

Spelt bread



PREPARATION:
ABOUT 75 MINUTES



BAKING- COOKING TIME:
ABOUT 25 MINUTES



INGREDIENTS:

500 g spelt bread baking mix
280 ml lukewarm water

PREPARATION:

Pour the spelt bread mix and the lukewarm water into a bowl and knead with a mixer to make a smooth and elastic dough (around 8 minutes). Cover with a cloth and leave to rise for about 35 minutes in a warm place for around one hour.

Divide the dough into 8 portions and work each one by hand on a level surface dusted with flour until the desired shape has been obtained. Place the rolls on a greased or lined baking tray. Cover with a cloth and leave to rest in a warm place for about 30 minutes.

Dampen the surface of the dough with a little water and place the baking tray on the middle shelf in the preheated oven at 230°C. After 5 minutes lower the temperature to 190°C and bake for a further 20-25 minutes.