

# Spelt

All About Spelt! | What is Spelt? | How to Use Spelt? | How to Use Ancient Grains | Meet the Grain | - All About Spelt! | What is Spelt? | How to Use Spelt? | How to Use Ancient Grains | Meet the Grain | 9 minutes, 52 seconds - Another video in our \"meet the grain\" series! We are going to be talking all about **spelt**, - the history, what it's good for, and my ...

Intro

About Spelt

Nutrition

Guardian Grains

Battle of the Ancient Grains: Spelt vs Einkorn vs Emmer vs Kamut wheat - Battle of the Ancient Grains: Spelt vs Einkorn vs Emmer vs Kamut wheat 11 minutes, 13 seconds - Take my new course and start making great sourdough. Right away. With confidence: ...

Why bake bread with only white flour?

Lining up our four wheats

What exactly are ancient grains and why are they pack more flavor and more nutrition?

Einkorn

Emmer

Spelt

Kamut

Why I mill my own grain - and why I use the Komo mill

Side-by-side comparison: milling, slap-and-folds, shaping, proofing

The results: oven spring, gluten strength, crumb, crust, flavor, aroma

Overall winner is...

10 Must-Try Spelt Bread Recipes – Easy, No-Wheat Baking with Sue Maree - 10 Must-Try Spelt Bread Recipes – Easy, No-Wheat Baking with Sue Maree 8 minutes, 5 seconds - Discover my 10 best **spelt**, flour bread recipes – no wheat, easy to make, and full of flavour! From no-yeast loaves to soft buns, ...

intro my 10 favourite spelt bread recipes

2 types of spelt flour I use white and wholegrain

no 10 Spelt Japanese Bread rolls with oat milk

no 9 Magic Spelt Bread with wholegrain spelt no knead no rise

no 8 Swedish Kanelbullar cinnamon buns

no 7 Spelt Flour Cinnamon Buns white or wholegrain

no 5 How to Make Spelt Focaccia: less than 2 hours

6 spelt flour ciabatta

no 4 spelt pizza dough

no 3 no oven no yeast flatbread

no 2 how to make spelt burger buns

no 1 how to make spelt wholegrain bread

outro

Sourdough Bread with Spelt Flour - Sourdough Bread with Spelt Flour 9 minutes, 14 seconds - Spelt, FLour considered a health food , The Challenge was i made a Country loaf with white **Spelt**, type 630 Which is more suitable ...

All About Organic Spelt Flour - All About Organic Spelt Flour 2 minutes, 7 seconds - This ancient grain artisan flour bakes with similar texture and result as whole wheat flour, and has a subtle nutty and wholesome ...

Spelt Power: Dr. Julie Debunks Common Wheat Myths - Spelt Power: Dr. Julie Debunks Common Wheat Myths by Hayek Health Kare Clinic 986 views 1 year ago 33 seconds – play Short - Spelt, flour: the unsung hero of the baking world! Dr. Julie reveals how this ancient grain can be a game-changer for those ...

How (and Why!) To Use Spelt Flour - Healthy Tip Of The Week | A Sweet Pea Chef - How (and Why!) To Use Spelt Flour - Healthy Tip Of The Week | A Sweet Pea Chef 1 minute, 39 seconds - I'm in LOVE with **spelt**, flour. In this video, learn how to use **spelt**, flour and why it's a great alternative to wheat flour. To learn more ...

MAGNESIUM CALCIUM IRON

HIGH IN PROTEIN

REPLACE WITH 1 TO 1 RATIO

A SWEET PEA

How to Soak and Cook Spelt - How to Soak and Cook Spelt 1 minute, 22 seconds - How to soak and cook **spelt**., a video tip from ATCO Blue Flame Kitchen. For more kitchen tips, recipes and household advice, visit ...

How do you soak Spelt?

How long does Spelt take to cook?

Discover the Health Benefits of Sourdough Spelt Bread with Dr. Barbara O'Neill.#sourdoughbread - Discover the Health Benefits of Sourdough Spelt Bread with Dr. Barbara O'Neill.#sourdoughbread 1 minute, 20 seconds - Unlock the secrets to better health with Dr. Barbara O'Neill as she delves into the benefits of sourdough **spelt**, bread. Learn why ...

How to Make Wholemeal Spelt Bread Recipe - How to Make Wholemeal Spelt Bread Recipe 4 minutes, 12 seconds - Learn how to make wholemeal **spelt**, bread. This homemade **spelt**, bread recipe is healthy, nutritious and easy to make and made ...

Spelt flour 500g

Instant dry yeast 2 1/4 teaspoons

Sunflower seeds 2 tablespoons

Salt 1 teaspoon

shape into a log

place in a lightly greased loaf pan

cover the pan, let rise for about 1 hour

brush the top of the bread with water

sprinkle sunflower seeds

sprinkle flax seeds

Is Spelt the Healthiest Ancient Grain? | What You Need to Know about SPELT - Is Spelt the Healthiest Ancient Grain? | What You Need to Know about SPELT 16 minutes - September's #GrainsExplorer Challenge is all about **spelt**,! Here's the history, uses, types, and how to use this ancient grain - AND ...

Intro

Grains Explorer Challenge

Cooking with Ancient Grains cookbook

History \u0026 Overview of spelt

Is spelt the healthiest wheat? My theory!

Nutritional benefits of spelt

What is spelt used for?

How to use spelt in your kitchen \u0026 My favorite ways to use spelt

Favorite spelt recipes

Favorite wheat combinations with spelt

Making sourdough bread with SPELT | Using ancient wheat in sourdough - Making sourdough bread with SPELT | Using ancient wheat in sourdough 9 minutes, 8 seconds - Visit our blog: [therosehomestead.com](http://therosehomestead.com) for tons of sourdough recipes and more! Thank you to our subscribers for being the best on ...

Spelt Berries: A Hearty and Digestable Grain - Spelt Berries: A Hearty and Digestable Grain 1 minute, 2 seconds - Spelt, berries are a nutty, easier to digest grain that works as a hearty substitute for rice. **Spelt**, berries contain a more fragile gluten ...

What is Spelt? | Potluck Video - What is Spelt? | Potluck Video 2 minutes, 44 seconds - Spelt, is an ancient grain that may be one of the best alternatives to wheat. Unlike gluten-free products, **spelt**, retains the flavor and ...

BEST vs. WORST Flours for Your Gut Health! | Flour Tier List | Gut Instincts - BEST vs. WORST Flours for Your Gut Health! | Flour Tier List | Gut Instincts 11 minutes, 22 seconds - Welcome to Gut Instincts! In this exciting video series, renowned health expert Dr. Gundry dives into the world of everyday fruits, ...

Intro

All Purpose Flour

Whole Wheat Flour

Almond Flour

Coconut Flour

Rice Flour

Chickpea Flour

Buckwheat Flour

Oat Flour

Quinoa Flour

Millet Flour \u0026 Sorghum Flour

Rye Flour

Flaxseed Flour

Corn Flour

Masa Harina Flour

Banana Flour

Arrowroot Flour \u0026 Tapioca Flour \u0026 Cassava Flour

Einkorn Flour \u0026 Spelt Flour

Recap

Farro 101 - Everything You Need To Know - Farro 101 - Everything You Need To Know 7 minutes, 2 seconds - This farro 101 will tell you everything you need to know about buying, storing and preparing this ancient grain. Plus I share a ...

Is This The BEST Mexican Oatmeal You'll Ever Taste? - Is This The BEST Mexican Oatmeal You'll Ever Taste? 2 minutes, 44 seconds - Hello my beautiful fam!! Welcome to the heart of my home, my kitchen!!!!  
?? ?? Each spoonful of this AVENA ...

Top 5 Reasons to Use Einkorn Flour (Ancient Grain with Modern Benefits) - Top 5 Reasons to Use Einkorn Flour (Ancient Grain with Modern Benefits) 7 minutes, 53 seconds - Curious why so many people are

switching to einkorn flour? In this video, I break down the Top 5 Reasons to consider using this ...

I made bread with the oldest flour in the world! | Sourdough Spelt Bread - Step-by-Step Recipe - I made bread with the oldest flour in the world! | Sourdough Spelt Bread - Step-by-Step Recipe 8 minutes, 44 seconds - Spelt, is one of the oldest wheat in the world. We are going to teach you how to prepare a delicious whole wheat bread using **spelt**, ...

Intro

Making the dough

Stretching and folding

Shaping

Baking

Tasting

I don't buy bread anymore! The new perfect recipe for bread with spelt flour - I don't buy bread anymore! The new perfect recipe for bread with spelt flour 8 minutes, 59 seconds - I adore this bread! **Spelt**, flour adds an incredible flavor, with a crispy, flaky crust and a cloud-like interior. You'll want to bake this ...

How to Make Spelt Bread - How to Make Spelt Bread 2 minutes, 35 seconds - Learn how to make homemade bread with whole grain **spelt**, flour. This loaf is perfect for sandwiches or toast \_\_\_\_\_ ...

SPELT FLOUR

SESAME SEEDS

HONEY

KNEAD UNTIL ELASTIC

WINDOW PANE TEST

LET RISE

SECOND RISE

How to Cook SPELT in the Instant Pot! // WFPB Instant Pot Recipe (Spelt Berries) - How to Cook SPELT in the Instant Pot! // WFPB Instant Pot Recipe (Spelt Berries) 6 minutes, 52 seconds - Let's learn how to cook **spelt**,! BASIC RECIPE ?????? (see below) This instant pot recipe for beginners makes it easy.

Why Do We Soak the Grains before We Cook

Natural Pressure Release

Nutritional Information

Sourdough Spelt Bread - Sourdough Spelt Bread 11 minutes, 39 seconds - Here's my recipe for amazing 100% whole grain sourdough bread made with **SPELT**, flour. **Spelt**,, an ancient-grain relative of ...

Intro

Feeding Your Starter

Mixing the Ingredients

Stretch and Folds / Bulk Fermentation

Pre-shape

Final Shape

Proofing

Scoring

Baking

Slicing

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