

Spelt Sandwich Bread

Rating (01-10): 07

Hours to prepare: 04

Leaven type: Dry Yeast

Recipe Source: Elise, The Frugal Farm Wife:
frugalfarmwife.com/article/perfect-spelt-bread

Bread Volume: Makes 1 loaf in standard bread pans

of Times Baked: 1

Last Time Baked: November 24, 2015



Special Notes:

Although not always the case, some individuals who have wheat allergies can tolerate spelt.

Apparently, spelt bread has a tendency to dry out quite quickly and crumble more often than other wheat-based breads. The addition of guar gum to this recipe helps with these two problems, and also provides assistance in the development of the gluten structure.

Special Tools:

None.

Ingredients:

<u>INGREDIENT</u>	<u>QUANTITY</u>	<u>BAKER'S %</u>
Spelt Flour	3 Cups	
Dry Yeast	2-1/4 tsp	
Salt	1 tsp	
Guar Gum	1 tsp	
Sugar	3 Tbsp (or Honey or Sorghum)	
Olive Oil	3 Tbsp	
Warm Water	1 Cup	

Note: I found the Guar Gum in the gluten-free section of Wegman's.

Directions – Baking Day:

The entire prep and baking process takes only about 4 hours as follows:

1. Mix all dry ingredients together, making sure to disperse the yeast before adding the salt
2. Mix in the wet ingredients thoroughly
3. Knead for 4-5 minutes
4. Place the dough ball in a covered bowl in a warm environment, and let it rise until it has doubled in size (approximately 2 hours)
5. Prepare a loaf pan by applying pan release (or other ingredient to prevent the baked bread from sticking)
6. Shape the dough ball into a loaf and place in a loaf pan

7. Let the shaped loaf rise in a warm environment until ready to bake (approximately 1 hour)
8. Pre-heat oven to 350°F
9. Bake bread for 30-40 minutes at 350°F
10. Spray water on loaf as it enters oven and again after both 1 and 2 minutes