

## YEASTED SPROUT BREAD

6 cups hard white or red wheat (will make 3 quarts sprouted wheat)  
2 tsp Saf yeast  
1/4 cup warm water  
1/3 cup honey  
4 tsp. salt

Sprout the wheat kernels until just a small sprout is seen. (about 48 hours) drain them very well and cool them in the refrigerator for several hours. Grind the sprouts through the meat grinder attachment to get a mush. You can try a smaller hole disc (#3) if you wish a finer textured bread.

Dissolve the yeast in the warm water. Add the honey, salt, and yeast to the ground sprouts and mix together in the Bosch machine with the dough hook until well mixed. The dough will feel sticky but stiff. Add water if needed to soften the dough, but be cautious as it should be just right without it. Knead for 7 to 10 min. Knead until the dough is really elastic. Form the dough into a ball and place it smooth side up in the bowl. Cover and keep in a warm, draft-free place. After about an hour and a half, gently poke the centre of the dough about 1/2 inch deep with your wet finger. If the hole doesn't fill in at all or if the dough sighs, it is ready for the next step. Press flat, form a smooth round, and let the dough rise once more as before. If the dough is cold, the first rise may be fairly slow, but as the dough warms up, the rising will telescope.

Divide the dough in half and gently knead into rounds. Use water on your hands to prevent sticking, and keep the balls as smooth as possible. Let them rest until they regain their suppleness while you grease two standard 8"x4" loaf pans, or pie tins, or a cookie sheet. Press the dough flat shape into loaves. Let it rise in a warm, draft free place until the dough slowly returns a gently made fingerprint. Bake about 1 hour in a 350 degree F. oven, though if your bread rises very high, it will take less than that.

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