



1. Lightly grease a large bowl with oil and set to one side. In a clean large bowl (not the greased bowl), add the wholemeal spelt flour (**bag 1**), strong white flour (**bag 2**), yeast (**bag 3**), and caster sugar and salt (**bag 4**). Mix together until combined. Roughly chop the walnuts (**bag 5**), and add to the mix, along with the poppy seeds (**bag 6**).



2. Mix together 250ml of lukewarm water (if you have a thermometer this is about 40°C), with 2 tbsp (30ml) of oil. If the mixture is too hot, the dough will not rise.



3. Add the lukewarm water and oil mixture to the dry ingredients. Using your hand or a wooden spoon, mix until a soft but not sticky ball of dough forms. If the dough is too dry add a little more lukewarm water, 1 tsp at a time.



4. Reserve 1 tsp of flour from the bag (flour for dusting), and keep to one side. Lightly flour a surface (flour for dusting), and knead the dough for 8-10 minutes until the dough feels elastic. Put the dough into the greased bowl (from step 1), cover with cling film or a damp tea towel, and leave to prove in a warm place for 60-90 minutes (or until doubled in size).



5. Line a baking tray with the provided baking paper and leave to one side. When the dough has risen, tip it out onto a clean surface. Knead for a few seconds until all the air is knocked out and the dough is smooth.



6. Gently mould the dough into a long oval, roughly 10cm wide by 25cm long, making sure the joins of the dough are underneath and the top is smooth. Position the dough in the centre of the lined baking tray. Cover loosely with cling film or a damp tea towel and leave to prove in a warm place for a further 20-30 minutes or until doubled in size again. Preheat the oven to 240°C/220°C fan/gas mark 9, and put an empty baking tray at the base of the oven.



7. Once proved, very lightly dust the top with the reserved 1 tsp of flour, and using a sharp knife, make a long score, 1cm deep, down the centre of the loaf.



8. Put the loaf in the oven and tip 150ml of cold water into the empty tray at the base of the oven, to create a steamy environment. Reduce the temperature of the oven to 200°C/180°C fan/gas mark 6. Bake for 35-45 minutes or until the top has turned a deep golden brown and the base of the loaf sounds hollow when tapped. Leave to cool on a wire rack for at least 15 minutes before slicing.

TOP TIP

Mature cheddar, crispy lettuce, and a dollop of pickle sandwiched between two slices of this bread will make for a perfect ploughmans.

SKILL LEVEL	PREP TIME	BAKE TIME	MAKES
👑👑👑👑👑	20 MINS + 80-120 MINS PROVE	35-45 MINS	1

IN THE KIT

Bag 1: 300g wholemeal spelt flour

Bag 2: 200g strong white flour

Bag 3: 2 tsp yeast

Bag 4: 15g caster sugar, 12g salt

Bag 5: 30g walnuts

Bag 6: 20g poppy seeds

Flour for dusting: 50g strong white flour

1 x A4 baking paper

VIDEO

Bakedin.co.uk/walnut-spelt-loaf

YOU WILL NEED

250ml lukewarm water

2 tbsp oil + extra for greasing

(e.g. sunflower, vegetable, olive)

2 x 36cm baking trays

STORAGE

Once cooled, store in an airtight container. Freeze for up to three months.

INGREDIENTS

Wholemeal spelt flour (**wheat**), strong white bread flour (**wheat** flour, statutory nutrients: calcium, niacin, iron, thiamin), **walnuts**, poppy seeds, caster sugar, salt (salt, anti-caking agent: sodium ferrocyanide), yeast (yeast, emulsifier: (sorbitan monostearate)).

Nutritional info	Per 100g (as sold)
Energy kJ / kcal	1552kJ/368kcal
Fat	6.5g
of which saturates	0.7g
Carbohydrates	60g
of which sugars	4g
Protein	14.0g
Salt	1.9g

Allergens: For allergens see ingredients in **bold**.
May contain: **milk, soya, & nuts**.

Best before: see sticker. Store in a cool, dry place.

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WALNUT SPELT LOAF

