



SPELT BREAD RECIPES



"Serving Suggestion"

WHITE SPELT TIN BREAD

(NO TIME PROCESS)

INGREDIENTS	KG
ADM Light Spelt Flour (4423-25)	16.00
Salt	0.256
ADM Clean Label Improver (4283-12)	0.320
Shortening	0.320
Yeast	0.512
Water (approx)	9.120
TOTAL	26.532

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 (4423-25)	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 (approx)	9.120
TOTAL	29.824

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 (4423-25)	3.200
Yeast	0.016
Cold water (approx)	1.600
DOUGH	KG
ADM Light Spelt Flour (4423-25)	16.00
Salt	0.368
Malt flour	0.112
Yeast	0.368
Water (approx)	8.960
Sponge dough	4.800
TOTAL	35.424

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 (4424-25)	16.000
ADM Light Spelt Flour (4423-25) 50/50	
Sugar	0.800
Shortening	0.800
Salt	0.240
ADM Clean Label Improver (4283-12)	0.240
Yeast	0.560
Water (approx)	9.200
Dried peach (chopped)	1.600
Raisins	1.280
TOTAL	30.800

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 (4424-25) or ADM Light Spelt Flour (4423-25)	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
TOTAL	10.329

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 (4424-25) or ADM Light Spelt Flour (4423-25)	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 (approx)	9.200
TOTAL	41.896

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