



## Emmer Bread

### **Ingredients:**

1 kg Emmer (6 ½ cups to 7 cups grain – grind fine)  
1 Tbsp. salt  
¼ tsp. yeast  
¼ cup whole flax  
3 cups cool water

### **Procedure:**

Mix in bowl or pail. Store in covered container for at least 24 hours -- room temperature  
Turn out on a floured surface and knead as with any bread recipe - a small amount ( ½ cup)  
more of emmer flour will likely be required as you knead the dough to make it less sticky.

Knead approximately 3- 4 minutes but **\*Don't overwork.**

Form loaves – 2 large or 3 small. Fold edges under of each loaf and place in greased /floured  
bread pans (coconut oil works well but may use butter).

### **Let rise for 2 hours.**

Bake loaves for 40 min at 450°F. This bread is very crusty, but if you let it cool and then place in  
zip-lock bags, the crust softens. You could also to put butter or coconut oil on top crust.

