

Esenne Bread

Ingredients:

1. 2 x Cups Organic wheat berries/kernels/seeds
2. ½ x tsp Himalayan rock salt per 2 cups of grain

Equipment required:

1. Preferably the 6 l Kitchen Garden sprouter, since you can then multiply this recipe by 6 and prepare 6 loafs at a time. We do it and we store it in the deep freezer, the bread freeze well. For a week, 6 loafs is just enough for our family of 5. Every night we take a new bread from the freezer to defrost for the new day.
2. Green Star or Angel twin gear juicer or a similar food processor that can ground and homogenize the sprouted wheat into smooth, sprouted and living dough.

Preparation:

1. Soak 2 cups of wheat per one liter glass container for ±12-24 hours in pure or distilled water. Fill the container ± 80 %, since the grain absorbs the water. Thus, double in height as the level of the grain.

Remember any impurities in the water can be absorbed into the sprouting seed.

2. Sprout the wheat for 24-36 hours in the glass container/s. Rinse the sprouts in the morning and at night with pure water and let it stand for ± 15 minutes to absorb more water.
3. Wax the baking pans with butter and sprinkle sesame or poppy seeds for easy removal of the baked Essene bread from the pan.
4. Feed one bottle of sprouted seed in the food processor that can pulverize the sprouted wheat into dough.
5. Add ½ tsp salt to the dough and fold, kneed and role with both hands until it is a stiff roll.
6. Place the roll of dough on the pre prepared baking pan.
7. Bake the bread, three options:
 - Option 1: at 45-60 deg C for 6-8 hours, turn over when 2 hours remain. Enzymes are still living, most nutritious option.
 - Option 2: at ± 110-120 deg C for 2 hours, turn over when 30 minutes remain.
 - Option 3: at ± 175 deg C for 50 min.

LOVELY for an ultra healthy school lunch box or where a nutrient dense yet compact lightweight meal is required.

Enjoy it &



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