



Pan loaf

Recipe by V-ZUG Ltd.



Preparation
Cooking
time
Portions 1

made from light and airy spelt dough

Soaked grains

200 ml water

150 g light spelt flour

Dough

Soaked grains

250 g light spelt flour

1½ tsp salt

¼ cube of yeast (about 10 g)

100 ml water

Shaping

Sunflower oil for greasing

Flour for shaping

Additional information

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