



Ezekiel Bread

Jacob · 28/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

2 hrs 5 mins

Description

This Ezekiel bread is the bread that Ezekiel lived off of while he was in the desert for two years. It is supposed to be nutritionally complete. The recipe calls for grinding your own flour from a variety of grains and dried beans.

Ingredients

— 4 cups warm water (110 degrees F/45 degrees C) - 1 cup honey - ½ cup olive oil - 2 (.25 ounce) packages active dry yeast - 2 ½ cups wheat berries - 1 ½ cups spelt flour - ½ cup barley - ½ cup millet - ¼ cup dry green lentils - 2 tablespoons dry great Northern beans - 2 tablespoons dry kidney beans - 2 tablespoons dried pinto beans - 2 tablespoons salt

— or to taste

Instructions

1. Gather the ingredients. Dotdash Meredith Food Studios Mix water
2. honey
3. olive oil
4. and yeast in a large bowl. Let sit for 3 to 5 minutes. Dotdash Meredith Food Studios Meanwhile
5. stir together wheat berries
6. spelt flour
7. barley
8. millet
9. lentils
10. great northern beans
11. kidney beans
12. and pinto beans together until well mixed. Dotdash Meredith Food Studios Grind in a flour mill. Dotdash Meredith Food Studios Add fresh milled flour mixture and salt to yeast mixture; stir until well mixed
13. about 10 minutes. The dough will be loose. Dotdash Meredith Food Studios Pour dough into two greased 9x5-inch loaf pans. Let rise in a warm place until dough has reached the top of the pan
14. about 1 hour. Dotdash Meredith Food Studios Preheat the oven to 350 degrees F (175 degrees C). Bake in the preheated oven until loaves are golden brown
15. 45 to 50 minutes. Dotdash Meredith Food Studios