

Doves Farm Spelt Bread

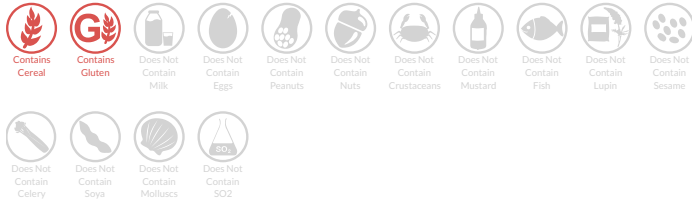
Ingredients

Product	Quantity
Organic Wholemeal Spelt Flour 5 x 1kg	500.00 g
Quick Yeast 16x 125g	1.00 g
Silver Spoon Granulated Sugar 5kg	1.00 g
Tepid Water	300.00 g
Table Salt 2x6kg	1.00 g
KTC PURE SUNFLOWER OIL	1.00 g

Serves: 4

Allergy Information

Key: **Contains** **May Contain**

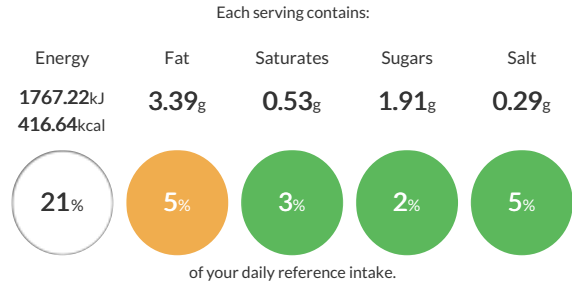


Dietary Information

Key: **Suitable for**



Reference Intake



Nutritional Summary

Energy	1767.22kJ 416.64kCal
Protein	16.74g
Carbohydrates	79.8g
of which sugars	1.91g
Non Milk Extrinsic Sugars	0g
Fat	3.39g
of which saturates	0.53g
Fibre	10.69g
Salt	0.29g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

Method & Recipe Notes

1. Put the flour, yeast, sugar and salt into a large bowl and blend them together. 2. Stir in the water, and when everything looks craggy and lumpy, stir in the oil. Using your hands gather everything together into a doughy mass. 3. Knead dough in the bowl for 100 presses, in the bowl or on a work surface. 4. Cover the dough bowl with oiled cling film and leave it in a warm place, for the dough to double in size, which will take about an hour. 5. Knead the dough for another 100 presses. 6. Shape the dough and put it into your prepared tin. 7. Loosely cover the tin with the oiled cling film and leave it to rise in a warm place for 35 minutes. 8. Pre-heat the oven to 220°C (Fan 200°C / 425°F / Gas 7). 9. Bake the loaf for 40-45 minutes. You will know it's done when the bottom sounds hollow when tapped. Leave to cool on a wire rack.

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