

Ezekiel Bread

Ingredients

Note; all the ingredients are whole berries/kernels/seeds.

Note: It is very interesting that the ingredients in this recipe date back thousands of years, as it was given to the prophet Ezekiel in Biblical times, through a vision by the Creator God. The essence of this recipe was taken from Ezekiel 4:9 in the Bible.

1. 2 x C Wheat
2. 1 x C Spelt
3. ½ x C Barley
4. ½ x C Millet
5. ½ x C Green Lentils
6. ½ x C Chick peas
7. 1 x C Red Speckled beans
8. 2 & ½ Tsp Salt
9. 1l Activated Sour dough starter
10. 1.5l Water

Process:

1. Set your Stone Mill to the desired setting; remember the mill must be switched on. Note; the finer the flour is milled the bigger is the surface/contact area and as a result the bread will raise better.
2. With the mill switched on, pour the grain and seeds in the hopper.
3. Mix the flour and the salt
4. Add the soar dough starter and water. Note: always add water in steps as to ensure that you don't add too much water as the dough is then too sloppy and new flour will need to be added.
5. Knead/mix the dough for ± 10 minutes, by pulling and folding over. Note: The dough needs to be medium thick.
6. Cover the dough with the cheese cloth to let it rise overnight or approximately 10-14 hours. This slow (cold) leavening process of the sour dough is crucial as the lacto fermenting process of the sour dough cultures breaks down phytic acid and enzyme inhibitors and "predigest" the gluten for better digestion and nutrient absorption.
7. Once the dough is risen, bake the bread for ± 55 minutes at 175°C.
8. Remove the bread from the oven, turn it out of the tin, and allow cooling down.
9. Makes 2 medium loaves of bread, each weighing approximately 1 100g.

Enjoy it &



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