



HAWKSHEAD WHIGS

As we leave Chester, we head north to Cumbria and specifically the village of Hawkshead. It is here where the little known Hawkshead Whigs originated and have existed since, at the latest, 1764. Our version is based on our popular SPELT & HONEY mix – one of our all-time classic products. Whigs are small, oval bread dough teacakes, which are made with lard and have caraway seeds added. There is some debate on the exact origin of the Whig. It might, for instance, be of Norse origin, where it was baked as an offering to the God Wigga. More likely, according to the Oxford English Dictionary, is that its name derives from an old German term meaning slice or wedge. By the way: Our know-how about spelt extends from the selection of the variety via the analysis of the grain through to the perfect composition of the ingredients.

Hawkshead

Hawkshead, the ancient township the Whigs are named after, grew as a market town after the dissolution of monasteries in 1537. Many of the remaining buildings and surrounding areas have barely changed since the 17th century.

Many famous people spent time in this area of the Lake District. Beatrix Potter († 1943), author of "Peter Rabbit", lived on Hill Top Castle Farm where, parallel to her writing, she began farming, concentrating on the breeding of Herdwick sheep that are so popular in the local context.

Also author William Wordsworth, later to become poet laureate, spent time in the region. Wordsworth was sent to Hawkshead Grammar School by his father in 1778 after his mother had passed away. Today the school is a museum and open to the public.



Hawkshead Whigs

using *SPELT & HONEY*

SPELT & HONEY	10.000 kg
Sugar	0.500 kg
Lard	0.300 kg
Caraway	0.200 kg
Yeast	0.400 kg
Water, approx.	5.400 kg
Total weight	16.800 kg

Mixing time:	2 + 7 minutes, spiral mixer
Dough temperature:	24° C
Bulk fermentation time:	none
Scaling weight:	1.800 kg/30 pieces
Intermediate proof:	5 minutes
Instructions for use:	After the mixing time, scale the dough into dough balls and allow intermediate proof. Then divide the dough balls, mould round and process into oval shapes. Deposit on baking trays covered with baking paper and allow to prove. Subsequently wash with milk/butter, sprinkle with sugar and bake.
Final proof:	approx. 60 minutes
Baking temperature:	220° C
Baking time:	approx. 11 minutes