

TRADITIONALLY CRAFTED

ORGANIC FLOUR

ORGANICALLY GROWN INGREDIENTS: WHEAT FLOUR, MALTED WHEAT FLAKES (CONTAINS GLUTEN)

SOIL ASSOCIATION
ORGANIC
GB-ORG-05

BREAD

BACHELDRE
WATERMILL
ESTABLISHED 1575

IDEAL FOR BREAD
MACHINES, HAND BAKING
& PIZZA BASES TOO

BAKES A 'GRANARY' STYLE
LOAF WITH A SUBTLE
SMOKEY SWEET AFTER TASTE

OAK SMOKED
STONEGROUND STRONG
MALTED BLEND FLOUR

5 024624 210015 >

1.5 kg e

BACHELDRE
WATERMILL
ESTABLISHED 1575

OAK SMOKED
STONEGROUND ORGANIC STRONG MALTED BLEND FLOUR
with a traditional and natural smokey flavour.

The artisan millers of Bacheldre Watermill and The Organic Smokehouse present the authentic skills of traditional stoneground milling and gradual cold smoking in this unique smoked bread flour.

Organic malted wheat flakes from Bacheldre Watermill have been slowly smoked for 18 hours over Shropshire Oak chippings at The Organic Smokehouse in Clunbury, before being carefully mixed in small batches with Bacheldre's organic strong bread flour in the Gardner's rapid sifter and mixer made in the 1890's.

Cold smoking infuses a sweet wood-smoked aroma and taste to bread that is reminiscent of being baked in a wood fired oven.

The flour is individually packed and stitched in fully sustainable, biodegradable and home compostable packaging.

Oak Smoked Malted Blend Bread Recipe
Baking by hand
Makes 8 rolls or one medium loaf

500g Oak Smoked Strong Malted Blend flour, 1 1/2 tsp salt, 2 tsp Runny Honey, 7g Sachet Easy-blend Yeast, 330ml Warm Water

Mix the flour and salt together in a large bowl. Mix the remaining ingredients in a jug. Make a well in the centre of the flour and pour in the liquid. Mix the liquid and flour together with a spoon and then turn out onto a lightly floured surface, knead dough for 5 mins until smooth. Put the dough in a lightly oiled bowl, cover and then leave to rise in a warm place until doubled in size. The dough is now ready to be shaped.

To make 8 rolls, roll the dough into a sausage shape about 7 cm wide and cut the dough into up to 8 pieces and shape into rolls. Place the rolls at least 5cm apart onto a lightly floured baking tray. Set aside in a warm place for 30 mins or until they have doubled in size.

To make loaf, shape and place in bread tin, cover, set aside in a warm place for 30 mins or until doubled in size.

Heat oven to 200°C/fan 180°C/gas 6. For the rolls bake for 15 - 20 mins, for the loaf, 30 mins until deep golden brown and well risen, and sounds hollow when tapped on the bottom.

Allow to cool on a cooling tray or serve warm with lashings of butter.

Baking by Machine

500g Oak Smoked Strong Malted Blend Flour, 330ml Water, 1 1/2 tsp Salt, 7g Fast Action Dried Yeast, 2 tsp Runny Honey, 1tsp Olive Oil

Please consult your bread machine instruction booklet as quantities may differ, put all above ingredients in the order which is correct for your machine. Bake on a multigrain or 'granary' setting. Turn out onto a baking tray and allow to cool. You can also use the dough cycle and then mould the bread to your desired shape and bake in the oven to the above settings.

www.organicsmokehouse.com

Bacheldre Watermill, Churchstoke, Montgomery, Powys SY15 6TE
E: info@bacheldremill.co.uk W: www.bacheldremill.co.uk

LEAVE SILVER



Cut this envelope carefully along the dotted lines to reveal instructions and recipe on reverse.

Bread Matters

ORIGINAL

SOURDOUGH STARTER

Make your own authentic sourdough bread.
Join the worldwide fungal network.
Share sourdough – pass it on.



Ingredients: organic whole rye flour, water



10 g/0.35 oz

Cut this envelope

Bread Matters

JOIN THE FUNGAL NETWORK

Put yourself on the map at
www.fungalnetwork.com

THE STORY SO FAR

In 1976 Andrew Whitley started The Village Bakery in England's north country. In 1990 he brought sourdough from Russia for his rye breads. A culture was born – and it's in this packet.

Andrew co-founded the UK's Real Bread Campaign. His book *Bread Matters* and renowned courses reveal the secrets – and digestive benefits – of sourdough.

STORE in a cool dry place.
BRING TO LIFE by refreshing with rye flour and water, following the instructions inside.

Bread Matters Ltd, Macbiehill Farmhouse,
West Linton, EH46 7AZ Scotland

www.breadmatters.com



Bread Matters

WHAT IS SOURDOUGH?

Sourdough is a ferment of yeasts and bacteria that exist naturally in flour. This starter originated in Russia in 1990. It has been refreshed with British organic rye flour ever since. It contains no added baker's yeast.

TO ACTIVATE THE SOURDOUGH

Sourdough starter	10 g
Rye flour ('dark', i.e. wholemeal, if possible)	30 g
Water (35°C)	60 g
Total	100 g

Crumble the starter into the water and mix until well dispersed. Add the rye flour and stir until you have a smooth, sloppy mixture.

Cover (film or poly bag) and put in a warm place (25-30°C if possible). Leave for 12-24 hours. The mixture should be bubbling a little and smell slightly fruity/acidic. This is an active Sourdough Starter.

Use this to make a **Production Sourdough** as per the instructions below (or see pp.165-166 of Bread Matters). **Or** put in a lidded tub in the fridge and keep for up to a month until you are ready to refresh it and make sourdough bread.

PROBLEMS?

If nothing happens, your starter is probably too acidic and its yeasts can't get going. Take roughly 10 g of your starter and refresh it again with 30 g of flour and 60 g of water. Keep any old starter in a lidded tub in the fridge.

For more information on refreshing and using sourdough starters, go to the FAQ on www.breadmatters.com

JOIN THE FUNGAL NETWORK

Bake the change you want to see by going to www.fungalnetwork.com to share stories, skills and sourdough starters with a community in ferment.



RUSSIAN RYE BREAD (Makes 1 large loaf or 2 small)

Stage 1 Refreshment

Rye Sourdough Starter - i.e. half of what you created above	50g
Wholemeal rye flour	150 g
Water (at 40°C)	300 g
Total Production Sourdough	500 g

Mix everything together into a very sloppy dough. Cover and leave in a warm place for 12-24 hours. Use this Production Sourdough to make your final dough.

Stage 2 Final Dough

Refreshed Production Sourdough (from Stage 1)	440* g
Rye flour (light or dark)	330 g
Sea salt	5 g
Water (at 40°C)	200 g
Total Final Dough	975 g

* This leaves about 50 g (some gets lost on the side of bowls) to put back in your starter pot.

Mix thoroughly (no need to knead). The dough should be soft and sticky. Using wet hands, scoop the dough up and drop it into a well-greased large bread tin (or two small ones). Cover loosely with a polythene bag. Final proof until doubled in volume: 2-8 hours.

Bake in a hot an oven (230°C), reducing temperature by 20°C after 10-15 minutes. Large loaf: 50-60 mins. Small: 35-45 mins. Leave the loaves for a day before eating - if you can.

**You can use this rye starter to make wheat bread too.
There's a recipe on pages 198-200 of Bread Matters.
Or go to www.breadmatters.com**



PLEASE RECYCLE ME



SOURDOUGH SACHET CAN BE COMPOSTED

INGREDIENTS

Sun Dried Tomatoes (56%), Sunflower Oil (38%), White Wine Vinegar, Salt, Antioxidant: Ascorbic Acid, Acidity Regulator: Citric Acid.

SERVING SUGGESTION

Enjoy Sun-Dried Tomatoes whole, sliced or diced, in salads, casseroles, on pizzas, or stirred into pasta. For a tasty sandwich, use instead of fresh tomatoes. Keep the oil to use in salad dressings.

STORAGE ADVICE

Store in cool, dry place. Once opened, keep refrigerated and consume within 14 days.

NUTRITION INFORMATION

Typical values per 100g

Energy 1713kJ/411kcal;
Fat 27.0g, of which saturates 2.0g;
Carbohydrate 32.0g, of which sugars 28.0g;
Protein 10.0g; Salt 5.8g.



cooks&co[®]

**SUN-DRIED
TOMATOES**

in OIL



Produced for R.H. Amar & Co. Ltd.,
High Wycombe, HP12 3TF

For comments or feedback please
contact us at info@cooksandco.co.uk

Visit our website for some delicious recipe ideas

www.cooksandco.co.uk

PRODUCT OF TURKEY

Net Weight: Drained Weight:
295g^e 165g^e

Best Before End: see side of jar.

BARCODE
5 060016 800778

CC043/00



QUICK yeast

Ingredients : yeast, emulsifier
(Sorbitan monostearate)

Made in France

Without gluten, wheat, milk,
nuts or soya.

Storage:

Roll down top of pack
to exclude air and reseal
with tab. Store in a cool
dry place and use as quickly
as possible or within
2 months of opening.

Net weight: 125g

Best before: See back

Packaging material:
polyester

Doves Farm Foods, Salisbury Road,
Wingerford, Berkshire, RG17 0M
www.dovesfarm.co.uk

USING QUICK YEAST

Use 1 heaped spoon of Quick Yeast to every 500g/1lb of bread mix.

Mix Quick Yeast into the dry ingredients in your recipe before adding the liquid.

Quick Yeast is ideal for use in a bread machine.

At Doves Farm we make biscuits, cookies and a large range of bread, cake and speciality flours.

ORIGINAL DRY YEAST

For traditional bread baking try our Original Dry Yeast which requires a little preparation before use.

Best before:

To Open:
pull top
apart
and reseal
with tab



QUICK WHITE BREAD

500g	Strong White Bread Flour
1 tsp	Salt
1 tsp	Sugar
1 tsp	Quick Yeast
300ml	Luke Warm Water
1 tbsp	Vegetable Oil

QUICK WHOLEMEAL BREAD

Follow the recipe above using Strong Wholemeal Bread Flour and 300ml warm water.

1. Combine the flour, salt, sugar and Quick Yeast.
2. Mix in the water and bring together into a rough dough.
3. Add the oil and knead well for a few minutes, dusting with flour if the dough is too sticky.
4. Cut, shape and place the dough in oiled tins or on a baking sheet.
5. Cover and leave to rise in a warm place for 40/45 minutes.
6. Meanwhile put a tin of water in the oven and heat to 200°C/
Fan 180°C/400°F/Gas 6.
7. Bake in the preheated oven for 25/45 minutes depending on size of bread.



JUST ADD TO FLOUR

QUICK
yeast

For bread machines & baking

PRINT FREE AREA

PRINT FREE AREA

RICH Brioche BREAD MIX
 90% or more naturally
 leavened flour
 100% organic, unbleached
 golden wheat flour
 100% organic, unbleached
 golden wheat flour
 100% organic, unbleached
 golden wheat flour
 100% organic, unbleached
 golden wheat flour
 Peter D'Amico
 100% organic, unbleached
 golden wheat flour

SIMPLE SOURDOUGH BREAD MIX
 90% or more naturally
 leavened flour
 100% organic, unbleached
 golden wheat flour
 100% organic, unbleached
 golden wheat flour
 100% organic, unbleached
 golden wheat flour
 100% organic, unbleached
 golden wheat flour
 Peter D'Amico
 100% organic, unbleached
 golden wheat flour

DELICIOUS
PUMPKIN
BREAD MIX

For
machine or hand
kneading

EST. 1867
WRIGHT'S
BAKING

500g e









And to make
the bread by
your **HAND**



Here's a tip: The bread is baked when its golden brown on top and the base sounds hollow when you tap it (450°F), 210°C (410°F) for fan assisted ovens or Gas Mark 8. Bake for 30 minutes (15 minutes for rolls) until golden brown.

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116489 v3 - Date: 23-SEP-11

Job Title	Peter Sidwell Delicious Pumpkin Bread Mix (wrights) 500g					<div></div> <div>connect</div> <div>Internal Details</div> <div>Job No. 116489</div> <div>Version 3</div> <div>Internal Approval</div> <div>Client Approval</div>
Customer	Monument Paper Bag Co Ltd	Order No.	TBC	Ref No.	NA	
Printer	Monument Flour Bags	Process	Flexo	Plate No.	NA	
Cutter No.	NA	Barcode	EAN 13, 5020387002409	Job Size	260.00 x 283.9998817 mm	
CSR	P.Entwistle	Operator	t.hamer	Date	9/23/2011	
Job Inks	These colours are only a guide, please refer to the Pantone® book for an accurate colour match.					
						
Cyan 1.2%	Magenta 1.01%	Yellow 2.84%	Black 1.36%	PANTONE 4755 C 79.65%	PANTONE 1535 C 2.64%	
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Nutritional Information
Typical Values per 100g

Energy	1318kJ 311kcal
Protein	2.2g
Carbohydrates	70.3g
of which sugars	60.9g
Fat	2.3g
of which saturates	1.1g
Dietary Fibre	1.6g
Sodium	20mg

Ingredients: Fairtrade Organic Dates. 100% Fairtrade ingredients certified to international Fairtrade standards. Ingredients used in this product have been grown under organic standards which minimise the use of pesticides and fertilisers. May contain traces of nuts and seeds. Suitable for vegetarians and vegans. May contain date stones. Store in a cool dry place. Country of Origin Tunisia.



Best Before: 16/06/11

250g e

Nutritional Information	
Typical Values	per 100g
Energy	2506kJ 604kcal
Protein	16.0g
Carbohydrates	24.8g
of which sugars	2.6g
Fat	49.0g
of which saturates	4.4g
Dietary Fibre	2.9g
Sodium	Trace

Ingredients: Fairtrade Organic Walnuts. 100% Fairtrade ingredients certified to international Fairtrade standards. Ingredients used in this product have been grown under organic standards which minimise the use of pesticides and fertilisers. Contains nuts. Packed in a facility that packs seeds. Suitable for vegetarians and vegans. Store in a cool dry place. Country of Origin Pakistan



5 027556 449584 >

Best Before: 11/11/11

125ge