

# Baking with Spelt

**S**pelt is an ancient relative of wheat that has been cultivated for over 7,000 years and was one of the first grains ever used to make bread. Its use is even documented in the Bible.

Spelt flour comes in two varieties: “whole spelt flour” and “white spelt flour.” If the label on your package says simply “spelt flour” then you can assume it is *whole* spelt.



## **Spelt is more nutritious and digestible than wheat.**

- Because spelt flour is water soluble, it is easier to digest than wheat, and its nutrients are absorbed more readily by the human body.
- Approximately 30% higher in Vitamin B1
- Approximately 25% higher in Vitamin B6
- Approximately 45% higher in Vitamin E
- Higher in unsaturated fatty acids
- Up to 40% higher in protein than wheat
- Higher levels of the amino acid L-tryptophan, the precursor to the neurotransmitter serotonin.
- Spelt contains less gluten, however, it is not suitable for those with celiac disease (gluten allergy)
- Many people who have allergies to wheat can tolerate spelt.

## **Spelt is much more environmentally friendly and sustainable to grow than modern wheat.**

Spelt has a short growing season. It grows very well in poor soil and does not require fertilizers to thrive. Because the spelt grain has a thick husk—which was bred out of modern wheat to make threshing easier—spelt is resilient in bad weather and tolerant of frosts, so it does not need fungicides. Its husk also makes it less susceptible to insect damage, so pesticides are also unnecessary. Spelt is an ancient grain, not genetically modified, and it is therefore not susceptible to most of the plant diseases, funguses and other problems that plague modern wheat strains.

**Measuring spelt flour** is no different from measuring wheat flour. To measure spelt flour in a measuring cup, use the “fluff, scoop & level” method. First, dip your measuring cup into the flour with a sweeping motion and let the flour fall out of the cup. (The object of this is to fluff up the flour in the event that it has compacted in storage.) Using the same sweeping motion, scoop up an over-flowing portion of flour in the measuring cup, taking care not to pack the flour in the cup. Use a flat-sided object, like the handle of a wooden spoon or the straight edge of a knife to remove excess flour from the top of the measuring cup and level its contents. **Note:** Because white spelt flour is less refined, it is best sifted before adding to ingredients in order to break up small lumps and remove bits of bran. One cup of whole or white spelt flour weighs approximately 4½ oz or 120 g.



**Spelt requires less liquid than called for in your wheat flour recipe.** To substitute spelt flour for wheat flour, you will want to make some quantity adjustments. The most reliable way to duplicate the results from your wheat flour recipes—such as bread, cake, biscuits and pancakes—is to *decrease the liquid* in your recipe by 10% - 15%.



## Reduce Liquids by 10%

### American Liquid Measure Conversion Chart

Liquid Amount in Wheat Baking Recipe	Reduced Liquid Amount for Spelt Baking Recipe
2 tablespoons	5½ teaspoons
¼ cup	3 tablespoons + 2 teaspoons
⅓ cup	¼ cup + 1 tablespoon
½ cup	⅓ cup + 2 tablespoons
⅔ cup	½ cup + 2 tablespoons
¾ cup	⅔ cup
<b>1 cup</b>	¾ cup + 2 tablespoons
1¼ cups	1 cup + 2 tablespoons
1⅓ cups	1 cup + 3 tablespoons
1½ cups	1⅓ cups
1⅔ cups	1½ cups
1¾ cups	1½ cups + 1 tablespoon
<b>2 cups</b>	1¾ cups + 1 tablespoon
2¼ cups	2 cups
2⅓ cups	2 cups + 2 tablespoons
2½ cups	2¼ cups
2⅔ cups	2⅓ cups + 1 tablespoon
2¾ cups	2½ cups
<b>3 cups</b>	2⅔ cups



**If your recipe contains a liquid that is difficult to reduce**, such as whole egg, *increase the flour* quantity by 10% to 15%. This works particularly well for fresh pasta and certain cookie doughs which do not have any liquid ingredients except eggs and a little flavoring extract. Keep in mind that the extra flour you add could also require you to also similarly adjust amounts of sugar, salt or other flavorings.

## Increase flour by 10%

### American Volume Measure Conversion Chart

Wheat Flour Amount	Increased Flour Amount for Spelt Baking Recipe
<b>1 cup</b>	1 cup + 2 tablespoons
1¼ cups	1⅓ cups + 1 tablespoon
1⅓ cups	1½ cups
1½ cups	1⅔ cups
1⅔ cups	1¾ cups
1¾ cups	2 cups
<b>2 cups</b>	2¼ cups
2¼ cups	2⅓ cups
2⅓ cups	2½ cups + 1 tablespoon
2½ cups	2¾ cups
2⅔ cups	2¾ cups + 3 tablespoons
2¾ cups	3 cups
<b>3 cups</b>	3¼ cups + 1 tablespoon
3¼ cups	3½ cups + 1 tablespoon
3⅓ cups	3⅔ cups
3½ cups	3¾ cups + 2 tablespoons
3⅔ cups	4 cups
3¾ cups	4 cups + 2 tablespoons
<b>4 cups</b>	4⅓ cups + 1 tablespoon

**To substitute white spelt flour for self-rising wheat flour**, first convert your wheat recipe by either reducing liquid ingredients or increasing the flour amount. Then sift in  $\frac{3}{4}$  teaspoon of baking powder with each cup of white spelt flour in your converted recipe.

## Self-Rising Flour

### American Volume Measure Conversion Chart

For this amount of White Spelt Flour	Add this amount of Baking Powder
<b>1 cup</b>	$\frac{3}{4}$ teaspoon
1 $\frac{1}{4}$ cups	scant teaspoon
1 $\frac{1}{3}$ cups	1 teaspoon
1 $\frac{1}{2}$ cups	1 teaspoon
1 $\frac{2}{3}$ cups	1 $\frac{1}{4}$ teaspoons
1 $\frac{3}{4}$ cups	1 $\frac{1}{4}$ teaspoons
<b>2 cups</b>	1 $\frac{1}{2}$ teaspoons
2 $\frac{1}{4}$ cups	1 $\frac{3}{4}$ teaspoons
2 $\frac{1}{3}$ cups	1 $\frac{3}{4}$ teaspoons
2 $\frac{1}{2}$ cups	1 $\frac{3}{4}$ teaspoons
2 $\frac{2}{3}$ cups	2 teaspoons
2 $\frac{3}{4}$ cups	2 teaspoons
<b>3 cups</b>	2 $\frac{1}{4}$ teaspoons
3 $\frac{1}{4}$ cups	2 $\frac{1}{2}$ teaspoons
3 $\frac{1}{3}$ cups	2 $\frac{1}{2}$ teaspoons
3 $\frac{1}{2}$ cups	2 $\frac{1}{2}$ teaspoons
3 $\frac{2}{3}$ cups	2 $\frac{3}{4}$ teaspoons
3 $\frac{3}{4}$ cups	2 $\frac{3}{4}$ teaspoons
<b>4 cups</b>	3 teaspoons





**To substitute white spelt flour for cake flour**, mix 80% white spelt flour with 20% arrowroot or corn starch. To keep cake flour substitute on hand, mix four parts white spelt flour with one part arrowroot or cornstarch, whisk or sift together, and store in an air-tight container. Always sift the white spelt flour with the starch before using in your cake flour recipe. Remember to reduce the liquid in your cake flour recipe by 10%.

## Cake Flour

### American Volume Measure Conversion Chart

Amount of Flour in Cake Flour Recipe	White Spelt Flour	Arrowroot or Cornstarch
<b>1 cup</b>	$\frac{3}{4}$ cup + 1 tablespoon	3 tablespoons
$1\frac{1}{4}$ cups	1 cup	$\frac{1}{4}$ cup
$1\frac{1}{3}$ cups	1 cup + 1 tablespoon	$\frac{1}{4}$ cup + 1 teaspoon
$1\frac{1}{2}$ cups	1 cup + 3 tablespoons	$\frac{1}{4}$ cup + 2 teaspoons
$1\frac{2}{3}$ cups	$1\frac{1}{3}$ cups	$\frac{1}{4}$ cup + 1 tablespoon
$1\frac{3}{4}$ cups	$1\frac{1}{3}$ cups + 1 tablespoon	$\frac{1}{4}$ cup + 2 tablespoons
<b>2 cups</b>	$1\frac{1}{2}$ cups + 1 tablespoon	$\frac{1}{4}$ cup + 2 tablespoons
$2\frac{1}{4}$ cups	$1\frac{1}{3}$ cups + 3 tablespoons	$\frac{1}{4}$ cup + 3 tablespoons
$2\frac{1}{3}$ cups	$1\frac{3}{4}$ cups + 2 tablespoons	$\frac{1}{3}$ cup
$2\frac{1}{2}$ cups	2 cups	$\frac{1}{2}$ cup
$2\frac{2}{3}$ cups	2 cups + 2 tablespoons	$\frac{1}{2}$ cup + 1 tablespoon
$2\frac{3}{4}$ cups	2 cups + 3 tablespoons	$\frac{1}{2}$ cup + 2 tablespoons
<b>3 cups</b>	$2\frac{1}{3}$ cups + 1 tablespoon	$\frac{1}{2}$ cup + 3 tablespoons
$3\frac{1}{4}$ cups	$2\frac{1}{2}$ cups + 2 tablespoons	scant $\frac{2}{3}$ cup
$3\frac{1}{3}$ cups	$2\frac{2}{3}$ cups	$\frac{2}{3}$ cup
$3\frac{1}{2}$ cups	$2\frac{3}{4}$ cups + 1 tablespoon	$\frac{2}{3}$ cup + scant 1 tablespoon
$3\frac{2}{3}$ cups	$2\frac{3}{4}$ cups + 2 tablespoons	$\frac{2}{3}$ cup + 1 tablespoon
$3\frac{3}{4}$ cups	3 cups	$\frac{3}{4}$ cup
<b>4 cups</b>	3 cups + 3 tablespoons	$\frac{3}{4}$ cup + 1 tablespoon



## Tips for Yeast-Raised Bread, Rolls, Pizza Dough, etc.

**Unsweetened baked goods** made with spelt flour do not brown quite as readily as do those made from modern wheat. To enhance browning, add ¼ teaspoon rice bran syrup, maple syrup, molasses or brown sugar for each cup of spelt flour in your recipe for breads, rolls, pizza dough, etc. (Most cookies, cakes and other baked sweets have plenty of sugar in them to support oven browning.)



**One rise in the bowl and one after forming**

will produce the best result. Most yeast-raised bread recipes for modern wheat call for two rises in the bowl before shaping into loaves. With spelt flour, one rise is all you need. More than one rise in the bowl will cause your dough to not rise sufficiently after forming into loaves.

**Do not over-rise.** Spelt flour dough does not benefit from rising “until double in size” like most wheat-based dough. The rise in the oven will be substantially better if you do not over-rise your spelt loaves, rolls or pizzas, etc., before baking. A rule of thumb is a rise of 1½ to 1¾ times the original dough volume for a wheat recipe which calls for a rise of double the original volume.

**Use active-dry or cake yeast.** For best results *do not* use rapid-rise yeast.



**Spelt bread dough is softer and a little stickier than wheat dough**, so take care not to add too much flour when kneading. If your mixer has a dough-hook attachment, knead on low speed. Or you can knead in a 14-cup-capacity food-processor, fitted with a plastic blade.

**Bread machine baking** can be very successful if you manually set your machine to have only two rising cycles before it bakes the loaf. (Three rising cycles is usually the automatic setting.) Large seeds, nuts or dried fruit are best kneaded in by hand because they tend to break up in machine-kneading.

**Spelt dough is not as “robust” as dough made from bread flour.** Spelt flour is a little lower in gluten than wheat flour, and its gluten strands are shorter. If your recipe calls for “bread flour” – a high-gluten flour – you may substitute spelt, but be aware that the dough will not be as firm, nor will the rise be quite as robust. If you follow the guidelines and do not over-rise your dough, you will have the best chance of success.

**Cutting slashes** in risen spelt bread dough can cause your loaf to deflate, especially if the dough has over-risen. To avoid deflation, slash formed loaves *before* rising. If you slash risen dough, use an exceptionally sharp knife, and do not cut too deeply.

## Basic Spelt Recipes

### White Spelt Bread

Makes 2 loaves

#### Ingredients

¼ cup / 60 ml lukewarm water  
 2½ teaspoons / 7 g / ¼ oz. dry yeast  
 1¾ cups / 415 ml lukewarm water  
 ½ cup / 120 ml milk or plain yogurt  
 1 tablespoon / 15 ml molasses  
 8⅓ cups / 1 kilo / 2 lb + ¾ oz. white spelt flour  
 1 tablespoon / 18 g sea salt  
 1 tablespoon / 7 g butter for preparing the pans



1. In a large mixing bowl, dissolve the yeast in ¼ cup lukewarm water and allow to stand for 10 minutes until bubbly. Add 1¾ cups lukewarm water, yogurt and molasses.

***Kneading by Hand:*** add the flour and salt to the wet ingredients. Stir until the mass is “shaggy” and becomes too difficult to stir. Tip onto a floured surface and knead for 7 to 10 minutes, adding as little flour as possible, until the dough is smooth and elastic. (The dough will be softer and stickier than wheat-flour dough.)

***Kneading by Mixer with dough-hook attachment:*** add the flour and knead on low speed for 4 minutes. Add salt and knead on low speed for one additional minute.

***Kneading by Food Processor with 14-cup-capacity:*** place flour and salt in food processor bowl. With the machine running, slowly pour in liquid ingredients through the opening in the lid, and process until the mixture comes together in a ball. Continue processing for 1 minute.

2. Place the dough in a large, oiled bowl. Cover tightly and allow to rise in a warm, draft-free place for about an hour, until it has risen to 1½ to 1¾ its original volume. Do not over-rise.
3. Scrape the risen dough onto a floured surface and divide into 2 equal portions. Form into round loaves, dust tops with flour, and place onto buttered 8” or 9” (20 cm or 24 cm) diameter pie pans. If you are using loaf pans, butter two pans, approximately 8” x 4” x 3” (20 cm x 10 cm x 7.5 cm) in size, place loaves in the pans and dust the tops with flour.
4. Slash loaves shallowly, if desired. Slash round loaves in a cross-hatch pattern. For loaves in loaf pans, slash lengthwise down the center of the loaf. Cover loaves with a floured cloth.
5. Preheat the oven to 375° / 190°C / Gas Mark 5 for at least 30 minutes. Allow loaves to rise until they are 1½ to 1¾ times their original volume. If using loaf pans, rise until the tops of loaves have risen ½” (1 cm) above the rims of the pans.
6. Bake at 375°F / 190°C / Gas Mark 5 for one hour, until the loaves are brown and have shrunk a little from the sides of the pan, or until the internal temperature of the loaves reaches 205° F / 96° C. Remove from pans and cool on racks. Bread may be frozen when completely cooled.

**Note:** This dough may also be formed into rolls. Reduce baking time to 20 – 35 minutes, depending upon the size.

## Whole Spelt Bread – Sponge Method

*The sponge method really improves the flavor and texture of a yeast-raised, whole-grain loaf. It also makes the bran more digestible. The sponge can be allowed to rest, covered, at room temperature for up to four days. Like any sourdough starter, the longer the sponge ferments, the more sourdough taste the finished loaf will have. Milk or yogurt “softens” the crumb, and the lactic acid in yogurt also improves keeping quality.*

Makes 2 loaves

### **For the sponge:**

1¾ cups / 415 ml lukewarm water  
½ teaspoon / 1.5 g dry yeast  
4 cups / 500 g / 1lb + 1½ oz. whole spelt flour

### **For the dough:**

¼ cup / 60 ml lukewarm water  
2 teaspoons / 5 g dry yeast  
½ cup / 120 ml milk, plain yogurt or water  
1 tablespoon / 15 ml molasses or rice bran syrup  
4 cups / 500 g / 1 lb + 1½ oz. white or whole spelt flour  
1 tablespoon / 18 g sea salt  
1 tablespoon / 7 g butter for preparing the pans  
1 cup / 120 g hulled pumpkin or sunflower seeds (optional)



1. **To prepare the sponge:** The night before (or up to four days ahead), make the sponge. Dissolve ½ teaspoon yeast in 1¾ cups warm water and allow to stand for 10 minutes, until bubbly. Mix in 4 cups of whole spelt flour. Cover tightly and allow to ferment for at least 8 hours. The mixture will rise and fall in the bowl.
2. **To prepare the dough:** Dissolve 2 teaspoons yeast in ¼ cup lukewarm water and allow to stand for 10 minutes until bubbly. Add to the starter, along with the yogurt and molasses.  
  
**Kneading by Hand:** add the flour and salt to the wet ingredients. Stir until the mass is “shaggy” and becomes too difficult to stir. Tip onto a floured surface and knead for 7 to 10 minutes, adding as little flour as possible, until the dough is smooth and elastic. (The dough will be softer and stickier than wheat-flour dough.)  
  
**Kneading by Mixer with dough-hook attachment:** add the flour and knead on low speed for 4 minutes. Add salt and knead on low speed for one additional minute.  
  
**Kneading by Food Processor with 14-cup-capacity:** place flour and salt in food processor bowl. With the machine running, slowly pour in liquid ingredients through the opening in the lid, and process until the mixture comes together in a ball. Continue processing for 1 minute.
3. Place the dough in a large, oiled bowl. Cover tightly and allow to rise in a warm, draft-free place for about an hour, until it has risen to 1½ to 1¾ its original volume. Do not over-rise.
4. Scrape the risen dough onto a floured surface and divide into 2 equal portions. Form into round loaves, dust tops with flour, and place onto buttered 8” or 9” (20 cm or 24 cm) diameter pie pans. If you are using loaf pans, butter two pans, approximately 8” x 4” x 3” (20 cm x 10 cm x 7.5 cm) in size, place loaves in the pans and dust the tops with flour.
5. Slash loaves shallowly, if desired. Slash round loaves in a cross-hatch pattern. For loaves in loaf pans, slash lengthwise down the center of the loaf. Cover loaves with a floured cloth.



6. Preheat the oven to 375° / 190°C / Gas Mark 5 for at least 30 minutes. Allow loaves to rise until the loaves are 1½ to 1¾ times their original volume. If using loaf pans, rise until the tops of loaves have risen ½" (1 cm) above the rims of the pans.
7. Bake at 375°F / 190°C / Gas Mark 5 for one hour, until the loaves are brown and have shrunk a little from the sides of the pan, or until the internal temperature of the loaves reaches 205° F / 96° C. Remove from pans and cool on racks. Bread may be frozen when completely cooled.

## Spelt Bread for a Bread Machine

Makes 1 loaf

### Ingredients

2½ teaspoons / 7 g / ¼ oz. dry yeast  
 1 teaspoon / 6 g sea salt  
 3 cups / 360 g / 12¾ oz. white or whole spelt flour,  
 or a combination of the two  
 1 tablespoon / 7 g softened butter  
 1 tablespoon / 15 ml molasses  
 ¾ cup / 175 ml water  
 ½ cup / 120 ml milk, goat milk, soymilk, almond milk, rice milk or plain yogurt

1. Be sure all ingredients are at room temperature.
2. Put the yeast, salt, flour, butter, molasses, water and milk into the machine in that order.
3. Program the machine for 2 rising cycles (normal is 3). Press start.
4. Follow machine directions for removing and cooling your loaf.



## Spelt Scones

Makes 12 large scones



### Ingredients

4 cups / 500 g / 1lb + 1½ oz white spelt flour  
 4 teaspoons / 16 g baking powder  
 ¾ teaspoon / 4.5 g sea salt  
 2 tablespoons / 25 g granulated (caster) sugar  
 ½ cup (one stick) / 115 g / 4 oz cold butter plus a little for preparing the baking sheets  
 1 egg, beaten  
 ¾ cup / 175 ml milk, buttermilk, goat milk, soymilk or rice milk  
 1 cup / 150 g / 5¼ oz golden raisins (sultanas), tossed with a little flour (optional)  
 Granulated (caster) sugar for sprinkling on the tops (optional)

1. Pre-heat the oven to 400°F / 200°C / Gas Mark 6. Butter baking sheets or line with baking parchment. Sift together dry ingredients. Cut butter into small pieces and rub into the dry ingredients with your fingers until the texture resembles corn (maize) meal. (At this point, you can store the mix in the freezer or the refrigerator in an air-tight container.)
2. Whisk together the eggs and milk. Reserve 2 tablespoons of the mixture for brushing the tops of the scones. Stir the rest into the dry ingredients until just blended. Do not overwork.
3. If making drop scones, the mixture should have a soft, dropping consistency. Add a little more milk if necessary. Scoop out ¼ cup (½ dl) portions of the mixture and drop onto prepared baking sheets about 2" / 5 cm apart. If making rolled scones, tip the mixture onto a floured board, knead a couple of times, adding a little flour as necessary to make the dough firm enough to shape. Pat into a round that is 1" (2 cm) thick. Then cut into wedges or cut out with a 2" (5 cm) round cutter. Lift scones onto prepared baking sheets about 2" (5 cm) apart.
4. Brush tops of the scones with the reserved egg-milk mixture and sprinkle with granulated sugar, if desired. Bake at 400°F / 200°C / Gas Mark 6 for 12 – 15 minutes, until scones have risen and the tops are golden brown.

### Variations:

#### Blueberry – Lemon Scones

Gently stir 1 cup / 80 g / 2¾ oz. fresh blueberries and the grated zest of one lemon into the dry ingredients before mixing in wet ingredients. Proceed with recipe.

#### Cranberry – Orange Scones

Stir in 1 cup / 150 g / 5¼ oz dried cranberries and grated zest of an orange to the dry ingredients before mixing in wet ingredients. Proceed with recipe.

#### Savory Scones

Omit sugar. Stir in ½ cup / 1 dl finely grated Parmesan or Pecorino Romano cheese and ¼ cup / ½ dl minced chives to dry ingredients before mixing in wet ingredients. Proceed with recipe.

## Spelt Pie Crust

Makes a double crust for a 9" (24 cm) pie

### Ingredients

¼ cup + 2 tablespoons / 90 ml / 3 oz. sour cream, crème fraîche or plain yogurt  
 2 tablespoons / 30 ml ice water  
 1 teaspoon / 4 g sugar  
 ¾ teaspoon / 4.5 g salt  
 1 cup (2 cubes) / 230 g / 8 oz. very cold butter  
 2½ cups / 300 g / 11¼ oz. white spelt flour



1. **By hand:** In a small bowl, combine the sour cream, ice water, sugar and salt until blended. Cut the cold butter into ½" / 1 cm pieces and toss with the flour. Cut butter into flour with a pastry cutter until the butter is the size of small peas, about ¼" / 5 mm or a little less in diameter.

**By food processor:** Freeze the butter, then cut into ½ inch / 1 cm pieces. Pulse flour and butter in the processor until the butter is the size of small peas. Empty butter-flour mixture into a mixing bowl. (You may proceed to mix in the liquid ingredients and process into a ball, but the finished crust will not be as flaky.)

2. Add the sour cream mixture and toss with a fork just until just blended. Do not over-mix. The dough should stick together when pressed into a ball. If the mixture is too dry, add ice water, a few drops at a time, tossing with a fork, until the dough sticks together when pressed. Do not add too much water or the crust will be tough.
3. Divide the dough in half, and roll halves into balls. Flatten each ball into a disk about 1" / 2 cm thick. Wrap in plastic wrap, waxed paper or parchment, and refrigerate for one hour before rolling. Scraps are best stacked to re-roll. Dough can be frozen for 4 months in its wrapping in an air-tight container.

## Spelt Yellow Cake

*This recipe can be made with 100% white spelt flour or a mixture of spelt flour and arrowroot starch. The secret to a tender crumb is to not over-mix the batter. Long beating develops the gluten in the flour and makes your cake tough. Having all of the ingredients at room temperature is also important. I am not fond of an overly-sweet cake and have made this recipe with as little as 1 cup of sugar.*

Makes two 9" (24 cm) layers

### Ingredients

1 cup (2 cubes) / 230 g / 8 oz. butter,  
softened to room temperature, plus  
more for preparing the pans  
1½ to 3 cups / 300 g to 600 g / 10½ oz.  
to 21 oz. granulated sugar  
6 eggs at room temperature  
1 teaspoon / 5 ml vanilla  
3 cups / 360 g / 12¾ oz. white spelt flour  
2 teaspoons / 8 g baking powder  
¼ teaspoon / 1.5 g salt  
⅓ cup / 80 ml milk, goat milk, soymilk,  
almond milk, rice milk or water



1. Pre-heat the oven to 350°F / 180°C / Gas Mark 4. Butter two 9" / 24 cm round cake pans. Line the bottoms with waxed paper or baking parchment. Butter the paper or parchment; then flour the pans with a little spelt flour.
2. In a mixing bowl, combine the sugar and butter. Beat with a mixer until light and fluffy. Beat in the eggs, one at a time; then add the vanilla.
3. Sift together dry ingredients. Add and blend in the dry ingredients, alternating with the liquid, scraping down the sides of the bowl, beating on low speed until the mixture is smooth and thoroughly combined.
4. Divide batter between cake pans. Smooth the tops with a spatula to level. Bake at °F / 180°C / Gas Mark 4 for 25 – 35 minutes, until the cake has come away from the sides of the pan and a tester or toothpick, inserted in the center, comes out clean.
5. Cool in pans for 5 minutes. Then turn out onto racks and carefully peel off the paper bottoms. Allow to completely cool before frosting.

### Variations:

#### **Cake-Flour Equivalent Version – White Spelt & Arrowroot or Cornstarch**

Use 2⅔ cups + 1 tablespoon / 290 g / 11½ oz. white spelt flour sifted with  
½ cup + 3 tablespoons / 70g / 2½ oz. arrowroot or cornstarch

#### **Chocolate Cake**

Use 2½ cups / 300 g / 12½ oz. white spelt flour, sifted with ½ cup / 40g / 1½ oz. cocoa powder, preferably dark, Dutch-processed cocoa



## Spelt Drop Cookies

*Drop cookies are very easy to make and sure to please. Confectioners, powdered sugar gives the best texture; granulated (caster) sugar can be a little gritty. Use any combination of dried fruit, nuts, even coconut. For a more cake-like texture, reduce the butter to half a cup (115 g).*

Makes 2 dozen cookies

### Ingredients

- 1 cup (2 cubes) / 230 g / 8 oz. butter, softened to room temperature
- 2 cups / 260 g / 9 oz. confectioners powdered (icing) sugar
- 2 teaspoons / 10 ml vanilla extract
- 2 eggs at room temperature
- 3 cups / 360 g / 12¾ oz. white spelt flour
- ½ teaspoon / 3 g sea salt
- 1½ teaspoon / 6 g baking powder
- 1 cup / 150 g / 5¼ oz. raisins, golden raisins (sultanas), dried cranberries, dried blueberries, etc., tossed with a little flour (or other dried fruit, cut into ¼" / 5 mm pieces)
- ½ cup / 50 g / 1¾ oz. chopped nuts (optional)



1. Preheat the oven to 375°F / 190°C / Gas Mark 5. Butter baking sheets or line with baking parchment.
2. In a mixing bowl, beat the butter with the powdered sugar until light and fluffy. Beat in the eggs, one at a time, and the vanilla extract.
3. Sift together dry ingredients. With the mixer on low speed, add the flour gradually and mix until blended. Remove the mixing bowl from the mixer and add the dried fruit. Stir in with a wooden spoon until the fruit is evenly mixed into the cookie dough.
4. Drop heaping tablespoons (dessert spoons) of dough onto sheets, spacing 2" (5 cm) apart. Bake at 375°F / 190°C / Gas Mark 5 for 12 to 14 minutes, until brown around the edges and slightly springy to the touch.
5. Cool on racks. Store in an air-tight container for up to 1 week.

Note: This dough can be frozen in an air-tight container for up to 3 months.

### Variations:

**Granulated Sugar version:** whisk or beat sugar into the eggs until it is completely dissolved, about 10 minutes; then gradually add the sugar-egg mixture to the softened butter.

#### Lemon – Ginger Cookies

Add lemon zest to the butter-sugar-egg mixture before beating in the flour mixture. Omit dried fruit and nuts, and add ⅓ cup / 50 g / 1¾ oz. finely minced candied ginger, tossed with a little flour.

#### Cranberry – Pecan Cookies

Use dried cranberries for the fruit and pecans for the nuts. Press a pecan half into the top of each cookie before baking.

## Resources

*A great resource for spelt flours is your local natural foods retailer. Most natural foods stores carry whole spelt flour. Many also carry white spelt flour, or they will special-order it for you. Here are some of the online resources:*

### Arrowhead Mills

The Hain Celestial Group, Inc.  
4600 Sleepytime Dr.  
Boulder, CO 80301  
(800) 434-4246  
[www.arrowheadmills.com](http://www.arrowheadmills.com)

Recipes, online store and suppliers list.  
Their organic grain products are available in most natural food stores.

### Vita-Spelt Organic Food Products

Purity Foods  
2871 W. Jolly Road  
Okemos, MI 48864  
(800) 997-7358  
[www.purityfoods.com](http://www.purityfoods.com)

The gold-standard in organic white and whole spelt flour. Online store, recipes and suppliers list.

### Bob's Red Mill

13521 SE Pheasant Court  
Milwaukie, OR 97222  
(800) 553-2258  
[www.bobsredmill.com](http://www.bobsredmill.com)

A nice variety of hard-to-find flours, grains and gluten-free mixes. Online store, recipes and suppliers list. Available in most natural food stores and health food sections of major grocery chains.

### Barry Farm Foods

20086 Mudsock Road  
Wapakoneta, OH 45895  
(419) 741-0155  
[www.barryfarm.com](http://www.barryfarm.com)

A terrific (if a little clunky) online store for all kinds of baking products, including spelt and rye "berries" and flours, nuts, seeds, dried beans, spices, flavorings and more. Great customer service.

### Nuts Online

125 Moen Street  
Cranford, NJ 07016  
(800) 558-6887  
[www.nutsonline.com](http://www.nutsonline.com)

A dizzying array of dry goods. Many organic products at reasonable prices.

### Amazon.com

[www.amazon.com](http://www.amazon.com)

It pays to search on Amazon for spelt flour and snacks. Occasionally, excellent prices pop up, especially if you're willing to order in quantity. Be sure to calculate shipping into your price comparisons.

### San Francisco Herb Company

250 14th Street  
San Francisco, CA 94103  
(415) 861-7174  
[www.sfherb.com](http://www.sfherb.com)

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