

## Ezekiel bread recipe (MK)

### Ingredients

2.5 cups whole wheat flour 600 g  
2.5 cups of spelled flour 600 g  
0.5 cups of barley 75 g  
0.5 cups of millet 90 g  
0.25 cups of dry green (or red lentils) 45 g  
2 tablespoons of dry white beans 50 g  
2 tablespoons of dry kidney beans (red) 50 g  
2 tablespoons of dry pinto beans 50 g  
3 (to 4) cups of water (45 ° C) 750 ml to 1000 ml  
0.5 cups honey 1 - 3 tablespoons  
0.5 cups of olive oil 120 ml  
1.5 packets (30g) dry yeast 4-5 teaspoons  
Salt 2 teaspoons

### Instructions

1. Measure the ground flours (wheat, spelled, barley, millet) into a very large bowl and mix with a wooden spoon.
2. Now the beans and lentils are ground / chopped and mixed with the flour.
3. Now add the yeast, the oil, the honey and gradually add lukewarm water and mix together to form a dough that is not too sticky.
4. Then add the salt and knead well for 10 minutes.
5. Cover the bowl with a linen towel (glass towel) and let rise in a warm place for about 1 hour.
6. Brush the baking pan (22cm x 13 cm) with olive oil and transfer the dough.
7. Dust the surface with a little flour and score lightly so that the bread breaks where you want it.
8. Place two heat-resistant vessels filled with water at the bottom of the oven so that the water can easily draw past the bread. (do not place directly under the bread pan)
9. Bake at 175 ° C (do not preheat) for 45 to 50 minutes. A bread is ready when it is golden brown and you hear a knocking sound as soon as you knock on the bottom of the pan.
10. Let cool on a rack. After 10 minutes, turn the mold over. The bread comes off the mold easily.