

THE BREAD OF THE WORLD



This is the recipe for The Bread of The World – the first global bread ever. With help from bread expert and baker Sébastien Boudet we've added some tips that will make the computer generated recipe a bit more human. [Sébastien's tips are marked in blue text.](#)

INGREDIENTS

- 4 1/5 DL sifted spring wheat flour
- 2 1/2 DL spelt flour
- 1 DL corn flour
- 1 1/4 DL crushed rye kernels
(+ 1 DL boiling water)
- 1/2 DL whole flaxseed
- 2 TBS raw cane sugar
- 2 TBS butter (softened to room temperature)
- 1/2 DL olive oil
- 3 TSP sea salt
- 2 G yeast ([organic](#))
- 4 DL water (95°F/35°C)

METHOD

- 1 Scald the rye kernels by pouring 1 dl of boiling water over them. Let them to cool to 100°F/37°C ([lukewarm to the touch](#)).
- 2 Pour the water, yeast, salt, sugar, flaxseed, corn flour, spelt flour and scalded rye kernels into a mixing bowl. Mix the batter until smooth.
- 3 Add the spring wheat flour to the batter and mix it until smooth. [Cover the bowl with a damp cloth, and allow the dough to rest for 45 minutes.](#)
- 4 After the dough has had time to rest: Add the butter softened to room temperature. [Knead the butter in with your hands by pinching the butter into the dough until all the butter is added. Scrape the edges of your bowl and add the olive oil on and around the dough.](#)
- 5 [Cover the bowl with a damp cloth and allow the dough to rest for about 2 hours. It is a good idea to stretch the dough a little at regular intervals, to give it a nice elasticity and a fine crumb. The best technique is if you pull the dough from the edge towards the centre, while turning the bowl between each move.](#)
- 6 Flour the work surface and place the dough on it. [Pull the edges towards the centre one final time and shape the bread to a round form with a height of 3 cm. Place the dough on a floured kitchen cloth and fold the cloth over the dough, so that it does not dry out.](#)
- 7 [Take some plastic wrap and wrap the cloth and the bread.](#) Place it in the refrigerator or a similar cold room for 12 hours.
- 8 Preheat your oven to 475°F/250°C, [with top and bottom heat](#), and place an oven tray in the middle of it. When the oven is hot, [place the dough on a baking sheet, give the dough a thin flour dusting and make sure that your bread does not rise too high during fermentation \(rising\). The Bread of the World is about 3 cm high, which causes the bread to be baked faster and to obtain a good crust.](#)

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METHOD

- 9 Place the bread in the oven by allowing the baking sheet to slide down on the hot oven tray. Feel free to use a thin cutting board or bread knife to simplify the process. Throw a splash of water on the bottom of the oven and close the oven door.
- 10 After 15 minutes in the oven, the bread should be turned over so that both sides can be well baked. Turn the bread over and leave it for about 15 minutes, until the crust has the colour you prefer on a bread. The total time in the oven is about 30 minutes, depending on the type of oven.

What makes a perfectly baked bread is very personal, so the best way to determine when it is time to take the bread out from the oven is to check the colour. Personally, my preference is when the crust is really well baked, and bordering on being a little burnt. Then the crust tastes almost a little like caramel/fudge and has a lovely caramelised sweetness.

- 11 Remove the bread and let it to cool on an oven rack.
- 12 Break the bread with your hands and share it with your fellow men.