



# Shout & Sprout

Deuteronomy 32:14

## INGREDIENTS

- 1 cup warm water
- 2 tablespoons oil
- 2 tablespoons sugar
- 2 3/4 cups sprouted wheat flour
- 1 packet yeast
- 1 1/4 teaspoons salt
- 1 tablespoon chia seed
- 1 tablespoon flax seed

## SPRING FEAST RECIPE: FEAST OF WEEKS

### Method

Warm 1 cup of water in microwave for 1 minute. Add one packet of yeast and 2 tablespoons of sugar, and let proof for 15 minutes.

In another bowl, add 1 tablespoon chia seeds (and 1 tablespoon flax seed), salt,

and flour. Stir and set aside. When yeast is proofed, add 2 tablespoons oil (I use sunflower, but you can use any type according to preference).

Gradually add in the dry ingredients to the mixing bowl. Blend and knead for 1 to 2 minutes. If it is still too dry, add 1 tablespoon warm water gradually while kneading. Knead by hand for 5 minutes, and knead in machine for 3 minutes (until everything comes together well).

Form into one round ball, folding ends in. Add to oiled bowl, cover, and place in draft free area to rise for 1 hour.

Remove, punch down, and add to lightly greased bread pan, cover, and let rise in draft free area for another hour.

Preheat oven to 350 degrees F.

Bake 35-40 minutes on middle rack until a wooden skewer inserted into the loaf comes out clean. Using a pastry brush, add oil/butter to top of loaves to get a beautiful golden color. Turn off oven and leave in for about 5 minutes. If you like it a bit more crusty, remove from sheet or pan. Finally, cool on wire rack.



## Kitchen Chat

Have access to and the budget to acquire something a little more? Try using any of these ancient or heritage grain flours instead: Khorasan, Red Fife, etc.

Even though this recipe technically produces one loaf of bread, feel free to divide dough in half for smaller "round" loaves if you're a single person observing this feast day. That way, you can memorialize having 2 loaves as commanded to wave before Yah.

