

## LOAVES

# BARLEY FLOUR LOAF



PREP TIME: 20 MINS



COOK TIME: 30-35 MINS



SERVES: 8-10 SLICES



### INGREDIENTS

2 cups	Barley flour
2 cups	All-purpose flour
1 packet	Active dry yeast
1 tsp	Salt
1 tbsp	Honey or sugar
1 ¼ cups	Warm water
2 tbsp	Olive oil

### DIRECTIONS

1. In a large mixing bowl, combine the barley flour, all-purpose flour, yeast, and salt. Mix well to evenly distribute the ingredients.
2. In a separate small bowl, dissolve the honey or sugar in warm water. Sprinkle the yeast over the water and let it sit for about 5 minutes until it becomes frothy.
3. Pour the yeast mixture and olive oil into the bowl with the flour mixture. Stir until the dough starts to come together.
4. Transfer the dough onto a floured surface and knead for about 8-10 minutes, or until it becomes smooth and elastic. If the dough is too sticky, you can add a little more flour as needed.
5. Shape the dough into a ball and place it in a greased bowl. Cover the bowl with a clean kitchen towel and let the dough rise in a warm place for about 1-2 hours, or until it doubles in size.
6. Preheat your oven to 375°F (190°C). Grease a bread pan with olive oil.
7. Once the dough has risen, punch it down gently to release any air bubbles. Transfer it to the greased bread pan and shape it into the desired loaf shape.
8. Cover the pan with the kitchen towel again and let the dough rise for another 30-45 minutes, or until it rises just above the edges of the pan.
9. Bake the bread in the preheated oven for approximately 30-35 minutes, or until the top is golden brown and the bread sounds hollow when tapped on the bottom.
10. Remove the bread from the pan and let it cool on a wire rack before slicing.



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