



Recipe : Freshly Milled Spelt w/ Toasted Seeds

Preparing Spelt Starter

Ingredients	Quantity	Remarks
Bread Flour	100 g	
Freshly Milled Spelt	105 g	
Water	145 g	
Mature Starter	20 g	

Method:

1. Mix all ingredients and allow to rest in room temperature for 3-4 hours.
2. Transfer to cool place for overnight fermentation at 20C

Final Dough

Ingredients	Quantity	Remarks
Bread Flour	700 g	
Freshly Milled Spelt	100 g	*using Mockmill
Water	560 g	
Salt	18 g	
Instant Yeast	2 g	Optional
Spelt Starter	350 g	70-80% hydration starter
Toasted Assorted Seeds	70 g	

Process:

Mixing Method	: Improved
Bulk Fermentation	: 90 mins with 3 folds
DDT	: 27C
Cut/PreShape	: Light Boule
Intermediate Rest	: 20 minutes
Final Shape	: Boule
Final Proofing	: 45 – 60 minutes
Oven Temperature	: 230C
Scoring	: Simple line
Baking	: 18 – 20 minutes with steam