



# Healthy Recipes for Healthy Living

Dr. Reina Persaud, ND

## Spelt Bread



1/2 tsp. Turbinado sugar  
2 tbsp. active dry yeast  
1 tbsp. +1 tsp. salt  
7 cups whole spelt flour

1/2 cup water  
1 3/4 cup soy milk  
1/2 cup honey

In a small bowl dissolve sugar in warm water. Sprinkle yeast over water and let stand 10 minutes or until bubbly. Scald milk in top of double boiler, or while stirring and cool to lukewarm. Add honey and salt and stir to dissolve. Stir yeast and add to liquid mixture.

Measure spelt flour lightly into a dry measuring cup. Level off with a straight edge knife without packing flour down and put flour in large bowl. Add liquids to flour and stir until all ingredients are well combined and all flour has been completely moistened. Let dough rest for 3 minutes. Knead dough in bowl until it can be formed into a ball. It will be very soft and sticky. Remove from bowl and continue kneading. During the kneading process small bits of dough may cling to the kneading surface. When the kneaded dough has gathered up these pieces and the dough has become drier and less sticky, the dough has been kneaded sufficiently. This will take approximately 5 minutes. Do not over-knead and refrain from adding extra spelt flour if at all possible. It is easier to handle the dough if it is kept moving and the kneading is very rapid. Replace dough in large bowl. Cover bowl with a damp cloth and allow to rise 45 minutes in a warm place.

Grease 8 x 1 1/2 round pans.

Cut risen dough in half. It is important to work quickly when shaping the loaves. Remove each half of dough from bowl and fold cut edges under and into centre of loaves. Place in centre of greased pan. (Optional - slash top of loaf with an "X" using a very sharp knife). Cover with a damp cloth and allow loaves to rise 45 minutes in a warm place.

Bake at 350°F for 30 - 35 minutes or until loaf sounds hollow when tapped on bottom. Remove from pans, cool on rack. Cool completely before slicing.

Note: spelt bread may be baked in a loaf pan resulting in a more compact loaf. To shape, follow the above instructions except allow the dough to form a cylindrical shape when folding in the cut edges.

Makes 2 loaves