

Stone Milled Spelt Rusk's

Note:
This recipe is either for hand baking or suitable to be prepared in an automatic bread baking machine. We use the Panasonic as this machine has proved itself over the last 3 years that it is the machine of choice to bake with the heavier freshly stone milled flour.

Ingredients:

1. Spelt grain, ½ kg (3cups)
2. Earth/Himalayan-rock salt, ±1 tsp
3. Dry yeast, 1 tsp (±5g)
4. Coconut oil/butter, 4 x Tbsp
5. Raisons, 2 x Tbsp
6. Coconut flakes, 2 x Tbsp
7. Sunflower seeds, 2 x Tbsp
8. Anise Seeds: 1 x Tbsp
9. Honey, 2 x Tbsp (to taste depending on desired sweetness)
10. Distilled water, ±420 ml (2 cups) for bread baking machine or ±450 ml lukewarm water for oven bake pending on the type of grain.

Hand bake:

1. Weigh 1/2kg of grain.
2. Set your stone mill to the desired setting; remember the mill must be switched "on".
3. With the mill switched "on" pour the grain in the hopper.

Note: Remember once a grain berry has been milled the natural process of decomposition starts as the protecting bran sheath is broken and oxygen is introduced into the equation, nutrients will be lost and oxidized over time. Solution - only process (stone mill or roll) grains on demand.

4. Preheat your oven to 175 °C.
5. Thoroughly mix all the dry ingredients.
6. Add the lukewarm water to the dry ingredients.

Note: Water quantity – add water gradually and not at once, the dough needs to be thick or else the bread will rise in the oven but it might collapse during baking if the dough is too soft, thus too much water.

7. Knead/mix the dough for ± 4 minutes.
8. Pour the dough into the pre prepared baking tin.
9. Allow the dough to rise in a ±40°C heated area, i.e. if you have a electrical stove turn all the plates on for approx 1 min to heat it up and cover it later with a blanket. NB: Special care must be taken for the above procedure. This will create a nice warm and cosy environment for the rusk – bread dough to rise. If it is ready and raised the dough must almost be double in height. Duration to rise; it is all depends on the bread rising environment, the quality of the yeast, but it normally takes ± 20 minutes.
10. Softly insert the tin and risen rusk-bread mix in the oven.
11. Bake the Rusk-bread for ± 55 minutes in a preheated oven.
12. Remove the rusk-bread from the oven, turn it out of the tin, and allow cooling down.

Or with an automatic bread baking mc:

1. Prepare the flour as above and add all the ingredients in the baking tin.
2. Set your machine to Rapid bake (155min) + Medium + Light

Drying:

Slice or break the rusk-bread into more or less even pieces and dehydrate it overnight at ± 50 °C.

Enjoy &

