



# Pan loaf

Recipe by V-ZUG Ltd.



Preparation  
Cooking  
time  
Portions            1

made from light and airy spelt dough

## Soaked grains

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200 ml water  
150 g light spelt flour

## Dough

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Soaked grains  
250 g light spelt flour  
1½ tsp salt  
¼ cube of yeast (about 10 g)  
100 ml water

## Shaping

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Sunflower oil for greasing  
Flour for shaping

