



SHARPHAM PARK

THE HOME OF BRITISH SPELT

At Sharpsham Park we are working with Bowel cancer UK to encourage us all to eat a high fibre diet. More than 40 top chefs have donated spelt recipes to the campaign.



Find out more at [www.greatbritishspeltrecipes.com](http://www.greatbritishspeltrecipes.com)

To donate, go to [www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)

Registered charity no. 1071038 (England & Wales) SC040914 (Scotland)

ORGANIC INGREDIENTS

100% stone ground British **spelt** flour.

NUTRITIONAL INFORMATION

Typical Values	100g
ENERGY KJ/Kcal	1434/340
FAT	3.1g
<i>of which saturates</i>	0.9g
CARBOHYDRATES	60g
<i>of which sugars</i>	2.6g
FIBRE	10.2g
PROTEIN	11.9g
SALT	0.01g

ALLERGY ADVICE:

For allergens see ingredients in bold. **Unsuitable for coeliacs!**

STORE IN A COOL, DRY PLACE.

If you're unhappy with this product in any way, please return it with the packaging showing the best before date to Sharpsham Park, Walton, Somerset, BA16 9SA or email us at [info@sharpshampark.com](mailto:info@sharpshampark.com) and we'll do our best to put it right.

# SPELT FLOUR

## ORGANIC WHOLEGRAIN

HIGH FIBRE

You can use this delicious stone ground spelt flour instead of wheat in most recipes.



1kg €

SHARPHAM PARK



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WHAT IS SPELT?

Spelt is an ancient grain that has been grown in Somerset since the start of the Iron Age. It is a cross between Emmer Wheat and Goat Grass with a unique gluten structure which makes it easier to digest than modern wheat.

It has a delicious nutty taste and is nutritious too. Its tough husk protects it from pests and diseases.

It is high in protein and fibre and it is a good source of slow release energy. So much so, that the Roman Army called it their 'marching grain'.



Our organic farm set in the heart of the Somerset Levels is sustainably managed. The spelt fields have 4 metre margins and the hedgerows are cut every other year to allow wildlife such as hare, lapwing, dormice, bees and ladybirds to shelter and forage for food all year round.

## SPELT - BY ROGER SAUL



Photo: Tyson Sadlo

The ultimate collection of spelt recipes from the UK's champion of spelt, Roger Saul. With more than 70 delicious recipes, including dishes from leading chefs such as Mark Hix, Angela Hartnett and Sven-Hanson Britt.



Taking you beyond baking this book shows off the full range of possibilities for cooking and spelt. Stunning photography and design make it a stylish addition to any cookbook collection.

Buy your copy online at [www.sharphampark.com](http://www.sharphampark.com) or leading bookstores.

### SEEDED LOAF

This nutritious, nutty wholegrain loaf is full of seeds. It's chewy and rustic, the way really good bread should be.

**MAKES 900g/2lb loaf. COOKING TIME: 1 1/4 hours**

**PREPARATION TIME: 30 minutes, plus 1 1/4 hours rising**

Lightly oil a large bowl and 900g/2lb loaf tin. Cook the pearled spelt in boiling water for 20 minutes, or until tender, following the packet instructions. Drain and leave to cool slightly.



Photo: Watkins Media Ltd. and Lara Holmes

Sift the flour into another large bowl and make a well in the centre. Add 350ml/12fl oz/1 1/2 cups lukewarm water, the oil, yeast, sugar, if using, treacle, salt and cooked pearled spelt, and mix together, using a wooden spoon, to a rough dough.

Turn the dough out onto a lightly floured work surface and knead for 5-8 minutes until the dough is smooth and elastic and springs back when poked. Transfer the kneaded dough to the prepared bowl, cover with a clean, damp tea towel and leave to rise in a warm place for 45 minutes, or until doubled in size.

Turn the dough out onto a lightly floured work surface and roll out to 1cm/1/2in thick. Reserve 1 tablespoon of the mixed seeds, then sprinkle the remainder over the dough. Fold the dough to incorporate the seeds, then shape into a rectangular block and put in the prepared loaf tin. Cover again and leave to rise in a warm place for a further 30 minutes until the dough has doubled in size and no longer springs back when poked.

Preheat the oven to 220°C/425°F/Gas 7. When you're ready to bake the loaf, beat the egg with 2 tablespoons water to make an egg wash, then brush over the top of the loaf and sprinkle with the reserved seeds and the spelt porridge flakes. Splash a little water in the bottom of the oven to create steam to help the bread to rise. Bake just above the centre for 10-15 minutes, then turn the oven down to 190°C/375°F/Gas 5 and bake for a further 30-40 minutes, or until the bread is well risen, firm and hollow sounding when tapped. Transfer to a wire rack to cool.

#### Ingredients

1 tbsp sunflower oil, plus extra for greasing  
55g/2oz/heaped 1/4 cup pearled spelt  
500g/1lb 2oz/4 cups wholegrain spelt flour  
10g/1/2oz/1 tbsp fresh yeast, crumbled, or 4g/1/2oz/1 tsp fast-action dried yeast  
1 tsp sugar (optional)  
1 tbsp black treacle  
1 1/2 tsp sea salt  
115g/4oz/1/2 cup mixed seeds, such as linseed, sesame, pumpkin, hemp, sunflower, chia, poppy  
1 egg, lightly beaten  
1 tbsp spelt porridge flakes, for sprinkling

Extracted from Spelt by Roger Saul ©Roger Saul 2015 Published by Nourish Books, London. Hardback £16.99



GB-ORG-02  
UK Agriculture



'SPELT' RECIPE BOOK BY ROGER SAUL, BUY ONLINE:  
[WWW.SHARPHAMPARK.COM](http://WWW.SHARPHAMPARK.COM)

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PLEASE RECYCLE

