

## RRH Class: Sprouting Wheat for Flour and Bread

In this class we will be working only with hard white winter wheat. However, the principles we learn in this class can be applied to other grains as well.

To better understand the health benefits of sprouted wheat we recommend you view the RRH video *Why Sprout Grains?* [https://youtu.be/a10IL\\_SCruk](https://youtu.be/a10IL_SCruk)

### How to Sprout and Dry Wheat the Easy Way

- Place the desired amount of wheat in a large bowl (I use about 6 cups) and cover with water 2 inches above the level of the grain.
- Soak overnight or about 12 hours.
- No need to drain the wheat. Just use a slotted spoon or strainer to dip the wheat out of the bowl a cup or two at a time and rinse in clear running water.
- Dump the rinsed wheat on a rimmed sheet pan and spread evenly.
- Place the sheet pan inside a couple of large grocery bags to prevent too much evaporation, but don't make it airtight. The grains need dampness and oxygen to germinate.
- In about 6-12 hours you should see root tips barely starting to emerge from one end of most of the grains—the grain will have a whitish look on one end. They are done and must be dried quickly to stop further growth and prevent a gummy bread.
- Spread on dehydrator trays and dry at 120°F for about 15 hours until grain is completely dry. If you don't have a dehydrator, use your oven on low. It is important to spread the wheat out on several flat pans for the drying cycle.
- Store in an airtight container until ready to mill.

### Baking Bread with Sprouted Wheat Flour

Here are some important tips:

- Mill only the amount of flour needed for the recipe. If you mill extra flour, refrigerate it.
- Gluten is greatly reduced in sprouted wheat flour, so traditional kneading is not needed or recommended. Mixing by hand is easy and produces better results than a stand mixer.
- The amount of water needed will vary by how dry your flour is, so add it gradually. The final dough should be a bit sticky. Do not add extra flour. Work the dough on an oiled surface with wet hands.
- Bread needs to be baked somewhat longer and to a higher internal temperature than traditional bread. Use an instant read thermometer with a probe that you can stick into the baking loaf to ensure proper temperature has been reached. Baking times will vary.

### Basic Bread Recipe - Half and Half

Makes One 4½-inch x 8½-inch loaf

Adapted from <https://www.kingarthurbaking.com/recipes/peter-reinharts-super-sprout-bread-recipe>

2 cups sprouted white winter wheat flour (227g)  
2 cups bread flour (227g)  
1 tsp salt  
1½ tsp yeast  
1 tbsp butter, ghee, or oil  
1 cup plus up to an additional ½ cup lukewarm water

Combine dry ingredients and butter in a medium bowl using a wooden spoon. Add 1 cup of water and stir. Add additional water one tbsp at a time until dough just comes together and picks up all the flour in the bowl. Dough should be sticky so work it with wet hands. Do not add extra flour.

Pam's Method:

1. **MIX:** Mix in the bowl with your hands using the pinch and fold (caterpillar) action up to 4 times.
2. **STRETCH & FOLD:** Turn out on an oiled surface and with wet hands and no extra flour, stretch & fold 4 times. Form into a ball on the counter and cover with the bowl for 15 minutes. Repeat the stretch and fold 3 more times. After the final stretch and fold, cover the dough ball on the counter with the bowl and allow to rest for the final 15 minutes. (Note the changes in the dough with each stretch and fold. It will become smooth and elastic.)
3. **SHAPE:** De-gas the dough, shape into a loaf, and place in greased pan. Cover the loaf and proof until dough has crowned  $\frac{3}{4}$ -inch above the sides of the pan.
4. **BAKE:** Bake in pre-heated 350°F oven about 30-60 minutes until an instant read thermometer reads 200-202°F. Crust should be brown, and the crumb should not be gummy. Allow to cool completely before cutting the bread.

Variations:

- You can use 4 cups of sprouted flour in place of a half and half flour mixture for a 100% sprouted flour loaf.
- You can add a tbsp of sweetener such as brown sugar or honey.
- Apricot Brioche--Makes One 4½-inch x 8½-inch loaf

1/3 cup diced dried apricots  
1 tsp honey  
2 tsp water  
2 cup bread flour (227g)  
2 cup sprouted flour (227g)  
2 tsp yeast  
1 tsp salt  
 $\frac{3}{4}$  cup warm water plus more if needed  
2 tbsp honey  
1 large egg at room temperature  
 $\frac{1}{4}$  cup olive oil  
1 beaten egg for glaze

Mix 1 tsp honey and 2 tsp water together and add diced apricots. Allow to soak for at least an hour. Whisk dry ingredients together in a large bowl. Add apricots and stir until apricot pieces are covered with flour. In a small bowl mix  $\frac{3}{4}$  cup water, 2 tbsp honey, egg, and olive oil together and add to dry ingredients. Stir together until dough comes together and picks up all the flour. Add additional water if needed. Dough should be sticky.

Finish the bread using **Pam's Method** above with the following additions. For shaping, divide the dough into 5 pieces, roll into small logs, place in the pan, and allow to rise for the final proofing until double. Right before putting bread in the oven brush with the egg glaze.