

Peasant Bread (E)

Please see the Peasant Bread FAQ Course for full details.

Makes 2 Loaves (with enough leftover *Cracked Rye Starter*, page xxx, for a batch of *Peasant Protein Muffins*, page xxx, or choose the double ingredient option and make four loaves).

(S—Peasant Bread has been the bricks and mortar of my and my family’s diet for going on two decades. I call it the healthiest sourdough bread on this earth, and I’m standing behind that statement. It has played a huge role in the vibrancy and health I’ve experienced on my THM journey. Peasant Bread got its name due to being the cheapest, quickest and most sustainable way of feeding my family the gut healthiest kind of bread.

This is the short version (the skeleton recipe) of the Peasant Bread FAQ Course (page xxx). I’ve placed this skeleton recipe here so you can quickly find it in the index to review the basics and you already have the other two needed skeleton recipes for this bread (Sleeping Sue page xxx and Cracked Rye starter page xxx.) But if you are interested in sourdough, please read the entire course because it will equip you with all you need to know as a sourdough beginner and provide even further deets on Sleeping Sue and Cracked Rye Starter. If you’re already making sourdough, the course will teach you how to step things up and make your bread even healthier for your blood sugar, gut, and optimal body composition.

Note that Peasant Bread is a process. It is not all prepped and baked on the same day. There are five steps to it.

- 1 – Sleeping Sue*
- 2 – Cracked Rye Starter*
- 3 – Bread Soak*
- 4 – Pan-Ferment*
- 5 – Bake*

Two days before baking day, you start with Sleeping Sue (page xxx). She gets activated to make the Cracked Rye starter (page xxx) which is followed by the soak, and then comes the pan-in bread ferment right before the bake.)

3¼ cups whole grain, cracked rye flour for two loaves or 6½ cups for four loaves
4½ cups whole grain, cracked spelt flour for two loaves or 9 cups for four loaves
1⅓ Tbs Mineral Salt for two loaves or 2⅔ Tbs for four loaves
1 quart pure room temp water for two loaves or 2 quarts for four loaves
1 quart *Cracked Rye Starter* (page xxx) for two loaves or 2 quarts for four loaves

1. **Activate *Sleeping Sue* and Make *Cracked Rye Starter*:** Two days before bread baking day, take *Sleeping Sue* out of the fridge and activate her to make *Cracked Rye Starter* with the feeding portions from page xxx.

1. **Soak the Bread Ingredients:** Once your Cracked Rye Starter is ready for its third and final feed, it is also time for the bread soak (they happen at the same time.) Decide whether you'll be making either two or four loaves of *Peasant Bread* and place the appropriate amounts of cracked bread grain in a bucket or large bowl with the Mineral Salt. Add the room-temperature water to the bucket. Mix really well with your hands until all the grain is moistened and there are no pockets of dried cracked grain. Once mixed, place the lid on the bucket and let it soak for 12 hours while your Cracked Grain Starter ferments its final feeding..

2. **In-Pan Ferment:** After the 12-hour soak time, add the *Cracked Rye Starter* to the soaked bread bucket and mix really well with your hands again. Spray or oil bread tins with coconut or olive oil. Divide the soaked dough into the tins. Leave on the counter to ferment for around eight hours at room temperature... longer if your house is cold. If needed, cover the tins with a cookie sheet, cutting board, or any flat thing that covers them so flying things don't get in.

3. **Bake:** Preheat the oven to 350°F. Place a Pyrex dish filled with water on the bottom rack to provide continual steam to the bread while baking. Put loaves on the middle rack and bake for three hours.

4. Remove loaves from the oven but keep the bread in the tins. Use a moistened, clean, wrung-out dish towel and lay it over the tops of the bread. Leave the bread in the tins covered for three hours before removing.

Protein Nerd Notes

Protein goes on this bread or is added to a drink, as it has nothing much to speak of on its own. In short, still need a full nerdy protein serving.

A few deets about Peasant Bread – but not as many as in the course – ha!

(S - Peasant Bread does not look like the fancy king's loaves... but more like ones suited for the peasants... hence its name! I currently make six super large loaves a week... every week. I used to make more when I had more children in the home. You won't be making that many, of course, but you might have noticed the "make four loaves" option at the top of this recipe and think... Serene, you're crazy... I don't want to make four loaves at a time, especially if it is only me eating it. No worries... you can just make two and a batch of Peasant Muffins (page xxx), but I think you'll thank me for this option. Peasant Bread keeps well on the counter for several days, then in the fridge for a week or two but it also freezes well. Slice it up and freeze to keep the most gut-healing kind of bread available on hand whenever you desire to pull out a few pieces to thaw in the fridge or toast in the toaster.

This bread doesn't require a levain as most sourdough bread recipes do. That's quite time-consuming and can be a little finicky, so thankfully, you won't have to worry about it. All it requires is a strong, Cracked Rye Starter to cause a sufficient rise and also to make this bread the kindest grain bread to your blood sugar. But to get it strong enough to raise bread containing a lot of rye (which is a dense grain that can be challenging to rise), the starter needs to be big and beautiful. It must be fed enough cracked flour to yield a bug-bubbling pot of starter... more than what is needed to make just two loaves of bread. It will be enough to make four large loaves of bread, but if you don't want to make that many, you won't want to waste this incredible stuff! That's why you'll use the leftover starter for Peasant Protein Muffins.

I do recommend you choose the two loaves option at your first baking session. You'll have the perfect amount of Cracked Rye Starter left to make Peasant Protein Muffins and upon tasting these muffins and realizing I have given you a twofer recipe in a sense, I'll be your favorite sister and Pearl... with her famous Pearl's Chili that got more blue ribbons than mine... will be the loser.

I will cement my place as the best THM sister... Forever and Amen.

Please read our Ten Gut Gifts chapter in the big Wisdom book, where the merits of Peasant Bread are fully explained, but I'll pass along some info here too. Don't expect light fluffy bread! Light and fluffy don't do your waistline as many favors. Peasant Bread, although perhaps not as outwardly beautiful as a lot of the artistic loaves you see others making, makes your gut beautiful, protects your blood sugar, and helps your waistline in far superior ways. It uses whole cracked rye as a major part of its flour component and is more robustly fermented than most other sourdoughs. The cracked rye is far gentler on your blood sugar than other flours (even other ancient grain flours), and it powerfully increases good gut bugs, which result in fat-burning and disease-fighting short-chain fatty acids. My children's friends who come to visit call it "Brick Bread", but in a kind of endearing way.... as they prove their love for it by enthusiastically popping it over and over in the toaster and swathing their butter over it. So, what I said earlier about this bread being the "bricks" of our diet is quite true... hehe! But don't get scared off. The texture is super moist on the inside and deliciously crispy and crunchy on the outside. When it is toasted up, butter can melt through the little crevices and holes the fermentation forms and is a real treat for family members who enjoy it as an XO. As a true E with lean toppings, it is just as fantastic. The characteristic sour flavor is robust and complex. You will soon be an addict in no time.)

