

# SPOTLIGHT ON SPELT

Spelt is an ancient grain (it can be traced back to 5000 BC!). It's had a recent revival as an alternative to wheat - it is in fact a sub-species of wheat. It can also be known as 'farro'. Spelt is high in protein and fibre and has a lower gluten content than wheat, which makes it easier to digest for many people. However, it is still on the no-go list for people with gluten intolerance or sensitivity or coeliac disease because it does contain gluten. It's flavour is slightly nutty, but very mild, so it makes for a very good wheat substitute.

Modern day wheat has been heavily modified. Most of the time we are eating a hybrid of the original wheat grain - with changed properties, including a much higher gluten content. Spelt has not been modified in this way and is therefore more easily digestible. It is also more commonly grown as an organic crop than wheat.

When it comes to baking, you can substitute with wheat flour 1:1 (but often needing slightly more liquid for a wholegrain spelt as it will absorb more moisture). Due to the lower gluten content, however, the rise will not be as high and the end result might be denser. A perfect example of this is hot-cross buns! My spelt hot-cross buns never seem to rise like using wheat flour.

## SMALL STEP:

Try substituting part of the wheat flour in your favourite recipes for spelt. Perhaps 25%. I now use spelt flour 99% of the time in my kitchen and find it a perfect substitute to wheat flour.

## WHERE TO BUY SPELT FLOUR:

- Supermarket (health food or baking aisle)
- Health Food Shops
- Food co-operatives

## WAYS TO USE SPELT FLOUR:

- Buy spelt pasta from the supermarket
- Substitute for wheat when baking cookies, cakes and pancakes
- [Chocolate Chip Cookies](#)
- [Pancakes](#)
- [Oatmeal, Spelt and Honey Scones](#)
- [Chocolate Cake](#)
- Buy or make spelt sourdough bread for a lower-gluten and fermented bread choice.
- Make a sourdough starter <http://wholesomekids.com.au/how-to-make-a-sourdoughstarter/>
- Make a sourdough bread loaf - use this recipe as a base and gradually increase amount of spelt in the recipe (I recommend this so that you don't freak your family out!) <http://www.sbs.com.au/food/recipes/spelt-sourdough/>