21mm | 65mm | 100mm | 65mm | 99mm

330mm | 280mm | 50mm

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 —

A deep, earthy flour stoneground from the earliest variety of wheat. Use it to bake rustic-style bread and cakes.

EINKORN
WHOLEMEAL FLOUR

DOVES FARM EST 1978

DOVES FARM

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— ORGANIC —

ORGANIC **Wholemeal Einkorn** Flour

NUTRITION	
Typical values	Per 100g
Energy	1459kJ 345kcal
Fat	3.3g
of which saturates	0.5g
Carbohydrate	63g
of which sugars	1.4g
Fibre	11g
Protein	11g
Salt	0.03g

Ingredients: einkorn **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 UK & 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 e ℞

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dovesfarm
dovesfarm.co.uk

Recycle

Einkorn is the oldest member of the wheat family and used to be a staple across the Mediterranean over 20,000 years ago. Einkorn flour makes delicious loaves but has fragile gluten so avoid over-kneading.

QUICK EINKORN BREAD

220°C, Fan 200°C, 425°F, Gas 7

500g	Doves Farm Organic Wholemeal Einkorn Flour
1 tsp	Doves Farm Quick Yeast
1 tsp	Sugar
½ tsp	Salt
350ml	Water
	Oil, for tin

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

1. Rub some oil around the inside of a 1kg/2lb bread tin.
2. Put the flour, yeast, sugar, and salt into a large bowl and blend them together.
3. Add the water and stir everything into a slightly sticky, doughy mass. Avoid kneading or adding flour.
4. Transfer the sticky dough to the prepared tin and smooth the top.
5. Invert a mixing bowl over the tin and leave it in a warm place to rise for 55-60 minutes.
6. Pre-heat the oven 20 minutes before you are going to bake.
7. Remove the bowl and bake for 40-45 minutes.
8. Turn the bread out of the tin, tap the base and if it sounds hollow, the bread is cooked.
9. Leave to cool on a wire rack.