

100% EMPLOYEE OWNED



ARTISAN BREAD

# High-Gluten FLOUR

HIGH-STRENGTH FLOUR FOR HEARTY BREADS & CHEWY BAGELS



NET WT 48 OZ (3 LBS) 1.36kg

## **High-Gluten Flour**

Milled from the finest hard spring wheat, this flour adds extra chewiness to breads and bagels while also ensuring a high rise. As the highest-gluten flour around, it's key to crusty, chewy artisan breads and whole grain loaves with a hearty, lofty texture.

#### How to bake with it:

- High-Gluten Flour absorbs more liquid than all-purpose. When substituting, add more liquid, a tablespoon at a time, until the dough is the consistency called for.
- Visit KingArthurBaking.com and try High-Gluten Flour in recipes like Baker's Grain Sourdough or Baby Bagels.

### OUR RECIPE FOR

## Easy Multigrain Bread

- 3¼ cups (390g) King Arthur High-Gluten Flour
- 1 cup (113g) King Arthur Whole Wheat Flour
- 1 cup (149g) King Arthur Harvest Grains Blend
- 2 teaspoons salt
- 1 teaspoon instant yeast
- 1¾ cups (397g) water, cool

- Mix all ingredients until flour is incorporated and sticky dough forms. Knead gently until dough becomes somewhat smooth.
- Place dough in lightly greased bowl, cover, and let rest at room temperature overnight (or at least 8 hours); it'll become bubbly and rise quite a bit.
- Turn dough onto floured surface and form into round loaf to fit 9" to 10" round baking crock.
- Place dough in lightly greased crock, smooth side up.
   Cover with lid and let rise for 90 minutes. It won't appear to rise much, but will settle and expand.
- Put crock with lid in cold oven. Set temperature to 450°F, and bake for 45 to 50 minutes.
- Remove lid and continue to bake for another 5 to 15 minutes, until deep brown. A digital thermometer inserted into center should register about 205°F.
- Turn out onto rack and cool before slicing.

Yield: 1 loaf

BEST IF USED BY:



Serving size 1/

e 1/4 cup (30g)

Amount per serving

**Calories** 

110

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Suga	ars <b>0</b> %

Protein 4g

Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	2%
Potassium 30mg	0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Wheat Flour (wheat flour, enzyme).

**CONTAINS:** Wheat.

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For information on allergens and cross-contact prevention, visit:
KingArthurBaking.com/Allergen-Program

DO NOT EAT RAW FLOUR, DOUGH, OR BATTER.



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We're committed to using the power of business as a force for social and environmental good.



