

Easy Breezy Slow-Rise Artisan Einkorn Bread

in a Dutch Oven



Ingredients

5 cups (600g) sifted einkorn flour

1¾ cup (410g) warm spring or well water

1/2 teaspoon (2g) instant yeast or 1/4 cup
sourdough starter

1 teaspoon (6g) sea salt

Tablespoon olive oil

Optional: Add a tablespoon maple syrup or
honey

(Variations: Crack an egg or two in the
measuring cup before adding the warm water
(still measure up to 1 3/4) and grate cheddar
cheese into the flour, and/or substitute a

tablespoon of butter for oil and warm milk for water. For rich textured flavor, add a cup of
blended einkorn sprouts or cooked einkorn porridge.

Directions

Mix flour and salt together. Add warm water and sweetener. Add yeast to the dry ingredients or
sourdough to the wet ingredients. Mix well. On a floured or oiled work surface, use a dough
scraper or your hands to fold dough to the center several times. Place on parchment paper in a
large bowl. Cover with a plate or plastic wrap and a towel. Let slow-rise in the cool darkness of
a refrigerator overnight. The next day, pre-heat an oven-safe heavy ceramic or cast iron pot
with a lid for 30 minutes at 475°F. Carefully remove the hot pot from oven with mitts. Use
parchment paper to lift the dough into the hot pot, cover and bake for 35 minutes. For a crustier
loaf, bake for five more minutes in uncovered pot. Cool and enjoy.

Note: Baked in a 6 quart cast iron enamel pot.

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