

Sourdough Spelt Bread

https://www.dovesfarm.co.uk/recipes/sourdough-bread/?servings_number=1&servings_measure=imperial&submitted=1

Making the sourdough starter is the essential ingredient of this bread. Sourdough breads have a dense crumb structure, a pleasing sweet yet sour aroma, a slightly chewy bite and keeps well. You will probably enjoy sourdough sliced thinly.

Ingredients:

- 2 lbs White Spelt Flour or Wholegrain Spelt Flour
- 1/2 tsp Salt
- 6 2/3 Tbsps Water
- 1.4 oz Olive Oil

Method

Sourdough Starter

1. Mix together 100g/4oz flour & 100ml/4floz water.
2. Cover with film and leave at room temperature for 24 hours.
3. Stir in another 100g/4oz flour & 100ml/4floz water.
4. Cover with film and leave at room temperature for 48 hours.
5. Stir in 100g/4oz flour and 100ml/4floz water and leave in a warm place for 24 hours or until required for bread making.

Note:

Sourdough starter should be slightly spongy & smell yeasty. If this not the case repeat step 5. Continue to 'feed' the starter with remaining flour or water at regular intervals to maintain a thick paste until it is required for baking. The sourdough can be slowed down by refrigeration and speeded up by putting it in a warm place.

Bread

1. Check that the starter has been in a warm place for at least 12 hours at room temperature.
2. Weigh 400g/1lb of starter into a large bowl.
3. Add 400g/1lb flour, oil, and salt.
4. Mix in sufficient water to form a soft, slightly sticky dough.
5. Knead well then cover the dough with film and leave in a warm place for 1 hour.
6. Knead the dough again then shape and put it into an oiled 1kg/2lb loaf tin.
7. Cover the tin with film and leave in a warm place for 30 minutes.
8. Bake in a pre heated oven for 30/35 minutes.

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23 Jun 2015 | 23:32 BST

One needs to remember that the spelt's gluten (opposite to the wheat's gluten) is water soluble , so the longer you knead it the more likely the spelt dough is to brake apart. So there's a big difference between developing spelt and wheat dough, and as such spelt bread is I think best when made according to any no-knead recipe.

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