



# SPELT BREAD RECIPES



"Serving Suggestion"

## WHITE SPELT TIN BREAD

(NO TIME PROCESS)

INGREDIENTS	KG
ADM Light Spelt Flour (4370-25)	16.00
Salt	0.256
ADM Clean Label Improver (4283-12)	0.320
Shortening	0.320
Yeast	0.512
Water (approx)	9.280
<b>TOTAL</b>	<b>26.692</b>

Dough temperature	27-28 °C / 80-84°F.
Mixer type	
Spiral	Slow - 2-3 minutes Fast - 6-8 minutes

1. Mix to normal dough
2. After mixing divide dough immediately and mould round
3. Rest covered for 5-10 minutes (or process through divider intermediate prover)
4. Mould to final shape
5. Place into greased baking tins
6. Transfer to prover then bake

Proof time	50-55 mins 40°C 70% RH
Baking temperature	240°C/ 465°F with steam
Baking time	35-40 minutes or according to size

## SUNFLOWER & PUMPKIN

(NO TIME PROCESS)

INGREDIENTS	KG
ADM Light Spelt Flour (4370-25)	16.000
Sunflower seeds	1.600
Pumpkin seeds	1.600
Salt	0.288
ADM Clean Label Improver (4283-12)	0.400
White shortening	0.208
Yeast	0.608
Water	9.280
<b>TOTAL</b>	<b>29.984</b>

Dough temperature	27-28 °C / 80-84°F.
Mixer type	
Spiral	Slow - 2-3 minutes Fast - 6-8 minutes

1. Mix to normal dough
2. After mixing add seeds and blend in for 1-2 minutes on slow speed
3. Rest covered for 5-10 minutes (scale to required weights 350-400g)
4. Place into greased baking tins or onto lined baking sheets
5. Transfer to prover, then bake

Proof time	50-55 mins 40°C 70% RH
Baking temperature	240°C/ 465°F with steam
Baking time	35-40 minutes or according to size

## TRADITIONAL WHITE SPELT TIN BREAD

(SPONGE & DOUGH)

SPONGE DOUGH	KG
ADM Light Spelt Flour (4370-25)	3.200
Yeast	0.016
Cold water	1.600
DOUGH	KG
ADM Light Spelt Flour (4370-25)	16.00
Salt	0.368
Malt flour	0.112
Yeast	0.368
Water	9.120
Sponge dough	4.800
<b>TOTAL</b>	<b>35.584</b>

Dough temperature	27-28 °C / 80-84°F.
Mixer type	
Spiral	Slow - 2-3 minutes Fast - 6-8 minutes

1. Mix sponge and rest covered for 24 hours
2. Mix dough and incorporate sponge
3. Rest covered for 1 hour in BFT then process
4. Scale off into required weights, mould round and rest for 10-15 minutes
5. Mould to final shape
6. Place in greased bread tins
7. Prove and bake

Proof time	50-55 mins 40°C 70% RH
Baking temperature	240°C/ 465°F. with steam
Baking time	25-30 minutes or according to size

## 50/50 PEACH & RAISIN SPELT

(NO TIME PROCESS)

INGREDIENTS	KG
ADM Wholemeal Spelt Flour (4369-25)	16.000
ADM Light Spelt Flour (4370-25) 50/50	
Sugar	0.800
Shortening	0.800
Salt	0.240
ADM Clean Label Improver (4283-12)	0.240
Yeast	0.560
Water	9.280
Dried peach (chopped)	1.600
Raisins	1.280
<b>TOTAL</b>	<b>30.800</b>

Dough temperature	27-28 °C / 80-84°F.
Mixer type	
Spiral	Slow - 2-3 minutes Fast - 6-8 minutes

1. After mixing, divide dough immediately and mould round
2. Rest covered for 5-10 mins and mould to final shape cobs, tins or pin as for flat breads
3. Place on lined trays/greased tins- For flat breads cut criss cross with a Scotch scraper
4. Transfer to prover
5. Prove and bake

Proof time	50-55 mins 40c 70% RH
Baking temperature	240°C/ 465°F. with steam
Baking time	35-40 mins or according to size

## DATE, RAISIN & WALNUT TEA LOAF

(NO TIME PROCESS)

INGREDIENTS	KG
ADM Wholemeal Spelt Flour (4369-25) or ADM Light Spelt Flour (4370-25)	2.250
Brown sugar	1.125
Butter or margarine	1.125
Baking powder	0.090
Bicarb	0.090
Glycerine	0.023
Milk	2.813
Stoned dates	1.125
Seedless raisins	1.125
Chopped walnuts	0.563
<b>TOTAL</b>	<b>10.329</b>

1. Place flour sugar and fat into the mixing bowl and mix for 2 mins on first speed
2. To form a crumble; stir in dates, raisins and sugar for 2 mins on slow speed
3. Mix the milk and raising agents together and pour into above, mix for 2-3 mins until clear
4. Scrape down and blend for 1-2 mins on slow speed
5. Scale off into loaf shape tins or onto baking sheets for slices and bake

Baking temperature 160°C/ 350°F. with steam

Baking time 50-55 minutes or according to size

## HONEY & SUNFLOWER LOAF

(NO TIME PROCESS)

INGREDIENTS	KG
ADM Wholemeal Spelt Flour (4369-25) or ADM Light Spelt Flour (4370-25)	16.000
Salt	0.256
ADM Clean Label Improver (4283-12)	9.320
Gluten	0.320
Vegetable oil	0.320
Yeast	0.560
Honey	1.920
Sunflower seeds	4.000
Water	9.280
<b>TOTAL</b>	<b>41.976</b>

Dough temperature 27-28 °C / 80-84°F.

Mixer type

Spiral Slow - 2-3 minutes  
Fast - 6-8 minutes

1. Mix to a normal dough, adding honey and seeds, mix until cleared on 1 speed
2. Rest covered for 5-10 mins
3. Divide to required weights and mould
4. Place into greased tins or onto lined baking sheets as required
5. Transfer to prover
6. Bake

Proof time 50-55 mins 40°C 70% RH

Baking temperature 240°C/ 465°F. with steam

Baking time 35-40 minutes or according to size