

SPECIALTY FLOUR



100% EMPLOYEE OWNED



EUROPEAN-STYLE

# Artisan Bread FLOUR

FOR AIRY, CHEWY ARTISAN BREADS WITH AN OPEN CRUMB



NET WT 48 OZ (3 LBS) 1.36kg

Ideal for artisan loaves, baguettes, pizza & hearth breads.

## Artisan Bread Flour

Our Artisan Bread Flour blends unbleached all-purpose flour with white whole wheat flour for added nutrients and flavor. Plus, a touch of ascorbic acid (vitamin C) ensures great oven spring and texture. With a protein content of 11.7%, this blend is perfect for French and Italian hearth-style breads.

### How to bake with it:

- Ideal for artisan-style bread and rolls, use this flour to replace the all-purpose flour in any yeasted recipe for excellent results.
- Visit [KingArthurBaking.com](http://KingArthurBaking.com) for more recipes using Artisan Bread Flour, like Sourdough Beer Bread, Easy Crusty Baguettes, or Tuscan Coffee Cake.

## OUR RECIPE FOR Italian Sesame Bread

### Dough

3 ¾ cups (450g) King Arthur Artisan Bread Flour  
2 teaspoons instant yeast  
1 ½ teaspoons salt  
2 tablespoons (25g) olive oil  
1 to 1 ¼ cups (227g to 283g) water, lukewarm

### Topping

3 tablespoons (25g) toasted sesame seeds or whole flax seeds  
1 beaten egg white

- Mix and knead dough ingredients — by hand, mixer, or bread machine — until smooth and elastic. Place in lightly greased bowl, cover, and let rise 1 ½ to 2 hours, until puffy.
- Gently deflate and divide into three pieces. Roll into 20"-long ropes, tapering ends slightly. Place on lightly greased or parchment-lined baking sheet. Braid loosely, pinch ends together, and tuck under. Brush with some beaten egg white.
- Cover and let rise 60 to 90 minutes, until quite puffy. Brush again with egg white and sprinkle with sesame or flax seeds.
- Bake in preheated 400°F oven for 20 to 25 minutes, until golden brown. Tent lightly with foil after 15 minutes if browning too quickly. A digital thermometer inserted into center should register 190°F to 200°F. Remove from oven and cool on rack.

Yield: 1 loaf

## Nutrition Facts

about 45 servings per container

Serving size 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** 23g 8%

Dietary Fiber 1g 4%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 4g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.4mg 2%

Potassium 40mg 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:** King Arthur Unbleached Flour (wheat flour, enzyme), King Arthur White Whole Wheat Flour, Ascorbic Acid.

**CONTAINS:** Wheat.

KING ARTHUR BAKING COMPANY, INC.  
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800-827-6836 | [KingArthurBaking.com](http://KingArthurBaking.com)

For information on allergens and cross-contact prevention, visit:  
[KingArthurBaking.com/Allergen-Program](http://KingArthurBaking.com/Allergen-Program)

**DO NOT EAT RAW FLOUR, DOUGH, OR BATTER.**



### WE'RE HERE TO HELP.

Call or chat online with our friendly, experienced bakers.

**BAKER'S  
HOTLINE**

**855-371-BAKE (2253)**

[KingArthurBaking.com/Bakers-Hotline](http://KingArthurBaking.com/Bakers-Hotline)

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