

## **RIK ALEX'S EZEKIEL BREAD RECIPE**

This is a very heavy, high protein bread. It's the gluten in the wheat flour which causes the bubbles in the bread from yeast to make the loaf of bread lighter. The Ezekiel bread is very heavy and dense. The combination of flour and beans works out to 75% flour and 25% beans, millet and lentils. That's what causes it to be so dense. Honey contributes to the flavor.

It is beneficial to have all the ingredients measured before you start.

To make the dough you need to grind dried barley, millet, lentils, and beans. The easiest way to do this is by using a coffee grinder on the "finest" possible setting. (The first time I made this bread, I used a food processor, and the result was a coarser bread.)

I didn't start with wheat berries that were soaked overnight. I used 2 ½ cups of wheat flour (or use all-purpose flour) with 1 ½ cups of spelt flour for a total of 4 cups of flour. This batter makes two loaves of bread using 5"x 9" bread pans.

### **List of Ingredients**

#### **Liquids**

- 4 cups of water (use 3 ½ cups to start with then add the last ½ cup after the batter is made. It should look like thick pancake batter.
- 1 cup of honey or 1 ¼ cup for sweetener (optional)
- ½ cup of vegetable oil (the oil helps keep the bread moist)

#### **Dry Ingredients**

- 2 ½ cups of wheat flour (or use all-purpose flour)
- 1 ½ cups Spelt flour (from an organic food store)
- ½ Cup Millet
- ¼ Cup Green Lentils
- 2 Tablespoons of dried Pinto beans
- 2 Tablespoons of dried Kidney beans
- 2 Tablespoons of Navy beans
- ¾ Tablespoon of active dry yeast (more than two packages)
- 1 teaspoon salt

#### **Directions**

- In a separate mixing bowl, blend 3 ½ cups of warm water, oil and honey. To this mixture, add the yeast. Stir briefly to blend. Use the other ½ cup of water after the dough is mixed if the mixture is too thick. The batter should look like thick pancake batter.
- In a separate bowl, mix the two flours together.
- In a third bowl, mix the barley, millet, beans and lentils. This mixture should be ground up very finely.
- Blend the ground up mixture with the flour and now with the mixer running, slowly pour the dry ingredients into the liquid. Mix until just blended (do not over blend). If the batter looks too thick, then add the ½ cup of water.
- Pour batter into the pans until they are half full.

- Cover with plastic wrap, then place in a warm spot and let the dough rise for an hour or until it rises to the top of the pan.
- Place in the 350-degree oven and bake for 45-50 minutes. (I set the timer for 30 minutes to check the progress.)
- Poke a toothpick into the center of the loaf. If the toothpick comes out dry, then the bread is done baking. Or use a baking thermometer – should reach a minimum of 160 degrees.

I found that by using a 4"x 11" bread pan versus a 5"x 9" bread pan, the narrower loaf bakes quicker and you can slice thicker pieces which crumble less.

This bread can also be made using a muffin tin.



*Figure 1 - Bread pans placed in the oven to bake.*



*Figure 2 - Loaves of bread completely baked.*

Notice that baking the bread doesn't cause it to rise very much like a normal loaf of bread.

Feel free to call Rik Alex with questions 630.940.6854.

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