



## Hearty, Fresh Ground Spelt, Barley & Rye Bread

Courtesy John Holloran

### Ingredients:

Grind Spelt, Barley and Rye Berries until you reach the measurements below. If you prefer to use flour instead of grinding your own berries, use the measurements below.

4 cups Resurgent Grains Spelt Flour  
1 cup Resurgent Grains Black Nile Barley Flour  
1 cup Rye Flour  
1 tbsp. salt  
1 tsp. yeast  
3 cups cold water

Mix the flours together with the salt and yeast. Using a strong wooden spoon or spatula, add 3 cups cold water until all the flour is incorporated (about 50 strokes) – it will be sticky.

Cover bowl with a lid or plastic wrap and put into the refrigerator for 2 days.

Lightly flour the dough, turn it out onto a floured piece of parchment. Cover with a non-stick cloth or plastic wrap. Let dough warm up to room temperature.

Preheat a pizza stone, large Dutch oven or covered casserole in a 450° - 475° oven.

Just before baking, slash top of dough with a sharp knife.

Place baking stone, Dutch oven or casserole in oven and place approximately 4 oz. of water in bottom of oven to create steam.

Bake for 30 minutes, then turn temperature down to 425° and bake for another 25-30 minutes.

Cool on a wire rack – it's best to eat after 4-6 hours of cooling/drying.

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