

Orange Olive Oil Spelt Bread

Oranges and olive oil are both produced in California. Ideally the spelt would be grown in California, and the malted wheat would be produced here too, then we could call this truly Californian bread. Olive oil and orange juice combine well with the whole grain spelt for unique and delicate flavors in the bread.

The challenge is to make a well-expanded 100% whole wheat loaf, and to use only natural improvers. In this loaf we use enzyme active wheat malt made from our own sprouted wheat; extra virgin olive oil; soy lecithin and orange juice as a source of vitamin C. All of these are known to improve the texture of whole wheat breads, and to aid in oven-spring.

When adapting this recipe to your own whole wheat flour, it is best to begin with a stiffer dough, and if necessary, to add more dough water at the kneading stage. In this way no flour will be added to the dough after the first mixing, and all the flour will be well hydrated and fermented.

Amounts for one loaf containing 500 grams or 16 ounces of flour

| Ingredients | Bakers per Cent | Grams | Ounces | Cups & spoons |
|--------------------------------------|-----------------|---------|-------------|------------------|
| Salt | 1.5 | 7.5 | 0.25 | 1 ½ teaspoons |
| Orange Juice | 25 | 125 | 4.00 | ½ cup |
| Water (77°F, 25°C) | 40 | 200 | 6.40 | ¾ cup |
| Stone ground whole spelt wheat flour | 100 | 500 | 16.00 | 3 cups |
| Enzyme active wheat malt | 1 | 5 | 0.16 | 1 teaspoon |
| Olive oil | 2 | 10 | 0.32 | 1 tablespoon |
| Liquid lecithin | 0.4 | 2 | 0.06 | ½ teaspoon |
| Mature sourdough | 10 | 50 | 1.60 | 2 tablespoons |
| Water, extra | 5 - 10 | 25 - 50 | 0.80 - 1.60 | 1- 3 tablespoons |

[] Measure salt, orange juice and water into a jug. Stir vigorously to aerate the juice and dissolve salt.

[] Separately, measure flour and malt into mixing bowl. Mix briefly.

[] Separately measure olive oil and lecithin. Mix well and add to flour in mixing bowl.

Rub the oil into the flour until finely distributed. *A food processor fitted with a metal blade or a stand mixer fitted with a flat beater can be used to finely incorporate the oil into the flour.*

[] Measure the sourdough into the jug containing water, salt and orange juice. Mix well and add to the mixing bowl containing flour.

[] Mix until the flour is completely incorporated and a dough ball can be formed. Form the dough into a ball and place it in a bowl, punch it down. *Note that only a short mixing is required, dough development is not expected at this stage.*

[] Cover the bowl. Allow the dough to rise until doubled in volume; for example, this may take 6 hours at 77°F (25°C) or 12 hours at 68°F (20°C).

[] Punch dough down. If dough is too stiff, add more water, perhaps 5 - 10% more.

Knead until smooth. Form a dough ball and allow it to rest for 15-30 minutes.

[] Re-shape into dough ball. Gently coat dough ball in spelt flour, and set to rise upside down in a cloth lined oval basket, covered with a cloth. Allow the loaf to rise until doubled in volume, approximately 2 hours.

[] Preheat oven at 450°F, with baking tiles or pizza stone in place, approximately one hour ahead of bake time.

[] Sprinkle a small amount of flour on the risen loaf and invert it out of the basket onto an oven peel. Make a single lengthwise cut about half an inch deep, along the center of the loaf.

[] Reset oven to 400°F. Bake the loaf at 400°F for 40-45 minutes.

[] Allow loaf to cool to room temperature before slicing. Store in a covered container at ambient temperature.