



Braided Einkorn Bread

Ingredients:

3 cups + 1 tbsp. Organic Einkorn Flour

1 tsp dry yeast

1 cup lukewarm water

2 tbsp. sugar

¼ tsp. salt

4 tbsp. olive oil

1 beaten egg

Sesame or Camelina seeds

Mix yeast with ½ cup water and 1 tsp. sugar. Set aside for about 10 minutes or until the yeast bubbles.

In a mixer bowl, add the flours, remaining sugar, remaining water, oil, salt and yeast mix. Mix on slow speed for 2-3 minutes – the mixture should be soft, smooth and a bit sticky.

Place dough in a lightly greased bowl, cover and let stand for 30-35 minutes or until the dough has doubled in size. Then knead the dough lightly between your hands until there is no more air in the dough.

Braid or roll and place in a greased bread pan. Cover with parchment paper and let stand in pan for another 30-35 minutes.

Preheat oven to 350°.

Brush bread with beaten egg and sprinkle with sesame or Camelina seeds.

Bake for 30 minutes or until golden brown.

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