

Spelt Bread



Yield: 3 loaves

Ingredients:

- 2 tablespoons yeast
- 3/4 cup warm water
- 2 2/3 cups warm water
- 1/4 cup honey
- 1 tablespoon salt
- 9 tablespoons oil
- 9 cups spelt flour

Directions:

1. In a cup, combine 3/4 cup of warm water, 1/4 cup of honey and 2 tbsp of yeast. Set aside.
2. In a large bowl, combine 2 2/3 cup of warm water, salt and oil.
3. Add half flour and yeast mixture.
4. Stir well.
5. Add remaining flour and knead for about 8 to 10 minutes.
6. Preheat oven to 200 degrees and then turn off.
7. Grease an ovenproof bowl and place dough in it. Let rise in oven. Punch dough down.
8. Divide into three, place into three greased loaf pans, poke holes in loaves and let rise again.
9. Bake 425 degrees for 20-25 minutes.