

## Spelt Flour Bread

7g sachet dry yeast  
1 tablespoon caster sugar  
1 1/2 cups warm water  
1 1/2 cups wholemeal spelt flour  
1 1/2 cups white spelt flour  
1 teaspoon sea salt  
2 tablespoons linseeds  
2 tablespoons traditional rolled oats  
1 tablespoon olive oil  
2 teaspoons milk  
Butter and jam, to serve

### Method Notes

#### Step 1

Place yeast, sugar and warm water in a jug. Whisk with a fork to dissolve yeast. Stand in a warm place for 10 minutes or until frothy.

#### Step 2

Sift flours into a large bowl. Stir in salt, 1 1/2 tablespoons linseeds, 1 tablespoon rolled oats, yeast mixture and olive oil. Mix to form a soft dough. Turn out onto a lightly floured surface. Knead for 5 minutes or until smooth and elastic (see note). Place in a large, lightly greased bowl. Cover. Set aside in a warm place for 1 hour or until doubled in size.

#### Step 3

Preheat oven to 200°C/180°C fan-forced. Lightly grease a 6cm-deep, 10cm x 20cm (base) loaf pan. Combine remaining linseeds and oats in a bowl. Set aside. Using your fist, punch dough down. Knead until smooth. Shape into a 22cm log. Place in prepared pan. Cover with lightly greased plastic wrap. Set aside in a warm place for 30 to 40 minutes or until dough has almost doubled in size.

#### Step 4

Brush top with milk. Sprinkle with linseed mixture. Bake for 30 to 35 minutes or until dark golden and hollow-sounding when tapped. Turn onto a wire rack to cool. Serve with butter and jam.