

Wholemeal spelt buns



PREPARATION:
ABOUT 60 MINUTES



BAKING- COOKING TIME:
ABOUT 25 MINUTES



INGREDIENTS:

500 g organic whole spelt flour
350 ml water (approx. 30°C)
20 g yeast or 35 g lievito madre with dry yeast
10 g salt
10 g spices for breads (anise, fennel ...)

PREPARATION:

Mix all ingredients until achieving a homogeneous dough. Cover with a cloth and let rise for about 20 min.

Divide the dough in ten parts and work each part by hand on a floured surface until achieving the desired shape.

Dip the buns in the whole spelt flour, place them on a tin, cover them and let them rise in a warm place for about 30 min.

Bake at 230°C. After 5 min., lower the temperature to 200°C and continue to bake for another 15-20 min. or until the buns have browned.