

## Antara Organic Bread

This is a really simple bread recipe using organic Spelt flour, also known as Dinkle. This flour is from a very old variety of wheat, which has different gluten to more recently developed wheat varieties. Most people who have a gluten allergy problem are able to tolerate the gluten in Spelt flour. Ideally the flour should be wholemeal and organic.

From start to finish the whole process takes two and a half to three hours. It involves no strenuous kneading, just mixing, allowing for a period to rise, then baking.

### Ingredients and Suggestions

<b>These amounts make 1 loaf</b>	Spelt Only Loaf	Spelt & Rye	Spicy Fruit Loaf	Spelt & Whatever Flour
Spelt Flour	4 cups	2 cups	4 cups	2 cups
Rye Flour		2 cups		0-1 cups
Whatever Flour				0-1 cups
Salt	2 teaspoons	2 teaspoons	2 teaspoons	2 teaspoons
Water	500ml	550ml	500ml	500-550ml
Yeast	2 teaspoons	3 teaspoons	2 teaspoons	2-3 teaspoons
Raisins/Sultanas			1 level cup	
Mixed Spice			3-4 teaspoons	

Notes on Amounts and Ingredients:

#### Flour

The “cup” for flour is one of those glass breakfast cups that seem to be everywhere. The amount is a mounded cupful ie as much as you can get using the cup as a scoop to get the flour without compressing it too much. About 8 of these “cups” would be 1kg of flour.

The “whatever flour” can be any type of flour you like to give a particular taste. Rice, Pea, Corn etc. You might need to increase the amount of yeast and water a little if the flour (like Rye above) absorbs more water or contains little or no gluten. If you vary the types of flour make sure the total flour is 4 cups in all for the proportions above.

Use wholemeal flour as it makes courser bread and has all the parts of the grain seed in the flour with nothing having been removed.

#### Salt

Sea salt or rock salt. Vary the amount according to taste.

#### Water

About 300ml of the water should be hot from the kettle. This warms the mixture and gets the yeast going.

## **Yeast**

Use Edmonds Active Yeast – the one with the yellow top. The red top yeast has other stuff in it which you might not like if your are going for a really good organic bread free of other “ingredients”.

## **Raisins / Sultanas**

As the baking process can dry out already dried fruit these should be soaked in very warm water to make them take on extra water and swell up before being added to the bread. The soaking water can be used as part of the water in the mixture as the soaking process will have sweetened it.

## **Method**

### **Mixing**

Place the flour in a mixing bowl and add the other dry ingredients and any dried fruit. Add the water and mix until the mixture stops changing in texture, 2-3 minutes. At this point you should have a stiff mixture that has a stringy appearance where it has been stretched by the mixing process.

If you have trouble getting all the flour to become part of the mixture then add a little water, but only enough to get the flour to mix in. If the mixture is too sloppy then add some more flour until it is quite stiff.

Place a plate over the bowl to keep it from drying out and losing heat. Put the mixture aside to rise for one and a half to two hours. In a cold oven is a good place.

### **Baking**

Once the mixture has risen. Roll it out of the mixing bowl and into the baking container without knocking it around any more than necessary. Sprinkle with poppy seeds or sesame seeds for effect.

Oven already at baking temperature: leave for 10 minutes or so for the mixture do a bit more rising then bake for 50 minutes at 160 degree Centigrade

If the oven is cold: 60 minutes at 160 degrees Centigrade. The extra ten minutes is to allow for a bit more rising as the oven warms up.

The baking temperature will determine the hardness of the crust. Vary the time and temperature to get the best results.