Emmer Bread

Ingredients:

1 kg Emmer (6 ½ cups to 7 cups grain – grind fine)
1 Tbsp. salt
¼ tsp. yeast
¼ cup whole flax
3 cups cool water

Procedure:

Mix in bowl or pail. Store in covered container for at least 24 hours -- room temperature
Turn out on a floured surface and knead as with any bread recipe - a small amount (½ cup) more of emmer flour will likely be required as you knead the dough to make it less sticky.
Knead approximately 3- 4 minutes but *Don't overwork.
Form loaves – 2 large or 3 small. Fold edges under of each loaf and place in greased /floured bread pans (coconut oil works well but may use butter).
Let rise for 2 hours.
Bake loaves for 40 min at 450°F. This bread is very crusty, but if you let it cool and then place in zip-lock bags, the crust softens. You could also to put butter or coconut oil on top crust.