

Einkorn is a very ancient grain and the primitive ancestor to the commonly used modern dwarf wheat. It contains less gluten than modern wheat and can be a healthful grain for those with gluten sensitivity.

INGREDIENTS

1/8 tsp dry yeast
245 g warm water (100 F)
475 g einkorn flour (I use
150 g whole wheat + 325 g
all-purpose)
7 g salt

DIRECTIONS

1) Make the dough.

In a small bowl, mix the yeast and the warm water. Set aside for 5 minutes.

In a big bowl, whisk the flour and salt.

When ready, pour the yeast mixture in the big bowl. Mix/knead until you have a ball of dough.

Cover and set in a dark place for 10-15 hours.

2) Bake the bread.

Preheat oven with empty dutch oven at 500 F for 30 minutes.

Shape dough on a floured surface to a ball or log.

Place dough in dutch oven. Cover with lid.

Put back in oven and lower temperature to 450 F. Bake for 30 minutes.

Turn off the oven. Remove lid and let bread in the oven for a few more minutes to darken it.

Place bread on a cooling rack.

Enjoy once cooled!