



## **Amish Einkorn Bread**

An Adaptation by Lentz Spelt Kitchens

### Ingredients:

2 cups very warm water

¼ cup sugar

1 ½ tsp. yeast

¼ cup oil

1 ½ tsp. salt

5-6 cups flour – we used a mixture of ½ bread flour and ½ Resurgent Grains Organic Einkorn Flour

Add sugar to water. Dissolve.

Add yeast and stir gently. Proof for approximately 5 minutes or until foamy.

Add oil and stir, then add salt and ½ of the flour. Stir. Continue to add flour until you have a smooth, non-sticky dough.

Turn out onto floured surface and knead until elastic, approximately 5-6 minutes. Place dough in greased bowl. Cover with a warm wet cloth and let rise for 1 hour until doubled in size.

Turn out onto floured surface and knead. Divide into 2 sections. Flatten ball into thick slab, roll up like a log, tuck in ends and place into a greased loaf pan, or shape into a round loaf and fit into a cake pan. Cover with a moist towel. Let rise 45 minutes.

Bake in a 350° oven for 30 minutes.

Remove from pan quickly or loaf will become soggy.

*Courtesy of Lentz Spelt Farms and Resurgent Grains. Go to [www.resurgentgrains.com](http://www.resurgentgrains.com) to purchase Resurgent Grains Organic Einkorn Flour.*