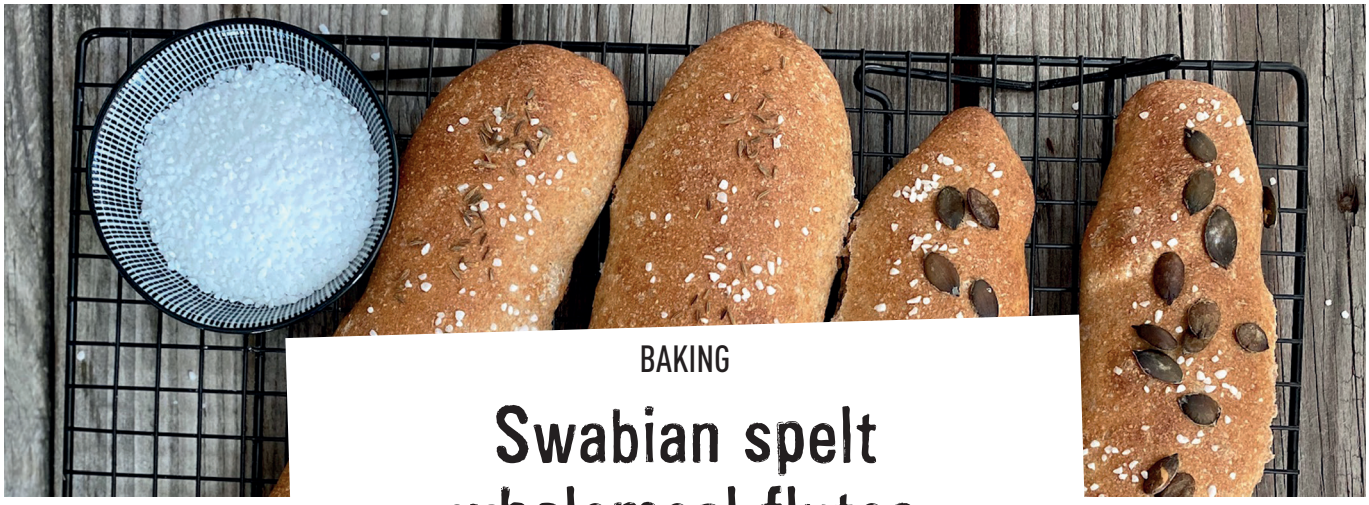
My favorite recipes



BAKING

Swabian spelt wholemeal flutes

Ingredients

500 g SchapfenMühle Spelt wholemeal flour
20 g Yeast, fresh
10 g Salt
8 g Honey
350 g Water, room temperature
Decoration for sprinkling

Preparation

Put the wholemeal spelt flour, crumbled yeast and the remaining ingredients into a mixing bowl. Knead into a smooth dough with a handheld mixer (dough hook).
Cover and leave in a warm place for 30 – 40 minutes until it has almost doubled in size.

Form eight flutes (oblong rolls) from the yeast dough and place on a baking tray covered with baking paper, cover and leave to rest for another 15 – 20 minutes.
Preheat oven to 220 °C (top / bottom heat). Brush the flutes with water and sprinkle, according to taste, with coarse salt, caraway seeds, sesame seeds, pumpkin seeds or grated cheese.

Bake on the middle rack for 10 minutes, reduce the baking temperature to 200 °C, and bake for another 20 minutes.

TIP
For a slightly better roll volume, place a heat-resistant tray with hot water on the bottom of the oven.

Notes

Please note: *Every oven is different. Please adjust the individually required baking times and temperatures accordingly.*

We hope you enjoy the preparation!

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