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My gluten free journey began in 1978 when I discovered how difficult it was to find suitable grains and foods for a gluten free diet. The distinctive attributes of alternative grains and their ability to create spectacular dishes is still my inspiration.

Buckwheat flour is one of my favourites; it has a lovely flavour and it's really versatile. There are different types to choose from, so if you're on a gluten free diet always make sure you choose FREEE Buckwheat Flour which is certified gluten free.

Today there is an increasing need for foods free from gluten and other allergens including milk and egg. Unlock a world of FREEE baking and visit freee-foods.co.uk for more recipe inspiration and to browse our award winning FREEE breakfast cereals, pasta, cookies and oat bars.

Clare
FOUNDER. FREEE



buckwheat flour

GLUTEN FREE



SOURCE of PROTEIN & FIBRE

Perfect cheese and ham galette pancake recipe on reverse. This flour is milled from whole gluten free buckwheat and is valued for its many uses, perfect for making everything from bread and noodles to delicious pancakes.



GLUTEN FREE Buckwheat Flour

NUTRITION	
Typical values	Per 100g
Energy	1465kJ 346kcal
Fat	2.5g
of which saturates	0.5g
Carbohydrate	67g
of which sugars	1.2g
Fibre	3.1g
Protein	13g
Salt	0.03g

Ingredients: buckwheat.
Best before: see top.

Storage: to keep your flour at its best, roll down the top after use and store in a cool dry place.

Packaging material: paper.
Milled in the UK with EU & Non-EU Buckwheat.

Always cook flour before consumption.

1Kg e



UK Doves Farm Foods Ltd, Salisbury Road, Hungerford, RG17 0RF, UK
EU G-Free Alimentare Srl, Via Giuseppina 124, 26048 Sospiro, Cremona, IT



CHEESE & HAM GALETTE

Oven 180°C, Fan 160°C, 350°F, Gas 4

100g FREEE Buckwheat Flour
Pinch Salt
1 Egg
300ml Milk
50g Butter, melted
100g Cheddar, finely grated
6 Ham slices
Oil for pan
Butter for dish

Buckwheat Galettes (Makes 6)

- Put the flour, salt, egg and half the milk into a jug, beat to a smooth paste then stir in the remaining milk to make a thin batter. Refrigerate the batter for up to 12 hours or continue with the recipe.
- Melt the butter.
- Lightly oil a large frying pan and get the pan nice and hot.
- Stir the melted butter into the batter then pour some batter into the hot pan and roll it out to the edges.
- Cook on a medium heat, loosening the edges, until the base is golden.
- Turn it over and cook the other side.
- Transfer the cooked galette to a plate and repeat until the batter is used.

Cheese and Ham Filling

- Rub some butter around the inside of an oven dish and pre-heat the oven.
- Lay out the galettes on a clean work surface.
- Put a slice of ham in the middle of each one and sprinkle the grated cheese over the ham. Fold three sides of each galette over the cheese to form a triangle, tucking each pointed corner under.
- Transfer the galettes to the prepared oven dish and bake for 8-10 minutes until the cheese starts to melt.
- Serve immediately.

BUCKWHEAT SODA BREAD

Oven 200°C, Fan 180°C, 400°F, Gas 6

500 g FREEE Buckwheat Flour
1 tbsp sugar
2 tsp FREEE Bicarbonate of Soda
2 tsp FREEE Xanthan Gum
1tbsp lemon juice
pinch of salt
50ml boiling water
150ml cold water
250ml natural yoghurt
1 tbsp oil
oil for tin and foil

Buckwheat Soda Bread

- Pre-heat the oven.
- Rub some oil around the inside of a 1kg/2lb loaf tin or insert a baking liner.
- Put the flour, sugar, bicarbonate of soda, xanthan gum and salt into a large bowl, stir to combine and sift into a mixing bowl.
- Measure the boiling water into a jug and add the cold water.
- Add the yoghurt and lemon juice, if used, and stir to combine.
- Pour this into the mixing bowl and stir everything together to make a soft, sticky dough.
- Drizzle the oil over the sticky dough and using a spatula, turn the mixture a couple of times in the bowl to encourage the formation of a doughy mass.
- Tip the doughy mass into the prepared tin and smooth the top.
- Brush some oil over a piece of kitchen foil. With the oiled side down, cover the tin creating a dome so that the bread can rise during cooking.
- Bake for 60 minutes.
- Carefully remove the kitchen foil and bake for a further 10 minutes.
- Turn the loaf out onto a wire rack. The bottom should sound hollow when tapped.
- Cool completely before slicing.

We are so pleased you've chosen our naturally gluten free flour! For hundreds of delicious gluten free recipes visit us at freee-foods.co.uk.

Buckwheat Flour, Free From Gluten



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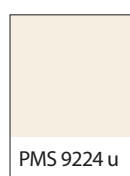
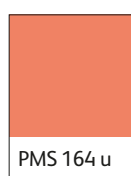
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