DOVES & SAN E

Organic works with nature and helps protect our planet. Its high standards encourage healthy soil and habitats, so bees, birds, butterflies and other wildlife organic since 1978.





We also love home baking and believe it is a great choice for our health and wellbeing. Not only can you pick the best local and seasonal ingredients and know exactly what goes into your food, it is an enjoyable activity and a great way to treat family and friends.

Clare & Michael Founders, Doves Farm

ORGANIC —





Mild in flavour, pale in colour, this stoneground ancient grain flour makes great pasta and bread.

KHORASAN WHOLEMEAL FLOUR



— ORGANIC —

ORGANIC Wholemeal Khorasan Flour

NUTRITION	
Typical values	Per 100g
Energy	1448kJ
	342kcal
Fat	2.3g
of which saturates	0.4g
Carbohydrate	60g
of which sugars	0.4g
Fibre	9.7g
Saft ^{otein}	0.163g

Ingredients: khorasan wheat* Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold.** May contain traces of **barley, rye.** *Organic produce. Milled in the UK with EU wheat.

Best before: see top. **Storage:** roll down the top after use and

store in a cool dry place. Packaging material: paper. Always cook flour before consumption.

1Kg Θ



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Khorasan can be traced back to the Fertile Crescent and legends exist of it being found in Egyptian tombs. We love using this unique wholemeal flour for bread loaves, flatbreads and delicious homemade pasta.

KHORASAN ZA'ATAR FLATBREAD - Makes 3-4

220°C, Fan 200°C, 425°F, Gas 7 250g Doves Farm Organic

Wholemeal Khorasan Flour 1 tsp Doves Farm Quick Yeast 175ml Tepid water

3 tbsp Olive oil Oil, for hands, Flour, for tin

4 tbsp Za'atar 4 tbsp Olive oil



Find more Khorasan recipes at dovesfarm.co.uk

1. Sprinkle flour on 2 x 25x30cm/10x12" baking trays. 2. Put the flour and yeast into a large bowl and blend them together. 3. Pour in the water and stir until craggy and lumpy. 4. Add the oil and salt and stir into a soft doughy mass. 5. Put a little oil on your hands and knead the dough, in the bowl, for 100 presses. **6.** Invert another bowl over the mixing bowl and leave it to double in size, about 1-2 hours. **7.** Knead the dough with oiled hands for another 100 presses. 8. Cut the dough into 2 equal pieces, roll each into a ball and put them on the prepared baking trays. 9. Flatten the dough with the palm of your hand and your fingers to make a 20cm/8" circle. 10. Cover with a clean tea towel and leave in a warm place to rise for 30 minutes. 11. Pre-heat the oven. 12. To make the topping, put the za'atar into a small mixing bowl, add the oil and stir to make a paste. 13. Gently spread the za'atar topping over the risen dough. 14. Bake for 10-12 minutes.

