



JERNEJ KITCHEN

SPELT AND SUNFLOWER BREAD

This spelt loaf of bread is packed with so much flavor that it's a treat on its own.

MAKES	1	LOAF
PREPARATION:	15	MINUTES
BAKING:	35	MINUTES

STARTER

100 g spelt flour
100 g lukewarm water
3 g active dry yeast

SPELT AND SUNFLOWER BREAD

180 g spelt flour
120 g sunflower seeds
40 g old-fashioned oats
10 g salt
4 g active dry yeast
220 g water, lukewarm

COATING

50 g sunflower seeds
50 g old-fashioned oats

TOOLS AND EQUIPEMENT

medium bowl
wooden spoon
cloth or plastic wrap
loaf pan
roasting pan
wire rack

STARTER

First make the starter. In a medium bowl mix together the spelt flour, water and active dry yeast, using a wooden spoon. Cover with a cloth or plastic wrap and set aside for about an hour. Leave it at room temperature.

TIP

[You can also proof the starter overnight in the fridge or you can use your sourdough starter \(200g\).](#)

COMBINE THE INGREDIENTS

In a large bowl combine the spelt flour, sunflower seeds and old-fashioned oats. Stir with a wooden spoon. Add the sea salt, water, the starter and the rest of the active dry yeast (4g). Stir with a wooden spoon until well combined. Cover with a cloth or plastic wrap and let stand for 1 hour at room temperature or until double the size.

SECOND PROOFING

Grease the loaf pan (it should be for a loaf weighting around 800g / 28 oz) with vegetable oil. Dust the work surface with sunflower seeds and old-fashioned oats for the coating. Transfer the dough to the work surface, shape it with your hands in the seeds and oats, until you get the length and width of your loaf pan. Transfer the dough into a greased loaf pan, cover with a cloth or plastic wrap and let stand for 1 hour at room temperature. Preheat the oven to 240°C / 475°F.

BAKE

Place a roasting pan at the bottom of the oven to preheat. Fill a cup with water and pour it onto the hot roasting pan. Place the loaf pan into the preheated oven and lower the oven temperature to 230°C / 425°F. Bake for about 30 - 35 minutes or until lovely and golden-brown. Remove the roasting pan

with water after 15 minutes. Let cool on a wire rack or serve warm with a bit (or a lot) of butter and homemade jam. Bon appetite.