



ORGANIC SPELT BREAD

BAKING *AS IN GRANDMA'S DAYS*

1. MIX THE INGREDIENTS Blend the baking mix with 320ml 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 35 min.

4. FORM THE BREAD Wet your hands and take the dough out of the bowl. Fold it with both hands and put it in a greased loaf tin. Cover it with a wet cloth and leave the dough 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:
Bio-Backhäusle Friedrichshall GmbH | Beim Alten Schacht 10 | 74177 Bad Friedrichshall
Germany | Phone +49 7141 865 295 0 | info@bio-backhaeusle.de | www.bio-backhaeusle.de

ORGANIC-BREAD BAKING MIX · NET WEIGHT e 500g



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ORGANIC WHOLEMEAL SPELT BREAD

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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.

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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.

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ORGANIC RYE WHEAT WHOLEMEAL 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 Flour your hands and take the dough out of the bowl. Knead it shortly and mould it into a round loaf shape, then form a longish loaf. Put the dough in a greased loaf tin and let it 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 besprinkle it with some porridge oats, sunflower seeds, or pumpkin seeds according to your taste. Put a heat resistant bowl with 400ml of hot water on the middle rack in the oven and preheat to 240°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 220°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.

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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 Flour your hands and take the dough out of the bowl. Knead it shortly and mould it into a round loaf shape, then form a longish loaf. Put the dough in a greased loaf tin and let it 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 besprinkle it with some porridge oats, sunflower seeds, or pumpkin seeds according to your taste. Put a heat resistant bowl with 400ml of hot water on the middle rack in the oven and preheat to 240°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 220°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.

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ORGANIC FARMHOUSE 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 3 minutes at low speed, then for 6 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 Flour your hands and take the dough out of the bowl. Knead it shortly and mould it into a round loaf shape. Put the loaf on a grid covered with baking parchment. Leave the dough to rest for another 30 min in a warm and draught free place.

5. BAKE THE BREAD Flour the surface of the loaf and cut it 1 cm deep in the middle. Put a heat resistant bowl with 400ml of hot water on the middle rack in the oven and preheat to 240°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 230°C and lower to 200°C. When using a gas oven, preheat to gas mark 5 – 6 and lower to gas mark 4. When using a bread machine, please follow the instructions of the manufacturer.

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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 Flour your hands and take the dough out of the bowl. Knead it shortly and mould it into a round loaf shape. Put the loaf on a griddle covered with baking parchment. Leave the dough to rest for another 30 min in a warm and draught free place.

5. BAKE THE BREAD Flour the surface of the loaf and cut it 1 cm deep in the middle. Put a heat resistant bowl with 400ml of hot water on the middle rack in the oven and preheat to 240°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 230°C and lower to 200°C. When using a gas oven, preheat to gas mark 5 – 6 and lower to gas mark 4. When using a bread machine, please follow the instructions of the manufacturer.

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ORGANIC MIXED WHEAT BREAD

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2. KNEAD THE DOUGH Beat the mixture with an electric whisk for 4 minutes at low speed, then for 6 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 Flour your hands and take the dough out of the bowl. Knead it shortly and mould it into a round loaf shape, then form a longish loaf. Put the dough in a greased loaf tin and let it rest for another 20 min in a warm and draught free place.

5. BAKE THE BREAD Flour the surface of the loaf 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.

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