



Ballybrado Organic Emmer Bread

Ingredients

500g Ballybrado Organic Whole Emmer Flour

1 sachet quick action dry yeast

10g salt

350ml tepid water

Method

1. Mix all ingredients in a bowl and knead with the dough hook of a mixer on low speed for approx. 3 mins.
2. Leave to prove in a warm place for approx. 45 – 50 mins or until double in size.
3. Knead again ('knock back') and fill into a greased 2lb tin (26cm).
4. Leave to prove for another 30 mins. approx. Preheat oven to 200°C.
5. Score (cut) bread on top.
6. Bake on bottom shelf of oven for 10 mins at 200°C, then reduce heat to 180°C and bake for another 40 mins. Bread should sound hollow when you knock on the bottom.
7. Leave to cool on a wire rack.