

*Easy No-Knead Slow-Rise*

## *Einkorn Sprout Bread*



*Ingredients:*

*Einkorn Flour - 5 cups*

*Einkorn Berries - 1/2 cup*

*2 cups warm Spring or Well Water*

*Tablespoon Maple Syrup*

*Tablespoon Seasalt*

*Teaspoon Olive Oil*

*Half cup Chia Seed*

*Tps Yeast or Tbs Sourdough Starter*

**Day 1 - Sprouts & Starter:** Float off einkorn hulls. Strain and save to use in tea (They have remarkable anti-cancer properties). Soak einkorn berries over night, rinse. Next day or two lightly blend the sprouts, adding a tablespoon of maple syrup and 1/2 cup water. **Activate Starter:** Mix a cup spring water and cup einkorn flour with a tablespoon starter or pinch of yeast, or feed starter to active.

**Day 2 - Bread Dough:** Mix tablespoon starter, water, salt, oil, chia seeds and blended sprouts. Add einkorn flour till good consistency. Fold dough sides into center several times and shape into ball. Rest for a half hour or so. Dust working surface with flour. Oil or flour your hands. Form loaf. Dust well with flour. Place in oiled, floured bread pan. Score. Cover with plastic bag. Let slow-rise in refrigerator overnight.

**Day 3 - Bake** the next day at 325 degrees. Place a pan of water in the bottom of the oven to increase the humidity for a well-caramelized crust. After 50 minutes, turn off the oven. Keep door shut. Remove bread from the oven in a half hour. Enjoy!

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