

No-Rise Rustic Spelt Bread



Prep Time: 10 minutes

Cook Time: 50 minutes

Total Time: 1 hour

Yield: 1 round loaf

Ingredients:

- 3 cups spelt flour
- 1 teaspoon sea salt
- 1 teaspoon baking soda
- 2 tablespoons maple syrup
- 2 1/2 tablespoons extra virgin olive oil
- 1 cup plus 1 tablespoon water

Directions:

1. Pre heat the oven to 375° F and lightly flour a baking sheet.
2. In a large bowl, combine the flour, salt, and baking soda.
3. In a small bowl, combine the maple syrup, oil and water.
4. Mix the wet ingredients into the dry just until a smooth dough forms.
5. On a lightly floured work surface, gently knead the bread to shape, about 3 minutes, and then form it into a 6-inch diameter round loaf.
6. Place it on the prepared baking sheet. Using a sharp knife, score it in a semicircle.
7. Bake until Golden brown and firm to the touch, about 50 minutes.
8. Let bread cool for 45 minutes before serving or cutting.

Notes

It is a lovely rustic "quick" bread that rises with baking soda and does not require a long process.