



Bread Machine Ezekiel Bread

Jacob · 28/09/2024



Prep Time

2 hrs 20 mins

Difficult

Medium

Servings

3 hrs 15 mins

Description

Follow this recipe to make dough for Ezekiel bread in the bread machine then bake the loaf in the oven In Ezekiel 49 in the Bible there is a description of bread that Ezekiel was to live on for 390 days This is my version made with millet rye wheat germ lentils and barley

Ingredients

— - 1 tablespoon dry black beans - 1 tablespoon dry lentils - 1 tablespoon dry kidney beans - 1 tablespoon barley - ½ cup warm milk - ½ cup warm water - 1 large egg - 2 tablespoons olive oil - 1 tablespoon honey - 1 cup unbleached all-purpose flour - 1 cup whole wheat flour - ¼ cup millet flour - ¼ cup rye flour - ¼ cup cracked wheat - 2 tablespoons wheat germ - 1 teaspoon salt - 2 teaspoons bread machine yeast

Instructions

1. Grind black beans
2. lentils
3. kidney beans
4. and barley in a coffee grinder until fine. Place warm milk
5. warm water
6. egg
7. oil
8. honey
9. all-purpose flour
10. whole wheat flour
11. millet flour
12. rye flour
13. cracked wheat
14. ground bean mixture
15. wheat germ
16. salt
17. and yeast into a bread machine in the order listed. Run Dough cycle. Remove dough from the machine after the cycle is done
18. about 90 minutes. Roll dough out onto a pastry cloth
19. then form into a loaf. Place loaf into a greased pan; cover with a damp cloth and let rise until doubled in volume
20. about 40 minutes. Preheat the oven to 375 degrees F (190 degrees C). Bake in the preheated oven for 10 minutes. Lower the oven temperature to 350 degrees F (175 degrees C) and continue to bake until loaf is browned
21. 30 to 35 minutes more. Cool in the pan for 10 minutes
22. then transfer to a wire rack and let cool completely before slicing.