

Spelt Crumb Bread

Some cooked flour in the bread dough softens the crumb and reduces the rate of staling. Making porridge with a portion of the flour is an option for producing pre-cooked flour to add to bread dough, but the process adds considerably to the time taken to prepare the bread. Here we resort to using dry breadcrumbs made from previously baked bread, as the source of precooked flour. If the crumbs are fine enough the effect is similar to making porridge with some of the flour. The result is softened bread with pleasingly intensified flavor.

Description of how to easily make fine dry breadcrumbs is given in the recipe section of www.wholegrainconnection.org. The method is useful also as a way to preserve excess bread.

The proportion of whole wheat flour substituted with fine whole wheat breadcrumbs can be varied between 5 and 25 percent. The softest bread will be obtained with the higher proportions of breadcrumbs.

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
Finely ground dry whole wheat breadcrumbs	10	50	1.60	One third cup
Water	65	325	10.40	One & one third cups
Mature sourdough	10	50	1.60	2 tablespoons
Stone ground whole spelt wheat flour	90	450	14.40	Two & two thirds cups
Enzyme active wheat malt	1	5	0.16	1 teaspoon
Water, extra	5 - 10	25 - 50	0.80 – 1.60	1-3 tablespoons

[] Measure salt, breadcrumbs and water into a jug. Stir well to dissolve salt. Allow the mixture to stand for 5 -10 minutes to allow the breadcrumbs to hydrate and swell.

[] Measure the sourdough into the jug and stir well.

[] Separately, measure flour and enzyme active malt into a mixing bowl. Mix to evenly distribute the malt.

[] Stir the contents of the jug and add them to the flour mixture. 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. Add more water, perhaps 5-10% more if dough is too stiff. Knead until smooth. Form a dough ball and allow it to rest for 15-30 minutes.

Continue on next page

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

[] Preheat oven at 475°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 a half inch deep, or cross cuts about a quarter inch deep, on the top surface 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.