

# Dan's Almost Flour-Free Sprouted Wheat Bread

This recipe came about as a result of my forgetting to write down flour as an ingredient for a recipe which was being shared with me, which of course kept me from succeeding with the recipe. I fussed quite a while trying to figure out what was wrong, not knowing that I had forgotten an ingredient. Eventually it worked. Only later did I learn of my mistake.

This recipe is really easy!!!! Just follow the directions and you will succeed. Just put in the exact amounts stipulated, etc. and you will soon be enjoying wonderful bread.

Rose and I are happy to share this recipe with you. We hope you can enjoy many loaves of this delicious bread just as we have. Share some with others. Contact us if you are having difficulty making it.—Dan Augsburger, Path2Prayer Ministries

## Ingredients

<u>Ingredients (2 loaves)</u>	<u>Ingredients (6 Loaves)</u>
4 Cups Wheat Berries (Hard Red Winter Wheat or Prairie Gold)	12 Cups Wheat Berries (Hard Red Winter Wheat or Prairie Gold)
1 Tablespoon Salt	3 Tablespoons Salt
1 Tablespoon Rapid Rise Yeast	3 Tablespoons Rapid Rise Yeast
1/8 Teaspoon Vitamin C Powder (Ascorbic Acid)	1/4+1/8 Teaspoon Vitamin C Powder (Ascorbic Acid)
1/3 Cup Vital Gluten	1 Cup Vital Gluten
1/4 Cup Sugar	3/4 Cup Sugar
2 Tablespoons Water	1/4 Cup + 2 Tablespoons Water
1 Teaspoon Olive Oil	1 Tablespoon Olive oil

Add Seeds as desired

1/4 Cup of seeds of each that you wish up to 3 types (Sesame, Sunflower, etc.)

Some individuals also add 1/2 Tbs of granulated Lecithin to this recipe.

## Equipment

### Sprouting the Wheat Berries

Wheat berries must be sprouted in water prior to processing them. An easy way to do this is to use the plastic food containers of Gordon Food Service (GFS) that can nest inside of each other. There are multiple sizes. The larger one is perfect for six loaves of bread.

Drill several holes in the bottom of one of them with a 11/64 drill bit. Make them no bigger, otherwise you will lose your wheat berries out the bottom.

### Grinding the Wheat Berries

The spouts must also be processed with a food processor or grinder. If you are using a food processor, it has to be heavier duty one.

### Kneading the Wheat Berries

They can be kneaded by hand or using a mixer. We have made them using a Kenwood Mixer and a Bosch Mixer. The Kenwood barely makes two loaves and sometimes overheats. The Bosch can make as many as six loaves if you have the special pan for making bread—we sometimes make as many as 18 loaves in a day.

## Directions

Soak Wheat Berries in nesting containers for 36-48 hours. In warmer months they seem to be ready earlier than during the colder months.

After about 24 hours, rinse the Wheat Berries and put fresh water over them to continue soaking. Continue rinsing them daily.

When they are easy to squeeze between index finger and thumb and the soft inside can push out a bit—a bit of white coming out, they are ready for processing.

Rinse Wheat Berries.

Grind Wheat Berries in a food processor or meat grinder.

Mix dry ingredients together in a bowl: Salt, Rapid Rising Yeast, Vitamin C Powder, Vital Gluten, and Sugar.

Place the mix of dry ingredients in to mixer bowl. (We use a Bosch)

Add processed Wheat Berries.

Add Water and Oil.

Pulse dough briefly. Using a Bosch, I set it to 3 for 15 minutes. Having a bigger pan if I am doing 6 loaves the machine is more balanced and doesn't move much

