

Organic Flour

NEW!

100% EMPLOYEE-OWNED



CLASSIC MEDIUM

# Organic Rye FLOUR

FOR COMPLEX, FLAVORFUL BREADS & BAKED GOODS



U NET WT 48OZ (3LBS) 1.36kg



Ideal for bread.  
Great in cookies, cakes, and pastries.

## Medium Rye

Our Organic Rye Flour, 100% grown and milled in America, is a slightly darker rye, milled closer to the bran than white rye. Use it alone to make classic, flavorful rye bread or to bring robust rye flavor to other recipes, like cakes, scones, and cookies.

### How To Bake With It

- To add moistness and flavor to cookies, muffins, and other baked goods, substitute rye flour for up to 25% of the all-purpose or whole wheat flour in your recipe.
- Try in other recipes like Rye Chocolate Chip Cookies, Rye Banana Bread, and more at [KingArthurBaking.com](http://KingArthurBaking.com)

### OUR RECIPE FOR

## Classic Rye Sandwich Bread

1 1/2 cups (159g) King Arthur Organic Medium Rye Flour  
1 3/4 cups (210g) King Arthur Unbleached Bread Flour  
1 cup (227g) lukewarm water (105°F to 115°F)  
1 tablespoon (22g) molasses or honey  
2 teaspoons active dry yeast or instant yeast  
1 teaspoon salt  
2 teaspoons caraway seeds  
1 tablespoon minced dried onions  
1 1/2 tablespoons (22g) melted unsalted butter

- Mix together all the ingredients and knead — by hand, mixer, or bread machine — to make a smooth, slightly sticky dough. Place the dough in a greased bowl, cover the bowl, and allow the dough to rise at room temperature for 1 to 2 hours, or until it's nearly doubled in bulk. Even if rising takes longer, give it enough time to become quite puffy.
- Shape dough into an elongated oval, and place on a lightly greased or parchment-lined baking sheet.
- Allow loaf to rise, covered, until increased in size by about one third and noticeably puffy, about 1 hour. While the dough is rising, preheat the oven to 350°F.
- Bake the bread for 30 to 35 minutes or until the crust is golden brown, and the interior temperature reads 205°F on a digital thermometer.
- Remove the bread from the oven, turn it out onto a rack, and brush the top with butter, if desired; this will give it a soft, satiny crust.
- Cool the bread completely before slicing and serving.

Yield: one loaf.



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BEST IF USED BY:

## Nutrition Facts

45 servings per container  
Serving size 1/3 cup (30g)

Amount per serving  
**Calories** 100

% 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 4g 14%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.8mg 4%

Potassium 110mg 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:** 100% Organic Rye Flour.

**CONTAINS:** Wheat.

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



CERTIFIED ORGANIC BY QUALITY ASSURANCE INTERNATIONAL

Produced on equipment that also processes eggs, milk, soy, almond, 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](http://KingArthurBaking.com/bakers-hotline)

Certified



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