

# Spelt & Pumpkin Bread



We adapted this bread recipe from an old Delicious magazine and it truly is delicious. It takes a little time and care but is so worth it.

Great served warm with butter, or toasted with avocado slices for a wholesome breakfast.....or highly recommended with our homemade spicy baked beans recipe.

## Ingredients:

- 600g Jap pumpkin (chopped into 2cm pieces)
- 1 tablespoon fennel seeds
- 2 tablespoons extra virgin olive oil
- 2 teaspoons dried instant yeast
- 5 1/3 cups organic unbleached white spelt flour
- 1 1/4 cups fine semolina
- 1 teaspoon of Pink Himalayan Salt

## Method:

### Phase 1

1. Preheat the oven to 180°C. Line a baking dish with baking paper.
2. Toss the pumpkin pieces, fennel seeds and olive oil in a bowl and then spread out evenly in the baking dish.
3. Add 1/2 cup water, cover with foil and bake for 40 minutes.
4. Remove the foil and bake for a further 15 minutes at 220°C until caramelised.
5. Remove from heat and mash with a fork. Set aside to cool.
6. Once cooled, transfer into a large bowl and combine well with yeast, spelt flour, 1 cup of semolina, 1 cup of water and 1 teaspoon of salt.
7. Cover with plastic wrap and chill overnight.

### Phase 2

1. Preheat a 3 litre capacity cast iron or enamel casserole dish with lid in a 220°C oven for 30 minutes
2. Turn out the dough onto a work surface dusted with 1/2 the remaining semolina.
3. Form the dough into a ball than carefully place into a preheated saucepan.
4. Sprinkle with remaining semolina and score the top with a sharp knife.
5. Bake with the lid on for 1 hour, than take the lid off and reduce heat to 200°C. Bake for a further 15 minutes or until golden on top.
6. Cool for 15-20 minutes in the dish before removing. Enjoy.

**Dairy Free | Vegetarian | Vegan**