

# Spelt & Honey



Our bestseller!



- Premium improvers
- Bread mixes
- Confectionery mixes
- Organic & Gluten-free products
- Kosher & Halal products
- Sourdoughs & Malts

German for quality since 1856





## Spelt - the original wheat

Spelt has a long and interesting history. It has been eaten in Europe for at least 4,500 years. During the Bronze Age, spelt spread throughout Europe. In the Iron Age (750 - 15 BC), spelt became a common wheat species in southern Germany and Switzerland; by 500 BC, it was widely eaten in southern Britain.

SPELT & HONEY is a 100 % mix which uses the highest quality spelt flour, wholemeal spelt flour, coarse wholemeal spelt and spelt flakes. This is complemented by sunflower seeds, coarsely ground lupin seeds and sesame seeds which are combined with an extra splash of honey. All these excellent ingredients combine to create a wonderfully nutty taste, a light, crunchy texture and an aromatic flavour your customers will love. Spelt contains numerous valuable dietary components which further increase spelt's appeal to customers.

It's no wonder that SPELT & HONEY has become a top-selling mix in the UK.

**SPELT & HONEY -  
the original wheat, the original flavour.**

- Easy to use
- Optimises processing and product reliability
- Suitable for all dough processes and applications
- Excellent dough consistency with dry, easy to mould doughs
- Opportunity to create individual ranges of baked goods
- Attractive artisan-style crust
- Soft, nutritious crumb
- Nutty-aromatic taste
- Light, crunchy texture
- Popular with customers

## Nutritional values:

100 g Spelt Bread contain:

Energy	1109 kJ (263 kcal)
Fat	5.5 g
- of which saturates	0.8 g
Carbohydrate	39.8 g
- of which sugars	3.9 g
Fibre	4.3 g
Protein	12.3 g
Salt	1.7 g



## Spelt Bread

SPELT & HONEY	10.000 kg
Yeast	0.200 kg
Water	5.500 kg
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Total weight	15.700 kg

Mixing time:	4 + 5 minutes
Dough temperature:	26° C
Bulk fermentation time:	approx. 20 minutes
Scaling weight:	0.480 kg
Intermediate proof:	none
Processing:	tin bread
Final proof:	approx. 60 minutes
Baking temperature:	230° C, dropping to 200° C, giving steam
Baking time:	approx. 30 minutes



## Chocolate Raisin Rolls

SPELT & HONEY	10.000 kg
Yeast	0.350 kg
Water	5.500 kg
California Raisins	2.000 kg
Chocolate drops	0.800 kg
<b>Total weight</b>	<b>18.650 kg</b>

Mixing time:	4 + 4 minutes
Dough temperature:	25° C
Bulk fermentation time:	none
Scaling weight:	2.100 kg/30 pieces
Intermediate proof:	20 minutes
Processing:	square rolls
Final proof:	approx. 55 minutes
Baking temperature:	230° C, giving steam
Baking time:	approx. 20 minutes
Instructions for use:	After the mixing time, mix the raisins and the chocolate drops under the dough for one minute on slow speed. Scale into pieces of 2.100 kg and allow to prove. Then scale the dough into 30 pieces and mould as square rolls. Place on greased trays and allow to prove. After the final proof, bake, giving steam.

## Scones

SPELT & HONEY	10.000 kg
Shortening/Butter	2.500 kg
Sugar	1.000 kg
Baking powder	0.200 kg
Milk, approx.	5.000 kg
<b>Total weight</b>	<b>18.700 kg</b>

Mixing time:	Mix all the dry ingredients for one minute. Then add the milk and mix for a further 2 minutes until the liquid has been absorbed.
Processing:	scones
Baking temperature:	220° C
Baking time:	approx. 15 minutes
Instructions for use:	Roll the dough out to a thickness of 10 mm - 12 mm and cut with a scone cutter. Place on baking trays and bake.
General hint:	Mixed dried fruit can be added to the dough if desired as an alternative up to 25 % addition.





## Soda Bread

SPELT & HONEY	10.000 kg
Vegetable oil	0.300 kg
Sugar	0.300 kg
Baking powder	0.450 kg
Water	8.000 kg
<b>Total weight</b>	<b>19.050 kg</b>

**Mixing time:** Mix the dry ingredients together for about one minute. Add the water and vegetable oil and mix for about 30 - 40 seconds on first speed until the complete mixture is wet. Do not overmix!

**Dough temperature:** 26° C - 28° C

**Bulk fermentation time:** none

**Scaling weight:** 0.600 kg

**Intermediate proof:** none

**Processing:** tin bread

**Final proof:** none

**Baking temperature:** 230° C, dropping to 210° C

**Baking time:** 30 minutes

**Instructions for use:** After the mixing time, put the dough onto a table dusted with flour. Scale the dough, mould round and place in round or square baking tins. Using a steel scraper, cut a cross shape (X) into the dough with a depth of about 10 mm.

## Spelt Cookies

SPELT & HONEY	10.000 kg
Margarine	5.500 kg
Sugar	5.000 kg
Whole egg	1.500 kg
Baking powder	0.200 kg
<b>Total weight</b>	<b>22.200 kg</b>

**Mixing time:** 2 - 3 minutes

**Baking temperature:** 180° C

**Baking time:** approx. 10 minutes

**Instructions for use:** Mix in a planetary mixer with hook or beater until a smooth dough has been formed. Take care not to overmix the dough. Allow the dough to stand in a cool place for at least 30 minutes. Roll the dough out to a thickness of approx. half a centimetre by hand or machine and cut out the cookies. If desired, decorate with coarse sugar, caster sugar or with beaten egg.

