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20mm

Best Before

DOVES FARM 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 —



Slightly speckled and mildly sweet, this stoneground ancient grain flour loves cakes, pancakes and biscuits.

BUCKWHEAT FLOUR

DOVES FARM EST 1978

— ORGANIC —

ORGANIC Wholemeal Buckwheat Flour

NUTRITION	
Typical values	Per 100g
Energy	1680kJ 399kcal
Fat	2.7g
of which saturates	0.4g
Carbohydrate	88g
of which sugars	0.8g
Fibre	3.7g
Protein	17g
Salt	0.03g

Ingredients: buckwheat*
Allergy advice: may contain traces of barley, rye, wheat.
*Organic produce. Milled in the UK with EU & non-EU buckwheat.
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 E v2
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Despite its name, buckwheat is actually a member of the rhubarb family. Popular in Russia, Asia and Europe, this versatile flour is traditionally used for galettes, blinis and noodles, but is also delicious in cakes and biscuits.

VEGAN BUCKWHEAT PANCAKES - Makes 8-10

- 150g Doves Farm Organic Buckwheat Flour
- 2 tsp Doves Farm Organic Chickpea Flour
- 2 tbsp icing sugar
- 1 tsp Baking powder
- Pinch of salt
- 200ml Vegan milk
- 4 tbsp Oil
- 1 tsp Lemon juice
- Oil for frying



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1. Sift the buckwheat flour, chickpea flour, icing sugar, baking powder, and salt into a bowl and mix together well.
2. Add the vegan milk, oil and lemon juice and beat into a thick batter.
3. Put a little oil into a frying pan, roll it around to cover the surface and heat until the pan is nice and hot.
4. Pour some batter into the pan to make 8-10cm (3-4") circles and cook over a medium heat.
5. When bubbles appear on the surface and the base is golden, which will take 2-4 minutes, turn the pancakes over and cook the other side for another 1-2 minutes.
6. Transfer the cooked pancakes to a plate and repeat with the remaining batter.

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