

SPROUTED SPELT IRISH SODA BREAD

I wanted a way to showcase sprouted spelt, so I created this recipe by putting the favorite aspects from my other soda bread recipes together into one loaf. The egg and the baking soda help the loaf rise a lot, so make sure you put it in a big enough pan.

- 3 cups sprouted spelt
- ½ tsp. salt
- 1 tsp. baking soda
- ¼ cup butter
- 1 cup raisins
- 1 egg
- 1 cup yogurt + 2 Tbsp. or enough to moisten

Add the salt and baking soda to the sprouted spelt and mix together. Cut the butter into the spelt with a pastry cutter until grainy. Add the raisins and stir to coat. Add the egg to 1 cup yogurt and stir with a fork or whisk to incorporate. Make a well in the center of the dry ingredients and pour in the wet ingredients.

With a circular motion, stir and fold the ingredients together, but do not over stir. Quickly shape into a small round loaf and cut a cross (about ¼-inch deep) in the top of the loaf. Place in the center of 10-inch pie tin and bake at 375°F for 45 minutes during which time the loaf will double in size. Cool on a rack overnight before cutting.