



Lori's Sprouted Wheat Bread

This is a slightly tweaked Peter Reinhart recipe using 100% whole grain sprouted wheat flour. I can hardly believe how light and flavorful this bread is.

- 19 ounces sprouted wheat flour
- 9g Celtic sea salt (1 $\frac{3}{4}$ teaspoon of this particular type of salt)
- 2 teaspoons instant yeast
- 2 cups plus 1-2 tablespoons of lukewarm water to make a slightly sticky finished dough ball.

I make the dough in a bread machine. Once all of the flour is incorporated in the bread machine I add 2 tablespoons of softened organic unsalted butter and let that mix in and let the dough knead, but take it out before it rises. I put the dough into an oiled bowl and flip it oiled side up. Cover with a piece of wax paper and then foil lightly enough so it can breathe. Let it rise in the refrigerator overnight, which improves the texture dramatically. Then I bring it to room temperature, dump it out of the bowl onto a very lightly floured board, press it down gently to remove bubbles, then form it into a loaf by rolling it onto itself, pinching as I go. I place it in a greased 11 $\frac{3}{4}$ by 4 $\frac{1}{2}$ inch loaf pan. Cover with a damp towel, let rise until 1 $\frac{1}{4}$ " above the top of the pan, and bake at 375 degrees in a preheated oven until internal temp reaches 190 degrees, about 40 minutes at our high altitude. Amazing bread!