



## JERNEJ KITCHEN

# SPELT BREAD

*Spelt Bread is a wonderful homemade bread recipe with a crusty exterior and a soft, fluffy interior. For the best result, bake it in a cast-iron pan.*

MAKES	1	BREAD (800G / 1.8 POUNDS)
PREPARATION:	30	MINUTES
BAKE:	40	MINUTES
TOTAL TIME:	1	HOUR 10 MINUTES (+ PROOFING)

### SPELT BREAD

150 g (1 and 1/8 cups) bread flour

350 g (3 cups) spelt flour

4 g (1 1/2 tsp) active dry yeast

10 g (1 tsp) honey or maple syrup

8 g (1 1/2 tsp) salt

340 ml (1 1/2 cup) lukewarm water

flour, for dusting

### TOOLS AND EQUIPEMENT

bowl

stand mixer (optional)

proofing basket (optional)

cast iron pan or dutch oven

protective kitchen gloves

parchment paper

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### PREPARE THE DOUGH

Add both flours to a bowl of a stand mixer. Add in the yeast, honey (or maple syrup), salt, and lukewarm water. Knead into an elastic dough. Knead for 15 minutes by hand or 6 - 8 minutes in a stand mixer with a dough hook attachment. Cover the bowl with cling film and set aside for 4 hours to proof at room temperature.

### PROOFING

Dust your working surface with flour and shape the dough into a round ball. Carefully transfer to a floured bread proofing basket or to a bowl lined with kitchen towel. Cover with cling film and leave to proof overnight in the fridge, or for about 12 - 16 hours.

### PREPARATION

Set a rack in the lowest position in your oven. Place a large cast-iron pan or dutch oven in the oven and preheat the oven to 250 °C / 480 °F.

### BAKE THE BREAD

Line a large plate with parchment paper. Gently invert the bread onto the plate. Grab the parchment paper from the sides and place the loaf in your cast-iron pan. Use protective kitchen gloves, as the pan is very hot. Make a few incisions on top of the bread using a sharp knife. Slide two cubes of ice below the parchment paper to create steam. Carefully cover with a lid and bake for 15 minutes at 230 °C / 445 °F. Remove the lid and bake for another 15 minutes at 230 °C / 445 °F. Lower the oven temperature to 210 °C / 410 °F (fan-assisted). When the