



Vital Wheat GLUTEN

Gives heavy, whole grain loaves a “boost”.
Add up to 1 tablespoon gluten per cup of whole
grain flour in yeast bread recipe. Strengthens
structure, lightens texture, promotes good rise.
100% pure vital wheat gluten.

Ⓢ NET WT 16 OZ (1 LB) 454g

King Arthur Baking Company, Inc. | Norwich, Vermont
KingArthurBaking.com | 800-827-6836

No-Knead Rustic Whole Wheat Bread

- 5 1/2 cups (624g) King Arthur
Premium 100% Whole Wheat Flour
- 2 cups (240g) King Arthur Unbleached
Bread Flour
- 2 tablespoons (18g) King Arthur
Vital Wheat Gluten
- 1 1/2 tablespoons (14g) instant yeast
- 1 tablespoon salt
- 3 1/4 to 3 1/2 cups (737g to 794g)
lukewarm water

Mix everything together to make a sticky dough. Place in lightly greased large bowl or dough bucket. Cover loosely and let rise 2 hours, until doubled in size. Cover airtight and refrigerate overnight, or for up to 3 days. The longer dough chills, the more sourdough-like tang bread will have.

When ready to bake, remove dough from fridge. It may have collapsed a bit; this is normal.

Grab softball-sized piece of dough, weighing about a pound. Gently round into ball. Place on floured parchment-lined baking sheet. Cover and let rise 2 hours at room temperature. Loaf will expand noticeably outward more than upward. Brush or spray with lukewarm water and sprinkle with seeds, if desired. Using sharp knife or lame, give three quick slashes 1/2" to 3/4" deep.

Bake in preheated 450°F oven 20 minutes, until golden brown and digital thermometer inserted into center reads 190°F. Cool completely on rack.

Yield: 3 loaves (total recipe).

Nutrition Facts

50 servings per container

Serving size 1 tbsp (9g)

Amount per serving

Calories **35**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.5mg 2%

Potassium 0mg 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:
VITAL WHEAT GLUTEN.

CONTAINS: WHEAT.

King Arthur Baking Company, Inc.
Norwich, Vermont 05055
800-827-6836
KingArthurBaking.com

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

Store cool and dry.

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