

Bakery Style Spelt Loaves

After baking this bread, you'll see why spelt is my favorite whole grain. The bread is full flavored without a hint of bitterness and has a earthy sweetness. It rises well but still has a very tender crumb and crispy crust. One of my favorites!

Two Loaves	Ingredient	One Loaf
4 ¼ cups, 578 g	Bread Flour, 50%	2 cups plus 2 Tbsp, 302 g
4 cups, 568 g	Whole spelt flour, 50%	2 cups, 284 g
1 ½ Tbsp, 14 g	Yeast, 1.2%	¾ Tbsp, 7 g
1 ½ Tbsp, 21 g	Kosher salt, 2%	¾ Tbsp, 11 g
¼ cup, 55 g	Oil, 5%	2 Tbsp, 28 g
¼ cup, 85 g	Molasses, 7%	2 Tbsp, 43 g
2 cups, 490 g	Milk, 43%	1 cup, 245 g
1 cup, 237 g	Water, 21%	½ cup, 119 g

In a large bowl, stir together the flours, yeast and salt. Mix the milk and water together and heat to 105-115 degrees. Add the oil and molasses, then stir in the warmed milk-water mixture. Stir vigorously another 15-30 seconds. Cover and allow to rise at room temperature for about 2 hours then refrigerate OR refrigerate immediately and wait at least 12 hours to use the dough.

When ready to bake, divide the dough in half and set one half aside. On a floured surface, fold the dough a few times, then shape into a boule or batard. Place on a parchment paper covered cutting board or baking sheet and cover lightly with plastic wrap. Allow to rise for 30-45 minutes while the oven preheats.

Preheat the oven, baking stone, and steam pan to 450 degrees. When ready to bake, score the loaves, and slide the loaves and parchment paper off onto the baking stone. Pour 1 cup of hot water into the steam pan and turn the oven down to 400 degrees. Bake for 45-50 minutes then cool on a wire rack.