

Sprouted wheat bread - unleavened

Sprouted wheat bread simply baked at a low temperature allows the naturally produced sugars to caramelize. The result is a deliciously malty loaf that is wonderful served as an alternative to breakfast cereal or as a bread for every meal. The emmer wheat, Ethiopian Blue Tinge, is particularly good when sprouted and made into a bread in this way.

Method

[] Sprout 500 grams wheat grain according to the recipe at www.sustainablegrains.org.

[] Allow the sprouting to continue for 3 days, or until the green shoot is almost the length of the seed. The roots will also have developed. *Sprouts can be stored covered, in the refrigerator for a few days if necessary.*

[] Place half the sprouts in a food processor fitted with a metal blade. Add 45-50 grams water, and process the sprouts until they are finely chopped enough to form a coarse dough. Scrape the mixing bowl down 2 or 3 times to incorporate the root pieces that tend to separate initially.

[] Prepare a sheet of parchment baking paper, on an oven peel or baking sheet. With moist hands combine this dough into a ball and compress it as though it is a snowball. Place the dough ball on the parchment paper and shape it into an oval loaf 1 to 1.5 inches thick. Cover the loaves with parchment paper if a softer crust is desired.

[] Prepare a second loaf in the same way, with the remaining half of the sprouts.

[] Preheat oven and baking stone if available, at 350°F.

[] Transfer loaves and paper to oven. Reduce oven temperature to 250°F, and bake for 2 – 3 hours. The loaves can be left in the oven at the end of the baking time with the oven off and cooling to ambient temperature.

[] Allow the loaves to cool to ambient temperature and then store them refrigerated, in a closed container so that the crust can soften. These loaves can also be frozen, and thawed in the refrigerator when needed.

Note: This bread is rich in natural sugars and unlike sourdough bread it will mold easily if left out.