

SPECIALTY FLOUR



100% EMPLOYEE OWNED



WHOLEMEAL
Irish-Style
FLOUR

IDEAL FOR BAKING IRELAND'S TRADITIONAL BROWN BREADS



NET WT 48 OZ (3 LBS) 1.36Kg



Perfect for whole grain quick breads & muffins.

Irish-Style Flour

Coarsely ground from red whole wheat, this soft flour is our version of the whole grain flours used to bake traditional Irish breads. Dense, complex-tasting brown breads have just a few ingredients, so it's key to use flour that imparts flavor and texture.

How To Bake With It

- For high-rising, tender biscuits with mildly nutty flavor, try substituting Irish-Style Flour for the white flour in your favorite recipe.
- Visit KingArthurBaking.com to try Irish-Style Flour in recipes like Irish Cream Scones, Tea Brack, or Whole Grain Dinner Rolls.

OUR RECIPE FOR Irish Soda Bread

- 2 ½ cups (275g) King Arthur Irish-Style Flour
 - 1 ¼ cups (150g) King Arthur Unbleached Bread Flour
 - 3 tablespoons (37g) sugar
 - 1 teaspoon baking soda
 - ¾ teaspoon salt
 - ⅔ cup (95g) currants or raisins
 - 4 tablespoons (57g) cold butter, cut into 8 pieces
 - 1 ½ cups (302g) buttermilk
 - 1 large egg
 - 2 tablespoons (28g) melted butter, optional
- Preheat oven to 400°F. Lightly grease 8" or 9" round cake pan.
 - Whisk together flours, sugar, baking soda, salt, and currants or raisins. Using a mixer, pastry fork or blender, or your fingers, work in butter until evenly distributed and no large chunks remain.
 - In separate bowl, whisk buttermilk and egg. Pour into dry ingredients and mix to combine. Dough will be stiff. If too crumbly to squeeze together, add another tablespoon or two of buttermilk.
 - Knead briefly then shape into ball. Flatten slightly and place in pan. Cut a ½"-deep cross on top of loaf.
 - Bake 45-55 minutes, until golden brown and toothpick inserted into center comes out clean. Brush top with melted butter, if desired.

Yield: one 9" loaf

Nutrition Facts

45 servings per container	
Serving size	1/4 cup (30g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.2mg	6%
Potassium 120mg	2%

*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:

Whole Wheat Flour.

CONTAINS: Wheat.

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KING ARTHUR BAKING COMPANY, INC.
NORWICH, VERMONT 05055
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For information on allergens and cross-contact prevention, visit:
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