metal.
2. Put into this container one cup of white flour and one cup of lukewarm water and stir until mixed.
3. Put it in a warm place, such as the oven with the light on.
4. Every day, pour off one cup of your starter and add a half cup of white flour and a half cup of lukewarm water.
5. Your starter should begin to get bubbly in a few days. A layer of liquid, known as "hooch", will form. This is normal. Stir the liquid in every morning when you add the additional flour and water.
6. After one to two weeks, you should have an active culture of wild yeasts that will make your bread rise.
7. **Important:** Remember to feed your starter every day.

You can use the amount you pour off everyday to make sourdough pancakes.

After the initial one-two week incubation period, if you aren't going to bake for a few days put the starter in the fridge. Feed it once a week. To revive it, take it out of the fridge and give it a day or two of feedings before you use it.