



Black Nile Barley Bread

Ingredients:

¾ cup water, plus more if needed
1 tbsp. olive oil
3 cups Resurgent Grains Organic Einkorn Flour
1 cup Resurgent Grains Organic Black Nile Barley Flour
1 ½ tsp. yeast
2 tsp. brown sugar
1 tsp. salt
¼ cup sunflower seeds

Place all ingredients, except sunflower seeds, in a bread machine per the manufacturer's directions.

Select the dough or fruit and nut cycle on your bread machine. When machine beeps add the sunflower seeds.

When dough cycle is complete, remove the dough to a floured surface and punch down. The dough will be sticky. Shape and fit into an oiled loaf pan.

Cover and let rise for 45 minutes. Make a deep cut across the top and dust with flour.

Preheat oven to 425°. Let rest for 10 minutes. Bake for 15 minutes and then lower oven temperature to 400° and bake for 20 more minutes or until loaf sounds hollow when you tap it.

Remove to a wire rack to cool.

Courtesy of Lentz Spelt Farms and Resurgent Grains. Go to www.resurgentgrains.com to purchase Resurgent Grains Organic Einkorn Flour and Organic Black Nile Barley Flour.