

James June 2014 Bread

Create wheat, linseed and flaxseed flour (WLF) by grinding

- 1½ cups wheat
- ½ cup linseed
- ½ cup sesame seed

Store this in the fridge.

Soak for 24 hours

- 1½ cups wheat
- ½ cup linseed
- ½ cup sesame seed

Drain and set aside to sprout, washing 2 – 4 times a day, for 48 hours.

In blender grind the sprouted seeds, adding

- 1 cup water
- 1 Tbs Miso
- 1 Tsp Chilli paste
- 1 Tsp salt

It may be preferable to grind the mix in two halves, with ½ cup water with each half.

When the seeds are well ground add

200g of WLF flour, more or less to create a reasonably stiff dough

Knead for at least 6 minutes.

Leave at room temperature for 24 hours

Tip out the proven mixture on to a layer of the WLF flour and gently roll the dough around in the bed of flour, allowing the dough to both gain more flour to build up a coat of the flour.

Place dough in a baking dish and cook at 250 degrees for 40 minutes.

Alternatively the dough can be rolled to make buns and then cooked for 35 minutes.