

Honey-Salt Bread

In this honey-salt bread, the fermentation process is only triggered by the wild yeasts contained in a teaspoon of honey. It takes some time to prepare, but freshly baked, this bread is very digestible. All preparations should be done in a warm kitchen. The baking is done in a clay or earthenware baking pan.

First batch:

250 ml water
½ tsp salt + ½ tsp honey
250 g finely-ground spelt flour

Second batch:

250 ml water
½ tsp salt + ½ tsp honey
250 g finely-ground spelt flour

Third batch:

250 g finely-ground spelt flour
200 ml water
½ tsp salt

Preparation:

For the first batch, dissolve the salt and honey in lukewarm water (*if the water is too hot, the wild yeasts in the honey are destroyed and the fermentation process will not start*). Mix freshly-ground spelt flour and water in the baking bowl. Cover the soft dough with a damp cloth so that the surface does not dry out. Let sit overnight.

On the next morning, the fermentation should have started. The dough is looser and more voluminous and small fermentation bubbles are visible on the surface.

For the second batch, again dissolve the salt and honey in lukewarm water. Stir the honey-salt water and the flour into the first batch. Cover the baking bowl again so that the surface of the dough does not dry out. Let sit for another 6 - 12 hours. No harm if it ferments a bit longer. If necessary, stir in another ½ teaspoon of honey to stimulate the fermentation process.

Water the clay or earthenware baking pan.

When the dough has risen and loosened well, finely grind the third portion of grain for the main dough and stir in together with the salt and water.

Take the clay pan out of the water, dry it and brush thoroughly with oil. Pour the dough into the pan, smoothing out the surface. Using a sharp knife, cut a cross or other slit pattern into the surface.

Let the honey-salt bread rise for at least another 6 hours or longer. The fermentation time has ended when the dough has risen by about ¼ so that it almost fills the clay pot.

Bake the bread on the lowest tray in the oven at 150 ° C / 300 ° F – or on the convection setting at 130 ° C / 260 ° F for 3 hours with the lid closed. Then remove the lid and bake for another 30 minutes. After turning off the oven, let the bread sit in the oven for another 20 minutes. Let the honey-salt bread cool down for an hour and then drop it out of the pan. Let it cool down and dry out for another day. Keeps well stored in a clay pot, or outside of the pan on hot and muggy days to avoid mould from forming.