

Spelt, rosemary, grape & feta pull apart bread

Preparation: 20 minutes, plus 1 1/2 hours proving time

Cooking: 25 minutes

450g spelt flour (white or wholemeal)

1 tbs honey

300ml warm tepid water

7g sachet dried instant yeast

1 tsp sea salt, plus 1 tsp extra

2 tsp finely chopped rosemary

2 tbs olive oil, plus extra to grease

70g feta, crumbled

1 garlic clove, thinly sliced

Red grapes, to decorate

Sift the whole meal and plain flour together into a large bowl, tip in the husks. Place 1/4 cup of the combined flours in a small bowl with the honey and water, whisk to combine. Sprinkle over the yeast, whisk to combine and set aside for 10 minutes for the yeast to activate. Bubbles should appear on the surface of the mixture.

Add the salt, rosemary and oil to the flour mixture. Make a well in the centre of the flour, add the yeast mixture and mix to form a soft but firm dough. Transfer dough to a lightly floured work surface and knead until the dough is smooth, elastic and shiny (about 10 minutes). Transfer dough to a clean lightly oiled bowl, cover with plastic wrap and leave to rise in a warm place for an hour or until doubled in size.

Knock the dough back by punching with your fist, then divide into 6 equal portions and roll each into a ball. Sit the balls of dough on a lightly greased baking tray the prepared tray, side by side. Cover the dough with a clean tea towel and set aside for a further 30 minutes. Meanwhile preheat oven to 220°C or 200°C fan forced.

Using your thumb, poke holes over the dough. Place feta, garlic slices and grapes in the holes, sprinkle the bread with extra sea salt. Brush the top of the dough with a little olive oil.

Place in preheated oven and bake for 10 minutes. Reduce heat to 190°C or 170°C fan forced and bake for a further 12-15 minutes or until golden brown and dough sounds hollow when tapped.