

Spelt Pastry Dough

Spelt is a whole grain that has moderate amounts of gluten and tends to have a bit less bitterness than whole wheat, making it well suited to pastries. That, along with the acidity of the yogurt and the richness of the eggs and butter makes for an exceptionally tender and tasty dough.

Double Batch	Ingredient	Single Batch
4 cups, 560 g	All-purpose flour, 57%	2 cups, 280 g
3 cups, 426 g	Spelt flour, 43%	1 ½ cups, 213 g
1 ½ Tbsp, 14 g	Yeast, 1.4%	¾ Tbsp, 7 g
1 ½ Tbsp, 21 g	Kosher salt, 2%	¾ Tbsp, 11 g
¼ cup, 50 g	Sugar, 5%	2 Tbsp, 25 g
½ cup, 113 g	Butter, melted, 11%	¼ cup, 62 g
4, 192 g	Eggs, slightly beaten, 19%	2, 96 g
16 oz, 448 g	Yogurt, plain, 45%	8 oz, 224 g
About 1 ¼ cups, 306 g	Milk, 31%	About ½ cup plus 2 Tbsp, 158 g

In a large bowl stir together the flours, yeast, and salt. Scoop the yogurt out into a 4 cup (2 cup for single batch) glass measure then add enough milk to bring the volume up to 2 ¾ cups (1 ½ cups plus 2 Tbsp for single batch). Stir together the milk and yogurt and heat the mixture to 105-115 degrees. Add the milk-yogurt mixture, melted butter and eggs to the dry ingredients and stir with a large spoon until well mixed. Cover and allow to rise for about 2 hours, then refrigerate dough until ready to use.