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Home Baked Herb Bread with Einkorn Flour

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This recipe is simple, back-to-the basics and old-fashioned for those of us the love the aroma of baked bread and the feel of traditional values.

You make it with few ingredients but lots of love! The ancient form of wheat flour used, Einkorn Flour, makes this yeast loaf easier to digest and lower in gluten than any other kind of wheat sandwich bread.

Einkorn Wheat is the only kind of wheat crop that has remained the same in quality and nutrition since ancient times. It's unadulterated genetics lends itself to a pure, flavorful and nourishing slice of bread.

We love this bread warm from the oven with some real butter or sliced and used as slightly crisped toast alone or with your favorite soup. If this bread is going to hang around more than a couple days (which isn't likely!), you'll want to slice and freeze it to keep it fresh. There's no preservatives, after all!

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Ingredients

- 1 ¼ cup warm water
- 1 ½ teaspoons active dry yeast
- 2 tablespoons olive oil or melted butter
- 1 tablespoon honey
- 4 cups einkorn flour
- 2 teaspoons pink Himalayan salt
- 2 to 3 teaspoons fresh chopped rosemary
- 1 teaspoon garlic powder
- 1 teaspoon dried parsley or 3 teaspoons fresh chopped parsley
- 1 teaspoon dried oregano

Recipe Instructions

- In a small glass bowl (I use my glass measuring cup so I can measure the water right in there), combine the warm water, honey and yeast. Stir well until it looks slightly creamy and yeast is dissolved. Let sit for a few minutes to activate the yeast.
- Measure the flour, salt and herbs and place into a medium or large bowl. Whisk well.
- Pour the water/yeast mixture over the flour mixture and mix well with a spatula. When the wet is absorbed, your dough will be sticky.
- Remove the dough from the bowl and knead for a few minutes until a slightly sticky ball of dough is formed.
- OPTIONAL TIP: While the dough is out of the bowl, wipe it out a bit and spray with a non-stick spray. This will prevent the dough from sticking to the bowl during the first rise.
- Place the dough back into the bowl and cover tightly with plastic wrap. Let sit for 45 minutes.
- Preheat the oven to 375 degrees. Spray a loaf pan with non-stick spray.
- Transfer dough to the loaf pan in the shape of the loaf, trying not to work the dough much. Lightly spray the plastic wrap with non-stick spray and use that to cover the dough again. Let rise another 30 to 40 minutes.
- Remove the plastic wrap and place in oven on the middle rack. Bake for 30 to 35 minutes until the top is golden.
- Let cool partway and then turn on to a cooling rack. Let cool completely...unless you'd like a warm buttered sample of your bread! Once completely cool, you can slice and eat or freeze!

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