

SPECIALTY FLOUR



100% EMPLOYEE OWNED



WHOLE GRAIN

Pumpernickel FLOUR

FOR COMPLEX, FLAVORFUL BREADS & BAGELS



U NET WT 40 OZ (2.5 LBS) 1.13 kg



Ideal for dark, earthy rye breads, rustic boules, and bagels.



Pumpernickel Flour

Our 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 sourdough starters, yeast breads, bagels, scones, and cookies.
- Visit KingArthurBaking.com and try Pumpernickel Flour in recipes like Deli Rye Rolls, Brown Butter Rye Scones, and Sour Cream Rye Muffins.

OUR RECIPE FOR Everything Bagel Pumpernickel Bread

- 2 cups (240g) plus 2 tablespoons (16g) King Arthur Unbleached All-Purpose Flour, divided
 - 1 cup (106g) King Arthur Pumpernickel Flour
 - 1 teaspoon King Arthur Deli Rye Flavor, optional
 - 2 tablespoons (18g) Everything Bagel Topping
 - 1½ teaspoon salt
 - 1½ teaspoons instant yeast
 - 1¼ cups (283g) water, at room temperature
 - 1 tablespoon (12g) vegetable oil
- Combine all ingredients, reserving 2 tablespoons of all-purpose flour. Stir until dough comes together and forms dense, slightly sticky ball. Let rest at room temperature for 45 minutes, uncovered.
 - Knead with oiled hands about 3 minutes, using reserved flour as needed. The dough won't change much and will still be sticky after kneading. Allow to rise, uncovered, for 45 to 60 minutes.
 - Place dough onto lightly oiled surface and pat into rectangle. Fold short sides in toward center (like folding a business letter), then round into a log. Place on parchment-lined baking sheet. Brush top and sides with water and sprinkle with additional seeds, if desired. Let rise, uncovered, until puffy, about 20 to 55 minutes.
 - Slash top diagonally several times and bake in a preheated 375°F oven for 36 to 42 minutes, until lightly browned and a digital thermometer inserted into center registers 200°F. Cool completely before slicing.

Yield: one 10" loaf

Nutrition Facts

about 38 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: Whole Rye Flour.

CONTAINS: Wheat.

DISTRIBUTED BY

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



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