



JERNEJ KITCHEN

MULTIGRAIN BREAD

Made out of spelt flour, whole wheat flour and wheat flour type 850, sprinkled with oats, buckwheat and spelt. Pure grain treasure hidden in this recipe.

MAKES	2	LOAFS (800G)
PREPARATION:	40	MINUTES
BAKE:	35	MINUTES

DOUGH

770 ml water, cold

20 g fresh yeast or 10g active dry yeast

400 g strong bread flour, T850/T85, plus for dusting

300 g whole wheat flour

300 g whole grain spelt flour

100 g oat or rye flakes

18 g sea salt

TOOLS AND EQUIPEMENT

jug or small bowl

large mixing bowl

wooden spoon

plastic foil

roasting pan

sharp knife or razor blade

YEAST AND WATER

In a jug or small bowl, mix water and the yeast. Set aside for 10 minutes.

COMBINE ALL TOGETHER

Combine wheat, whole wheat flour and the whole grain spelt flour, oat or rye flakes and the sea salt together in a large bowl. Add the wet yeast and water mixture. Stir well with a wooden spoon, then knead with your hands until the dough comes together to form a dough.

KNEAD

Knead with your hands for 10 minutes. The dough has to be elastic and shiny. Cover with the bowl and let stand for 10 minutes. Knead the dough again for 5 minutes.

LET PROOF

Put the dough in a bowl, cover with plastic foil or a lid and let slowly rise in a refrigerator for 12 hours.

TIP

If you are short on time, you can leave the dough in a warm room, and let it rise for 1 hour, or until doubled in size, but that way the dough won't be as fluffy and tender + it will be a bit harder to digest.

PROOFING

Lightly dust a clean work surface with flour, put the dough on a work surface and shape into desired form. Let the dough rise until about doubled in size, this will take between 1 and a half to 2 hours. Preheat the oven to 250°C / 485°F. Place a roasting pan at the bottom of the oven to preheat.

BAKE

When the dough has doubled in volume, uncover it and slash a simple pattern on the surface of the bread using a sharp knife or razor blade. Pour the cup of cold water onto the hot roasting pan and lower the oven temperature to 240°C / 465°F Bake the bread for about 15 minutes, then lower the temperature to 220°C / 425°F, put out the roasting pan and bake for another 20 minutes.

TIP

Water creates steam in the oven, which makes the bread more fluffy and tender, inside.

SERVE

Leave the loaves to set on a wire rack to cool for about two - three hours.

TIP

Don't cover the dough with a cloth because that way you create a moist environment and you loose the crust.