



## **Spelt, Honey and Macadamia Bread**

### **The Ingredients**

For 8 small loaves, weighed @ 500g each

- 2 kg spelt wholemeal
- 1200ml cool water
- 40g fresh yeast
- 40g salt
- 60g honey
- 700g macadamia nuts (style 4)
- 30ml vegetable oil

### **The Method**

- Mix the cool water, fresh yeast and honey together in a bowl
- Add the spelt flour and salt and begin kneading
- Towards the end of the kneading add the vegetable oil
- When the oil is properly incorporated, gently add the macadamia nuts
- Bulk proof for approximately 1 hour in a prover or a warm, draft free place
- While the dough is slightly under fermented scale it at 450-500gm, depending on the tin size
- Cover and give them a short time on a floured board
- To mould for the tin: flatten, fold the ends over each other in the centre and then roll up for the tin
- Final proof approximately 45 minutes
- Bake in an oven that is duller than hot because of the darkening from the honey: 200-215°C for 25 minutes