

Brewers Yeast Bread Recipe

Once you are accustomed and in the swing of things to bake with a sour dough culture, this recipe could be adjusted accordingly.

Ingredients:

1. ½ kg Organic Wheat / Spelt
2. ±1 tsp Himalayan rock salt / Virgin earth salt.
3. 1 tsp (±5g) dry yeast
4. ±420 ml distilled water for bread baking machine or ±450 ml lukewarm water for oven bake pending on the type of grain

Volumetric ratio for grain/water: 3 cups of whole grain to 2 cups of water.

Shelf life:

Again, remember once a grain berry has been rolled or 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 (roll or stone mill) grains on demand.

Water quantity:

The bread 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 (too much water), thus add water gradually in order to get the preferred dough consistency.

Hand bake:

Preparation:

1. Weigh 1/2kg of your favourite organic 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.
4. Preheat your oven to 175 deg C.
5. Thoroughly mix all the dry ingredients.
6. Add the lukewarm water to the dry ingredients.
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 ±35°C heated area, if the dough is ready and raised it must be almost double in height. Duration to rise - It is all depends on the bread rising environment but normally it takes ± 30 minutes.
10. Gently insert the tin and risen bread mix in the oven.
11. Bake the bread for ± 55 minutes in a preheated oven.
12. Remove the bread from the oven, turn it out of the tin, and allow cooling down.
13. Makes 1 medium loaf of bread, ± 820g.

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 (155 min) + Medium + Light

Enjoy &

