

PRINT FREE AREA

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Lap Seal A

Lap Seal B

75mm

29mm

Best Before

DOVES FARM EST 1978 **ORGANIC**

Organic works with nature and helps protect our planet. Its high standards encourage healthy soil and habitats, so bees, birds, butterflies and other wildlife can flourish. That's why we've been pioneers of 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 —



This blend of wholemeal spelt, emmer, einkorn, bread flour and seeds makes delicious and flavourful bread.

HERITAGE SEEDED BREAD FLOUR

DOVES FARM EST 1978

— ORGANIC —

ORGANIC Flour Blend with Seed Mix

NUTRITION	
Typical values	Per 100g
Energy	1471kJ 350kcal
Fat	6.5g
of which saturates	0.9g
Carbohydrate	50g
of which sugars	0.8g
Fibre	16g
Protein	11g
Salt	0.05g

Ingredients: Heritage wheat blend*50% (spelt*34%, emmer*13%, einkorn*13%), wheat*, seed mix*13% (sunflower*, brown lentils*, lentil*, puy*).
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 & non-EU wheat.
Best before: see top.
Storage: roll down the top after use and store in a cool dry place.

Packaging material: paper. RECYCLE.
Always cook flour before consumption.

1Kg e v1



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For an artisan style loaf packed with heritage grains and seeds try this recipe for a close textured crumb that is full of flavour.

HERITAGE SEEDED OVEN BAKED BREAD LOAF

220°C, Fan 200°C, 425°F, Gas 7
500g Doves Farm Organic
Heritage Seeded Bread Flour
1 tsp Doves Farm Quick Yeast
350ml Tepid water
1 tsp Salt
2 tbsp Oil, for tin



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dovesfarm.co.uk

- Put the flour and yeast into a mixing bowl and stir to combine.
- Add the water, and stir until claggy and lumpy.
- Scatter the salt over the top and stir it in.
- Stir to form a ball of dough.
- Invert a large bowl over the dough bowl and leave it in a warm place for about two hours for the dough to double in size.
- Rub some oil around the inside of 1kg/2lb bread tin.
- Sprinkle one spoon of oil over the dough and knead it in the bowl for 25 presses, without adding flour.
- Add the second spoon of oil and knead for another 25 presses.
- Shape the dough into an oval and transfer it to the tin. If the dough is sticky use oiled fingers.
- Invert the mixing bowl over the bread tin and leave it to rise in a warm place for 40-45 minutes.
- Pre-heat the oven 20 minutes before you are going to bake.
- Remove the bowl and bake for 35-40 minutes.
- Turn the bread out of the tin, tap the base and if it sounds hollow the bread is cooked.
- Leave to cool on a wire rack.

Bottom Fold Line

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