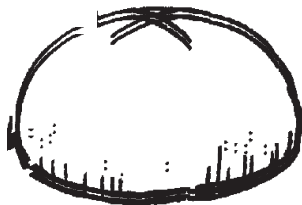


Irish Soda Bread

Everyone loves this bread, moist and chewy and so easy to make! Step #4 is a little tricky, but worth the slight "mess." Goes well with main dishes and soups. Especially good fresh and hot.

AMOUNT: 1 Loaf

Bake: 350°F (175°C) - 35 minutes



1. Blend together in a mixing bowl:

2 cups cultured milk or sour raw milk

(plain yogurt thinned with a little water to consistency of buttermilk, or plain kefir, or buttermilk)

3 tablespoons dark or blackstrap molasses

**3 cups barley flour
or whole wheat flour**

1 cup uncooked old fashioned rolled oats

2. Cover top of dough with plastic wrap; cover the bowl with a damp cloth. Let stand for 12 - 24 hours

3. Blend together in a separate bowl and mix into soaked dough:

1 cup ground sprouted whole grain flour (spelt works well) or unbleached all purpose white flour

1½ teaspoons baking soda

1½ teaspoons salt

4. Have an **extra ½ - ¾ cup flour** on hand; sprinkle a little on counter to keep dough from sticking; turn dough out on top; knead dough about 8 - 10 times, using flour as needed to prevent sticking. Handle dough lightly, shaping into a rounded free-form loaf. Expect to leave some dusty flour on surface of the loaf; otherwise more flour than desired will be required to prevent sticking.

5. Place on an ungreased cookie sheet.

6. Bake at 350° F (175° C) for about 35 minutes until loaf sounds hollow on the bottom and nicely browned. Turn out on a rack to cool. Expect top to have a cracked appearance.

*Per slice of 20--about 1.5 oz. ¹with 1¾ cups whole milk yogurt thinned with ¼ cup water
148 Calories, 5 g protein (14%), 1 g fat (8%), 28 g carbohydrate (78%), 4 g dietary fiber, 24 net carbs*

SPROUTED SPELT VARIATION *Especially moist and tender!*

In step #1, omit barley and blend cultured milk, molasses and oats. In Step #3, blend soda and salt with **4 cups spelt flour from dried sprouted grain** and work into soaked ingredients. Continue from step #4.

*Per slice of 20--about 1.5 oz. ¹with 1¾ cups whole milk yogurt thinned with ¼ cup water
127 Calories, 5 g protein (14%), 1 Fat (9%), 27g carbohydrate (77%),
5 g dietary fiber, 22 g net carbs*

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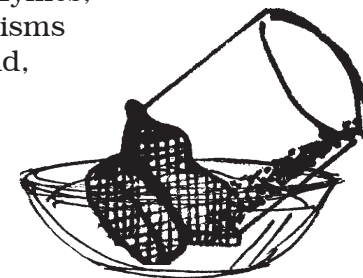
Talking Food Pages

*A Comprehensive Wholefoods Cooking System
Balancing Nutritional Quality & Taste, Convenience & Cost*

SueGregg.COM TEACHING COOKING ON THE WEB WITH STEP-BY-STEP PHOTO DEMONSTRATIONS

Sprouted Breads

Whole grains contain phytic acid in the bran of the grain. Phytic acid combines with key minerals, especially calcium, magnesium, copper, iron, and zinc and prevents their absorption in the intestinal tract. Soaking, fermenting, or sprouting the grain before cooking or baking will neutralize the phytic acid, releasing these nutrients for absorption. This process allows enzymes, lactobacilli and other helpful organisms to not only neutralize the phytic acid, but also to break down complex starches, irritating tannins and difficult-to-digest proteins including gluten. For many, this may lessen their sensitivity or allergic reactions to particular grains. Everyone will benefit, nevertheless, from the release of nutrients and greater ease of digestion.



Try these two recipes with sprouted spelt. *Delicious Whole Grain Bread*, made with all sprouted spelt, and *Irish Soda Bread*. The latter recipe combines the two-stage process, soaking the oats and barley or whole wheat flour, and adding sprouted spelt flour in the final step in place of white flour.

Sprouted grain can also replace white flour in the second stage of any bread recipe where unsprouted flour has been soaked in the first stage, as in the yeast bread recipe in *The Two Stage Process Talking Food Pages*.



Sprouted Grain

Sprouted grain provides one of the 3 ways to process grains to neutralize the phytic acid in order to release valuable nutrients. It can be used in any recipe or part of a recipe in place of non-sprouted grain. The grain is sprouted, then dried thoroughly, most effectively in a dehydrator. I use a Nesco American Harvest Dehydrator with 4 round shelves to dehydrate enough grain for 2 loaves bread. I line the shelves with nylon screening net I purchased at Home Depot and cut to fit (reusable). This keeps the grain from falling through the cracks. I purchased my dehydrator at Wal-Mart at a reasonable cost of about \$40. I sprout, dry, and store the grain in advance so that I have it on hand when I need it. Any whole grain can be sprouted in this way.

AMOUNT: Enough for 2 loaves bread (This amount fits on 4 shelves of an American Harvest Dehydrator. Extra shelves may also be purchased for the American Harvest Dehydrator).

1. Suggested equipment:

3 - 4 -- 1 qt. wide mouth jars (we use mason canning jars)

3 - 4 squares of nylon screen netting w/4 rubber bands

2. Divide grain evenly into the jars; attach screen to top of jars with rubber bands; add water; soak grain for 12 hours:

4 cups whole grain (5 cups spelt for 2 loaves)

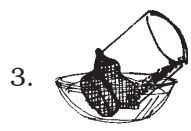
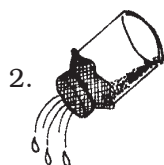
filtered (unchlorinated) water to neck of jars

3. Without removing screen, drain and rinse grain well; save some of the soaking water for bread recipe, if desired.

4. Sprout grain for 1-2 days only for very short sprouts-- $\frac{1}{8}$ - $\frac{1}{4}$ long (barely noticeable); keep grain well drained, but damp, watering it at least morning and evening. Tip the jars downward in bowls to facilitate drainage.

5. Spread well drained wet sprouts in single layer on dehydrator shelves. Dehydrate until completely dry. The time depends on the dehydrator. My dehydrator takes about 12 hours.

6. Store the grain in tightly covered jars in cool dry place until ready to make bread. Mill grain in flour mill as you would unsprouted grain. It is essential for the sake of your mill and unspoiled storage that the sprouted grain be thoroughly dry.



Delicious Whole Grain Bread

This basic dough is the best I have ever made. Make it into a variety of tasty loaves and rolls. Instructions below are for hand kneading. Adapt kneading instructions to an electric kneader if you have one.

AMOUNT: 2 Medium Loaf Pans Bake: 350° F (175° C) 35 to 45 minutes

1. Blend in a glass measuring cup in order given and allow to stand 5 - 10 minutes until it bubbles up (If instant rising yeast is used, omit this step; stir yeast dry into flour in step #3. Increase water to $2\frac{1}{4}$ cups in step #2):

$\frac{1}{4}$ cup very warm (but not hot) water

2 tsps. - 1 tbsp. active dry yeast (or 1 package)

$\frac{1}{2}$ teaspoon honey

2. Blend in mixing bowl:

2 cups hot water (not boiling)

$\frac{1}{3}$ cup coconut oil (melt if hard), melted butter or olive oil

$\frac{1}{3}$ cup honey

2 teaspoons salt

3. Mix in thoroughly in order given:

3 cups sprouted spelt flour

or sprouted whole wheat or Kamut® flour

yeast mixture

4. Stir in remaining flour in bowl while easy to stir, then turn dough out on a floured surface to knead in the remaining flour:

about 4 - 6 cups sprouted spelt flour

or about 3 cups sprouted whole wheat or Kamut® flour

5. Knead for 20 minutes or 600-800 strokes, adding flour only as needed to prevent sticking. Use as little flour over the basic 6 - 9 cups as needed. Knead until smooth and resistant to kneading action.

6. Place dough in lightly oiled bowl, oil top of dough lightly, cover with a damp cloth; let rise in a warm place until double, about 1 - $1\frac{1}{2}$ hours. If indentation remains in dough when poked with finger, it is ready.

7. Punch dough down gently, cover; let rise until double, about 45 min.

8. Divide dough in half; shape into 2 loaves; cover; let rise until almost double, about 20-25 minutes.

9. Bake 35-45 minutes until golden brown on the bottom. Turn loaves out on sides on a cake rack to cool. Brush with butter, if desired. Cool completely before slicing.

