

# macrobiotics

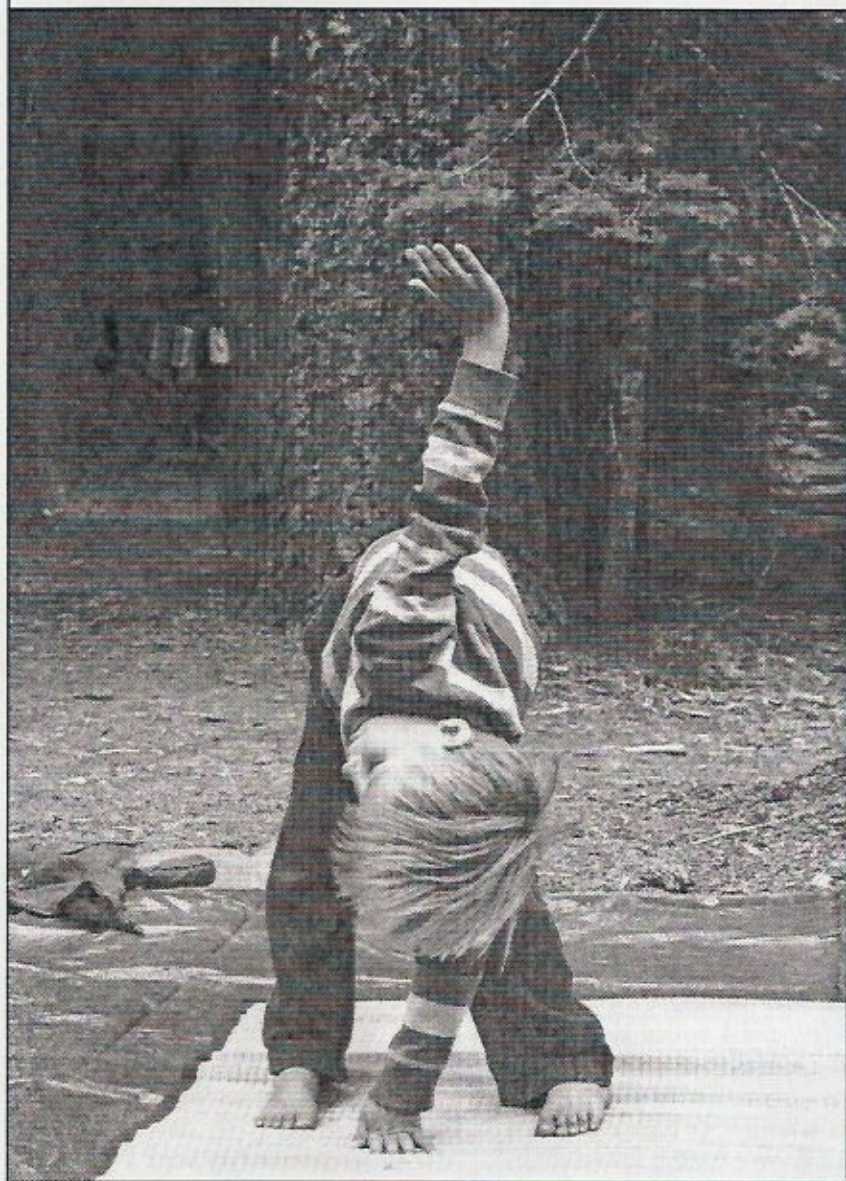
TODAY

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## Living Macrobiotics

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- The Rice Cycle
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## Isis Biodynamic® Flour

I used to bake bread regularly. When the kids were all living at home we baked bread once a week and enjoyed the warm, fresh aroma of whole wheat naturally leavened bread sliced and served with a bowl of soup. Winters are defined by such meals.

Fast forward ten years, college-bound children, and a career that takes me out of the kitchen more often. No longer do I bake bread once a week. No longer do I maintain a starter for bread. No longer does my family need multiple loaves of bread.

Then, Isis Biodynamic® stone ground whole wheat flour showed up on my doorstep. Then Thanksgiving arrived. Then came rainy days that are so conducive for baking.

Yeast is a wonderful invention for the once-in-awhile bakers. It is quick and reliable. It is useful for small batches. I baked two loaves for Thanksgiving as the whole family was together. Everyone devoured the bread. I baked another two loaves on Saturday. Photos are from the second baking.



This flour comes from Isis Biodynamic®, a company in Connecticut run by Lynda and Jessica Rockwell, a mother and daughter team. The wheat is grown in North Dakota on a biodynamic farm. It is milled in Minnesota by a third-generation miller. It is certified organic by the International Certification Services and certified Biodynamic® by the Demeter Association. Biodynamic® farming started in Europe in the 1920s following Rudolph Steiner's teachings to encourage farmers to work with nature and grow life-sustaining foods.

Lynda has a dream to bring Biodynamic® flour to the public and partners with Whole Foods to make the flour available throughout the United States. If you like to bake bread, check out this flour. Delicious!

— Product Review by Julia Ferré

## YEASTED BREAD

Yield: 4 small loaves or 4 medium loaves.

- 1 Tbsp dry baker's yeast
- ½ cup warm water (110 to 115 degrees)
- 2 Tbsp whole wheat, spelt, or kamut flour
- 5 cups warm water
- ¼ cup coconut oil, melted, optional
- 2 tsp sea salt
- 12 to 14 cups whole wheat, spelt, or kamut flour

Soften yeast in ½ cup warm water. Add the 2 tablespoons of flour. Stand 10 to 15 minutes in a warm place until bubbly. Add the rest of the warm water, oil, and salt. Mix well. Add whole wheat flour by the cupful until you can no longer stir it. Add more whole wheat flour, mixing by hand, until the dough is no longer sticky. Knead until smooth, 10 to 15 minutes, adding small amounts of flour as necessary. Cover bowl with a damp cloth. Place in a warm spot. Let rise until the dough has expanded, but still smells sweet: 2 to 4 hours in hot weather; 6 to 8 hours in cold weather. Form into loaves. Place into oiled loaf pans. Let rise 1 hour in a warm oven. Remove from oven. Slit tops. Preheat oven to 350 degrees. Bake for 1 to 1¼ hours, depending on the size of the loaves.

Yeast bread rises in less time than naturally-leavened bread and is a lighter bread, wonderful for guests and holidays. Spelt or kamut flours can be used instead of whole wheat flour and produce loaves similar in flavor and texture to whole wheat. Variations: combine flours with whole wheat flour such as 4 cups rye flour; 4 cups rolled oats; or 2 cups rye flour and 2 cups cornmeal. Make sure loaf contains at least 50 percent whole wheat, kamut, or spelt flour. Add roasted nuts or dried fruits when forming the loaves after the dough has risen. Add cooked puréed vegetables such as squash or carrots to liquid for a vegetable bread.