



## ORGANIC WHOLEMEAL SPELT BREAD

### BAKING *AS IN GRANDMA'S DAYS*

**1. MIX THE INGREDIENTS** Blend the baking mix with 350ml of lukewarm water and 20ml of rape seed oil or sunflower oil in a large bowl. If you would like to add extra ingredients, such as seeds or nuts, add some additional 20ml of water per ingredient.

**2. KNEAD THE DOUGH** Beat the mixture with an electric whisk for 6 minutes at low speed, then for 4 minutes at high speed.

When working the dough with your hands, knead firmly until it is springy and shiny.

**3. LET THE DOUGH REST** Leave the dough in the mixing bowl and cover it with a wet cloth. Leave it in a warm and draught free place and let it rest for 30 min.

**4. FORM THE BREAD** Wet your hands and take the dough out of the bowl. Fold it with both hands and form a longish loaf. Then put it in a greased loaf tin. Cover the dough with a wet cloth and leave it to rest for another 20 min in a warm and draught free place.

**5. BAKE THE BREAD** Brush the surface of the loaf with water and cut it 1cm deep lengthways. According to your taste, besprinkle it with some porridge oats, sunflower seeds, or pumpkin seeds. Put a heat resistant bowl with 400ml of hot water on the middle rack in the oven and preheat to 230°C (top and bottom heat). Then place the loaf on the same rack. After 10 min, lower the temperature to 220°C and let it bake for another 35 min. When using an oven with air circulation, preheat to 210°C and lower to 200°C. When using a gas oven, preheat to gas mark 5 and lower to gas mark 4. When using a bread machine, please follow the instructions of the manufacturer.

After baking, take the bread out of the tin and put it on a grid. Then let it rest to cool down.

*Enjoy baking your own organic bread – Bon appétit!*

EU/non-EU  
Agriculture  
DE-ÖKO-003

**MADE IN GERMANY:**

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