



Candace's Sprouted Spelt Bread

Candace is one of our treasured customers who is thoughtful to share one of her favorite bread recipes for all of you to enjoy. Thanks Candace!

Starter

- 3 cups sprouted spelt flour
- 1 ½ teaspoon salt
- ¼ teaspoon yeast
- 1-½ cups filtered water.

Mix all ingredients in a glass or ceramic bowl. Stir until all is moist. Cover and leave on the counter for 12, 24, or up to 36 hours to allow it to ferment.

Place a Dutch oven with cover or cloche in your oven and preheat to 500 degrees. While oven is heating, place a linen cloth on the counter and sprinkle with flour; scoop wet dough from bowl and let it plop onto the floured cloth. Sprinkle the top with flour and pat into a rectangle. Fold in all sides and turn over.

When the oven is hot, drop dough into Dutch oven or cloche, cover and bake 30 minutes. Remove the Dutch oven or cloche cover and bake an additional 15 minutes. This is amazing crusty, soft on the inside, NY deli bread. Keeps well on the counter with cut side down. Marvelous toasted.