



SPELT & PUMPKIN BREAD

We adapted this bread recipe from an old Delicious magazine and it truly is delicious. It takes a little time and care but is so worth it.

Great served warm with butter, or toasted with avocado slices for a wholesome breakfast.....or highly recommended with our [homemade spicy baked beans recipe](#).

Ingredients:

600g Jap pumpkin (chopped into 2cm pieces)

1 tablespoon fennel seeds

2 tablespoons extra virgin olive oil

2 teaspoons dried instant yeast

5 1/3 cups organic unbleached white spelt flour

1 1/4 cups fine semolina

1 teaspoon of Pink Himalayan Salt

Method:

Phase 1

Preheat the oven to 180°C. Line a baking dish with baking paper.

Toss the pumpkin pieces, fennel seeds and olive oil in a bowl and then spread out evenly in the baking dish.

Add 1/2 cup water, cover with foil and bake for 40 minutes.

Remove the foil and bake for a further 15 minutes at 220°C until caramelised.

Remove from heat and mash with a fork. Set aside to cool.

Once cooled, transfer into a large bowl and combine well with yeast, spelt flour, 1 cup of semolina, 1 cup of water and 1 teaspoon of salt.
Cover with plastic wrap and chill overnight.

Phase 2

Preheat a 3 litre capacity cast iron or enamel casserole dish with lid in a 220°C oven for 30 minutes

Turn out the dough onto a work surface dusted with 1/2 the remaining semolina.

Form the dough into a ball than carefully place into a preheated saucepan.

Sprinkle with remaining semolina and score the top with a sharp knife.

Bake with the lid on for 1 hour, than take the lid off and reduce heat to 200°C. Bake for a further 15 minutes or until golden on top.

Cool for 15-20 minutes in the dish before removing. Enjoy.

Dairy Free | Vegetarian | Vegan