

Stuffed Basic Bread

Posted on Sep 22, 2011 ~ Revisited January 2022

Submitted by Debbie Deitz of WholyHomemade



Combine:

- 6 C warm water
- 7 C fresh flour (preferable soaked & dehydrated)
- 3½ T yeast
- ½ C coconut oil or sunflower or olive oil
- ½ C molasses/honey or agave
- 1 C ground flax
- 3 T gluten
- 2 glops sunflower lecithin
- Mix well. Let sponge for 15 minutes – 45 minutes if using spelt flour

Add:

- 1 T Celtic or pink salt
- 10 – 11 C more flour

Mix for 5 minutes, until gluten window is formed. Dough should be sticky to touch.

Make 5 loaves of bread or divide into at least 25 balls for stuffed bread. Roll out each ball & stuff with filling. Fold over & crimp or pinch edges. Bake at 350 for 15 – 25 minutes for stuffed or 30 minutes for a loaf. Can also use for pizza crust, cinnamon rolls, bread braids, buns etc