



FIRST CLEAR FLOUR

This high-protein, high-ash flour is the secret ingredient
in signature Jewish-style rye breads. It's also ideal for
raisin breads and miche.

© NET WT 48 OZ (3 LBS) 1.36kg

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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 21g 8%

Dietary Fiber 1g 4%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 5mg 0%

Iron 0mg 0%

Potassium 36mg 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: Hard Spring Wheat Flour, Malted Barley Flour.

CONTAINS: Wheat.

THE KING ARTHUR FLOUR COMPANY, INC.
NORWICH, VERMONT 05055
800 827 6836 | KingArthurFlour.com

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

Store cool and dry.

DO NOT EAT RAW FLOUR, DOUGH, OR BATTER.

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OUR RECIPE FOR PEASANT-STYLE RYE BREAD

1 cup + 3 tablespoons lukewarm water
2 tablespoons sugar
1 1/4 cups white rye or
pumpnickel flour
2 1/4 teaspoons instant yeast
2 cups First Clear Flour
1/2 cup sour cream (optional, for a
stronger rise)
2 teaspoons caraway seeds
1 1/2 teaspoons salt
2 tablespoons Vital Wheat Gluten

Stir together water, sugar, rye flour, and yeast. Let rest for 20 minutes. Add First Clear Flour, sour cream, caraway seeds, salt, and Vital Wheat Gluten. Mix until dough holds together, then knead for 4 to 5 minutes. Let rest briefly, and knead for an additional 4 to 5 minutes. The dough will be sticky, but don't be tempted to add too much flour; excess flour will make the loaf dry and crumbly.

Place dough in an oiled bowl, cover, and let rise until doubled in size. Gently deflate, and shape into a smooth ball. Place loaf on a greased baking sheet, cover, and let rise until almost doubled. Carefully slash the top of the loaf two or three times, then bake in a preheated 350°F oven for 35 to 40 minutes, until an instant-read thermometer inserted into the center registers 195°F or higher. Remove the loaf from the oven, and cool it on a rack.

Yield: 1 loaf.