

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, 11/2 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

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Bread Matters

ORIGINAL

SOURDOUGH STARTER

Make your own authentic sourdough bread.

Join the worldwide fungal network.

Share sourdough – pass it on.



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



10 g/0.35 oz

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





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 q Rye flour ('dark', i.e. wholemeal, if possible) 30 a Water (35°C) 60 a Total 100 q

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 a

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 a **Total Final Dough** 975 q

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



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:

295ge 165ge

Best Before End: see side of jar.

BARCODE 5 060016 800778







(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: 1259

Best before: See back Packaging material: polyester Fingerford, Berkshire, RG17 m. www.dovesfarm.co.uk

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USTING QUITCK NEWS

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dry ingredients in your

liquid.

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T. W. W.

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.

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ORIGINAL DRY YEAST

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

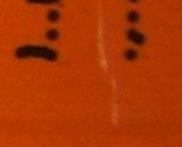
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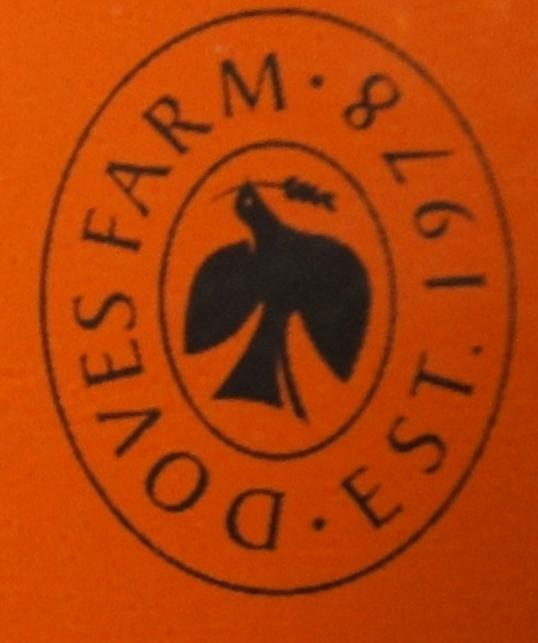












UNCK WHILE BREAD

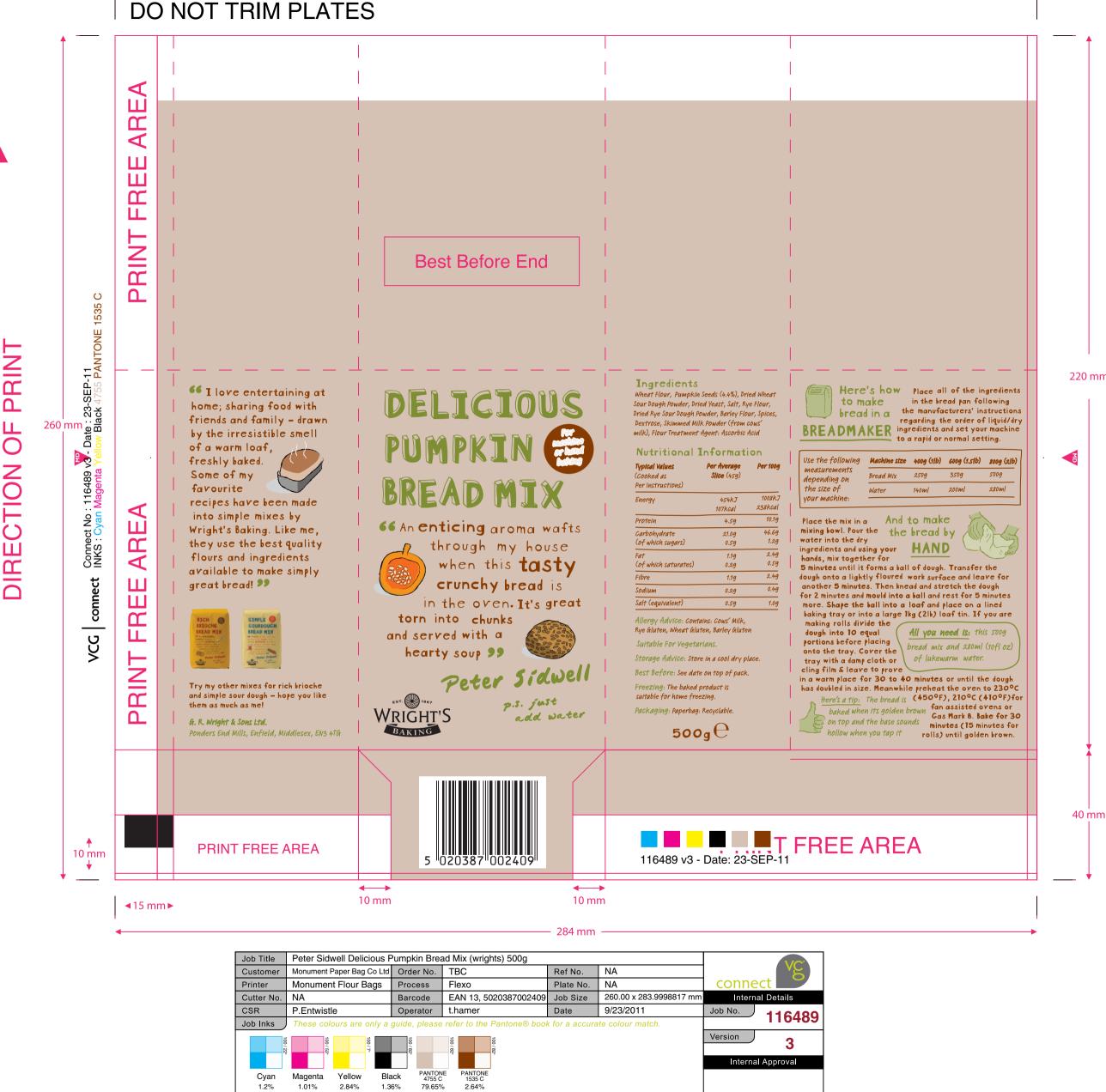
Bread Flour Tellery the recipe above using Strong Wholemed Bread Flour and 300ml Luke Warm Water DINCK WHOLEMEAL BREAD White Vegetuble Oil Yeast Strong Sugar Quick Salt WATER MICHEL MINOX 1050 182 B

- 1. Combine the flour, salt, sugar sand 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.

25/45 minutes depending on size of bread.



SOUS Solutions



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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 ⊕

Nutritional Information			
Typical Values	per 100g		
Energy	2506kJ		
	604kcal		
Protein	16.0g		
Carbohydrates	24.8g		
of which sugars	2.69		
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



Best Before:11/11/11

125g⊖