



No-knead wholegrain bread

Ingredients:

- 1 ½ cups wholemeal flour
- 1 ½ cups white flour
- 1 ½ cups water
- 1-2 tsp dry yeast
- 1 tsp salt
- ¼ cup poppyseed/linseed mix
- 1/3 cup spelt grain (pre-soaked overnight)



Equipment:

- Cast-iron dutch oven (or similar) ~25cm diameter (pre-oiled)**
- Glass mixing bowl, wooden spoon and spatula

Method:

- Combine dry ingredients in the bowl (including spelt – drained).
- Mix in water with a wooden spoon making sure that all the ingredients are combined – should be a fairly damp dough.
- Cover with a lid or tea towel and leave for 12 -18 hours.
- Use a spatula to turn out the dough onto a floured surface. Lift the edges of the dough into the centre to make it round. Flour or semolina line the dry bowl and tip dough seam side down back in.
- Let rise a further 1-2 hours.
- Place cast-iron lidded pan into an oven and preheat to 230 °C.
- Turn bread out into the preheated pan (seam side up). Cook for ½ hour with lid on then remove the lid and cook a further 15 - 20mins.

**can use a loaf tin instead, just do second rise in the tin instead and cook 45mins. Crust is a little less crusty.



