

ORGANIC FLOUR

FRESH-LOCK SOFT SEAL ZIPPER

100% EMPLOYEE-OWNED



WHOLE GRAIN

Organic Pumpernickel FLOUR

FOR COMPLEX, FLAVORFUL BREADS & BAGELS



NET WT 48 OZ (3 LBS) 1.36kg



Ideal for dark, earthy rye breads, rustic boules & sourdoughs.



FRESH-LOCK SOFT SEAL ZIPPER

Organic Pumpernickel Flour

Our organic pumpernickel flour has all the bran, germ, fiber, flavor, and mineral-rich goodness of the whole rye berry. It's the rye equivalent of whole wheat flour and yields a soft moist crumb and aromatic pumpernickel notes in breads and bagels alike. Rye flours contain lots of micronutrients that yeast likes, so it's excellent for helping to get a sourdough starter going. Try including a few tablespoons of this flour next time you feed your starter.

How To Bake With It

- Use Pumpernickel in any recipe that calls for Rye flour for flavorful whole-grain goodness. Rye does great things for yeast breads, bagels, scones, and even cookies. Organic Pumpernickel is also the key to getting a sourdough starter going from scratch.
- Visit KingArthurBaking.com and try it in recipes like Deli Rye Rolls, Brown Butter Rye Scones, and Sour Cream Rye Muffins.

OUR RECIPE FOR

Dark Pumpernickel Onion Loaf

Dough

- 1 cup (106g) King Arthur Organic Pumpernickel Flour
- 2 1/4 cups (270g) King Arthur Unbleached All-Purpose Flour
- 1/4 cup (46g) potato flour or 1/2 cup (46g) dried potato flakes
- 2 tablespoons (18g) non-diastatic malt powder or brown sugar (27g)
- 1 teaspoon King Arthur Deli Rye Flavor, optional
- 2 tablespoons (14g) minced dried onions
- 1 1/2 teaspoons salt
- 1 tablespoon (5g) black cocoa, optional
- 2 teaspoons instant yeast
- 1 1/2 cups (340g) lukewarm water

Topping

- 1 egg white, whisked
- 2 tablespoons (18g) sesame or poppy seeds

- Combine dough ingredients and mix until cohesive. Let rest for 30 minutes, so rye flour can absorb some liquid, making it easier to knead. Knead — by hand, mixer, or bread machine — until smooth and elastic, about 5 to 10 minutes. Rye dough is sticky, so don't be tempted to add too much flour. Place in bowl, cover, and let rise 1 to 2 hours.
- Turn dough onto lightly oiled surface and form into oval. Transfer to lightly greased or parchment-lined baking sheet. Cover and let rise 1 1/2 to 2 hours, until almost doubled. Brush with egg white, sprinkle with seeds, and slash diagonally several times.
- Bake in preheated 425°F oven for 18 to 22 minutes, until digital thermometer inserted into center registers 190°F to 200°F. Remove from oven and cool on rack before slicing.

Yield: 1 large 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 21g 8%

Dietary Fiber 7g 25%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1.5mg 8%

Potassium 220mg 4%

*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: Organic Whole Rye Flour.

CONTAINS: Wheat.

KING ARTHUR BAKING COMPANY, INC.
NORWICH, VERMONT 05055
800-827-6836 | KingArthurBaking.com

Certified Organic by Vermont Organic Farmers.

Produced on equipment that also processes eggs, milk, soy, almonds, hazelnuts, pecans, walnuts, and coconut.

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

Certified



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



100241A301A

210598



BEST IF USED BY: