

Sprouted Sour Dough Bread

I developed this as I studied how to make sourdough bread, seed bread, and then I adapted my favorite sprout bread recipe until I found the perfect mix – it is really yummy! This bread is not made like traditional yeast bread – the dough is sticky and wet and you don't kneed it like traditional bread. The final product is a heavy hearty bread with excellent flavor from the seeds! Enjoy!

Ingredients:

3 cups Kamut
2 ½ teaspoons salt
½ cup sesame seeds
½ cup sunflower seeds
½ cup pumpkin seeds
1 ½ cup sour dough start
¼ cup honey, to taste
1 cups boiling water

Directions:

1. Soak the kamut in water for 5 to 8 hours.
2. Rinse the kamut in clean water and divide in half.
3. Continue soaking half of the seeds.
4. Dehydrate the other half until completely dried out, takes almost a full day. Grind this half into flour.
5. Dry roast the sesame, flax, sunflower, and pumpkin seeds, each separately in a shallow skillet on medium heat for 3-5 minutes, or until a shade darker. Set aside to cool. Be careful not to burn them.
6. Drain and rinse the soaking Kamut, and add to a blender.
7. Add salt and honey to blender.
8. Heat 1 cup of water to al most boiling and add to soaked Kamut in blender.
9. Pulverize the sprouted Kamut and hot water. The tamper of the Vitamix is very helpful in this step.
10. In a large mixing bowl, combine the pulverized Kamut, dry roasted seeds, and freshly ground Kamut flour. Mix until combined.
11. Add sour dough to mixture. Mix very well until all combined. The dough should be extremely sticky and hard to handle – not your typical bread flour.
12. Pour dough out onto parchment paper, make sure the parchment paper is large enough so that it completely covers the bread pan. Pick up the parchment paper by the edges and place in bread pan.
13. Bang bread pan on counter to get dough to settle into corners.
14. Drizzle top of bread with olive oil and smooth down the top of the dough with your hand covered in oil.
15. Poke probe into dough, but do not plug into bread until it finishes rising.

16. Let rise 2 hours, then plug in probe into oven and bake at 400 degrees until it reads 190 degrees or bake for 50 minutes, if you do not use an inner thermometer.