

Top of Every Page

- My “logo”, which is the cake photo



- Underneath that, the website’s name:
 - Speltacular Baking
- Under that, the main menu for the site
 - Home
 - Recipes

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- The copyright statement:
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Individual Pages

Home

[In-page title:] **Welcome!**

My name is River Lawrence, I'm wheat-intolerant and I'm passionate about baking. Thanks to spelt flour, I can have my cake and eat it too!

What is spelt, you ask?

Also known as triticum spelta, spelt is a tasty whole grain with a nutty flavour. This distant cousin of wheat contains gluten and is therefore not suitable for those who have gluten intolerance, though it does tend to be easier to digest than wheat and may be better tolerated by those who have wheat sensitivity.

--- "5 Ancient Grains That Are Good For You", *Canadian Living Magazine*, July 25, 2012. Click here to see the article! [Link that last sentence to <https://www.canadianliving.com/health/nutrition/article/5-ancient-grains-that-are-good-for-you>]

Recipes

[In-page title:] Recipes

Recipe	Dairy-Free	Egg-Free	Vegetarian	Vegan	Starter
Pizza Dough [Link this to the Pizza Dough page]	Yes				
Pie Crust	Yes		No		
Jelly Roll	Yes	No			
Chocolate Pudding Cake	No	Yes		No	

[Subtitle:] Starter

I used King Arthur Flour's recipe for Sourdough Starter (<https://www.kingarthurbaking.com/recipes/sourdough-starter-recipe>) using whole spelt flour with excellent results. I now feed it with a mix of $\frac{1}{3}$ whole spelt flour and $\frac{2}{3}$ light spelt flour. It's a 100% hydration starter; if yours is different then you'll need to adjust the liquid and/or flour levels in the recipes accordingly. [It's really important to me that you have proper fractions here like $\frac{1}{3}$ and not "1/3" instead.]

Pizza Dough

[In-page title:] Pizza Dough

This is a slightly modified version of King Arthur Flour's Sourdough Pizza Crust that substitutes spelt for wheat. Click here to see it! [Link that last sentence to the recipe at <https://www.kingarthurbaking.com/recipes/sourdough-pizza-crust-recipe>]

[Subtitle:] Ingredients

- 1 cup (give or take) of unfed/discard sourdough starter
- $\frac{3}{4}$ cup lukewarm water
- rounded $\frac{1}{2}$ tsp. instant or active dry yeast
- 2 $\frac{1}{2}$ cups light spelt flour
- 1 tsp. salt
- A little olive oil

[Again, there must be proper fractions here like $\frac{1}{2}$ and not "1/2".]

[Subtitle:] Directions

1. Turn your oven light on to create a warm place for the pizza dough to rise.

2. Separate your starter into two parts: one to feed and one for the pizza dough. You'll need approximately one cup of starter for this recipe; put it in your largest mixing bowl.



3. Pour the warm water over the starter and then sprinkle the yeast over it. (This will give the yeast a bit of a head start.)



4. Add the flour and the salt to the bowl.



5. Mix everything together with your hands. It will initially look messy before forming into a good dough.



6. The dough should feel slightly sticky but not really stick to your hands or the counter. Don't be afraid to add a little more flour or water to get the right consistency.



7. Knead the dough for 7 minutes. This is an excellent opportunity to work out any frustration you've been feeling lately. The dough will become smooth and elastic.



8. Grease your second-largest mixing bowl with olive oil using your hands. Lightly coat the dough in oil as well, put in the bowl and loosely cover it.



9. Loosely cover the bowl, put it in the oven and leave it there for 3-4 hours.



10. The dough will increase in size and become softer. It's now ready to use.

