

PRINT FREE AREA

Lap Seal A

29mm

75mm

Best Before

Lap Seal B

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 —



The delicious, wheaty, nutty flavour of this stoneground ancient grain flour works well in all baking.

SPELT WHOLEMEAL FLOUR

DOVES FARM EST 1978

— ORGANIC —

ORGANIC Wholemeal Spelt Flour

NUTRITION	
Typical values	Per 100g
Energy	1435kJ 339kcal
Fat	2.9g
of which saturates	0.3g
Carbohydrate	62g
of which sugars	0.3g
Fibre	11g
Protein	11g
Salt	0.03g

Ingredients: spelt 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 & non-EU spelt.
Best before: see tin.
Storage: roll down the top after use and store in a cool dry place.
Packaging material: paper
Always cook flour before consumption.

1Kg e

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Spelt was widely grown in Roman times and legend has it the Roman army called it their 'marching grain'. We were the first to reintroduce spelt to UK soils and love using spelt flour for lots of different bakes.

WHOLEMEAL SPELT BREAD

220 °C, Fan 200 °C, 425 °F, Gm 7
500g Doves Farm Organic Wholemeal Spelt Flour
1 tsp Doves Farm Quick Yeast
1 tsp Sugar
350ml Tepid water
1 tsp Salt
1 tbsp Oil
Oil, for tin



Find more than 200 delicious recipes at doesfam.co.uk

- Put the flour, yeast and sugar into a large bowl and blend them together.
- Pour in the water and when everything looks craggy and lumpy, stir in the salt and the oil. Using your hands gather everything together into a doughy mass.
- Knead the dough for 100 presses, in the bowl or on a work surface.
- Cover the dough bowl with a large upturned mixing bowl and leave it in a warm place for the dough to double in size, which will take about an hour.
- Brush oil around the inside of a 1kg/2lb loaf tin.
- Sweat the dough for another 100 presses.
- Shape the dough and put it into your prepared tin.
- Cover the tin with the large upturned mixing bowl and leave it to rise in a warm place for 35 minutes.
- Pre-heat the oven.
- Remove the bowl and bake the loaf for 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.

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