



## Getting the best from organic and biodynamic flours stoneground from homegrown grain from Little Salkeld Watermill.

We are one of the few mills in the UK that specialise in home-grown organic and biodynamic grain, unlike most mills which use a mix of home grown and some stronger, imported wheat. This is because we find that carefully selected English wheat has a better flavour and makes very nice bread -especially when hand made using an overnight sponge method. However it is not a “strong flour” and will not produce a high rise loaf, nor is it suitable for high stretch ciabattta or foccaccia breads. Strong flour is milled from hard wheats, usually grown in countries with a hotter climate than ours, and generally has a higher protein percentage (around 13% - 15%) than home grown wheats. The protein level relates to the gluten content in the wheat. More gluten increases the elasticity of the dough and allows the air bubbles in the rising dough to get bigger before they burst, making for a more open textured loaf. Less gluten produces a closer, denser texture. In our experience protein level is only part of the story – we find that bread made with biodynamic flour produces an excellent flavour and texture, and, interestingly, even quite low protein wheat grown using biodynamic principles can produce a good loaf. Stoneground flours have been found to have a higher nutritional value than roller milled flours, and the retention of the germ (the part of the grain which contains the life force which sprouts when you put it on wet blotting paper!) gives it a delicious nutty flavour. We favour biodynamic flours because we appreciate the holistic approach, care and respect for the land, its flora and fauna that it embodies. We’ve also had reports from customers who are sensitive to most wheat flours telling us that they find biodynamic flours more digestible. At present we are milling two varieties of wheat – Magister, with a protein around 9%, which we use for our Unbleached White and 85% Loaves; and Natura Star, specially bred for organic and biodynamic farming, with a protein around 10%-11%, which we use for our 100% Wholewheat flours.



Unbleached White Loaf



100% Rye Bread



Special Blend Bread



## Simple Bread Recipe



This recipe is suitable for the following Little Salkeld Watermill flours :

**100% Wholewheat, 85% wheatmeal, Unbleached White, Special Blend, Granarius, Harvest, Millers Magic, and Baker's Barley.**

*We recommend the "sponge" method - it allows more time for the yeast to work, develop flavour, and break down starches and enzymes, making the bread more digestible.*

### Ingredients

335gm (12oz) Watermill Stoneground Flour  
1 Teaspoon Dried yeast  
Pinch of salt  
310ml of warm water



**100% Wholewheat Loaf**

### Method

To make a sponge put 100gm flour plus all the yeast but no salt in a bowl with all the water. Whisk or mix and leave overnight or all day. Add the rest of the flour and the salt to the mix. Knead the mixture briefly until it comes away from the side of the bowl, and then leave to rest for 10-20 minutes,. This allows the flour to take up the moisture. Knead the mixture again, briefly, (just for a few seconds). Sprinkle a small amount of flour onto your bread board and then mould the dough by flattening into a rectangle, roll up the dough, turn 90° and turn over. Do this three times making sure that on the last roll the width of the dough is the right size for a 1lb loaf tin. Place the dough into a well greased loaf tin, it should come approximately 2/3rds of the way up (1/2 way for Unbleached white), leave in a warm draught free place to rise. This will probably take about half an hour but may be longer... be patient! When risen fully the loaf will spring back if gently pressed. When the dough reaches the top of the tin put it into a preheated oven at 220C, for approximately 25 minutes. When the bread is cooked and tipped out of the tin it should be firm all over. Leave to cool on a wire rack.

Wrap in a teatowel and it will keep well for several days.

*NB Always make sure that the dough is soft, and add a little more liquid if it seems a bit dry – all wheat varies in its absorption of water, so exact amount of water needed will vary.*

## Hints for making good bread in a machine.



Henk Glimmerveen is assistant deputy miller at The Watermill and an expert in using our flours in a breadmachine. He uses a Panasonic SD-254 (the SD-255 has the extra ingredient dispenser). Always follow the recipe in the book that came with the machine. Some machines require all the dry ingredients to go in first followed by the liquids. Other machines operate the other way round.

Follow the quantity of ingredients as advised in the recipe book. Such as 375 grams flour 25 grams butter. 320 ml water. There is some freedom in the amounts of salt and sugar or you can leave them out as required. **Always choose the “Short” cycle, except for Unbleached White Flour.**

Any mixes of flour work fine in a Panasonic bread maker. This means any mixes of white and 100% stoneground flour. I have managed to make perfectly good loaves combining 3 flours.

Pre-mixed flours such as **Watermill Granarius, Four Grain and Harvest** work fine on their own but will produce a flatter and compacter loaf. This is because there are additional ingredients in the flour such as sunflower seeds that affect the rising process. To help this process along you could add ¼ of white flour and add some more water (330 ml instead of 320 ml).

**Watermill Rye and Spelt** flour will produce a loaf in the Panasonic bread maker but as the recipe book states it will be more compact and dented at the top. The recipe book indicates that these flours should be used in the Panasonic SD-255. When used in the SD-254 (the machine without the dispenser) the result was a rather flat, dented loaf that tasted fine. But we recommend that these flours are best made by hand, not in a machine.

**Watermill Unbleached White Flour** : produces a well risen, fluffy white loaf ideal for toasting. *Select “Long” cycle for best results.*

**Watermill 100% and 85% stoneground flour:** produces a very tasty loaf. To let it rise a little more add some white flour.

**Granarius, Harvest and Four Grain Flours:** all three produce a great tasting loaf but again add some white to assist the rising process.

**Rye and Spelt:** although they produce a loaf, it remains very compact in the SD-254 bread maker. Try the SD-255 for which the recipe is written or make a great loaf by hand.

**Special Blend, Millers Magic and Bakers Barley:** these are more suited to making loaves by hand. The machine produces a loaf that is tasty but very compact.

*NB The Panasonic recipe book states that “strong white flour is needed”. Strong flour is milled from wheat with a higher protein and gluten content, and requires a hot climate to grow well, eg North America or Australia. It enables the dough to stretch more and hold more air bubbles during rising, making a lighter, higher loaf. Our flour is milled from British wheat, renowned for its great taste, but not so “strong”, and therefore not able to rise as much. Nevertheless our flours work perfectly well in any bread machine to produce a nice, tasty loaf. All Watermill Flours are Stoneground from organic and/or biodynamic (which is also organic!) grains. Do contact us if you have any specific queries – we’ll do our best to help.*