



Four-Day Essene Bread

Adapted from *Wild Fermentation*, by Sandor Ellix Katz

Sprout 3 cups whole grains:

1. Place whole grains in a wide-mouth gallon jar with a piece of mesh or cheesecloth stretched over the mouth, secured with a rubber band.
2. Fill jar with water and soak grains for about 12-24 hours at room temperature.
3. Drain and discard the water.
4. Set the jar upside down in a measuring cup or small bowl. Ensure that the jar rests safely above wherever the water drains. If the grains sit in water, they will rot rather than germinate.
5. Rinse the sprouts with fresh water at least twice a day, morning and evening, more often if possible. In hot weather especially, rinse often. The aim is to keep the sprouts from drying out or molding.
6. You'll know the grains have germinated when you see little tails emerging from them. Use them within 2-3 days of germination for maximum sweetness. Be sure to keep rinsing the sprouts at least twice a day.

Grind the sprouted grains with a blender or food processor. Leave some sprouted grains whole, if you wish.

Add $\frac{1}{4}$ cups sourdough starter and $\frac{1}{2}$ teaspoon sea salt.

Stir thoroughly.

Optional: add sunflower seeds, herbs, raisins, grated carrot.

Lightly oil a loaf pan and pour the mixture into the pan.

Cover with a clean cloth and leave to ferment in the pan at room temperature for a day or two.

Dry the loaf in the oven at 200-degrees for about 4 hours. You can tell it's ready when the bread shrinks away from the sides of the pan.