



Emmer Baguettes

-An Adaptation by Lentz Spelt Kitchens-

Ingredients:

2 ½ cups Resurgent Grains Organic Emmer Flour
2 ½ cups Resurgent Grains Organic Spelt Flour
2 tsp. salt
1 ½ tsps. dry yeast
2 tbsps. olive oil
1 tsp. sugar
1 ¼ cups lukewarm water (add more if dough is too dry)

Optional toppings: 1 beaten egg, Resurgent Grains Camelina Seeds, sesame seeds, onion flakes, garlic salt.

Preheat oven to 475°.

Mix all ingredients until completely blended; then knead to a smooth dough. Cover and let rise in a warm place for 60 minutes.

Turn dough out onto a lightly floured surface and divide into three equal pieces. With your hands roll each piece into a long loaf shape and then twist it (just like you're wringing water out of a dishrag). Place all three baguettes on a greased baking sheet.

If desired, brush loaves with beaten egg and add desired coating. Cover and let rest about 15 minutes at room temperature.

Place baguettes in preheated oven and bake for 16-18 minutes. Remove and let cool on a wire rack.

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