



Emmer English Muffin Bread

-An Adaptation by Lentz Spelt Kitchens-

Ingredients:

4 teaspoons yeast

2 tablespoons organic sugar

2/3 cup warm water (105-110°)

1 teaspoon sea salt

5 cups Resurgent Grains Organic Emmer Flour

1 cup + 2 tablespoons warm milk (105-110°)

½ teaspoon baking soda

Place all ingredients in a bowl and using a mixer (or stirring by hand) thoroughly combine. Your dough will be sticky.

Using a spatula sprayed with cooking spray, scrape down the sides of your bowl to get all the dough. Scoop the dough into two greased 8-inch loaf pans and place in a warm place to rise for about 1 hour.

When the dough has doubled in size, bake in a 375° oven for 20-25 minutes until done. Enjoy toasted!

Would be wonderful with Organic Spelt or Einkorn Flour also!

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