

SPECIALTY FLOUR

FRESH-LOCK SOFT SEAL ZIPPER

100% EMPLOYEE-OWNED



WHOLEMEAL  
**Irish-Style**  
FLOUR

IDEAL FOR BAKING IRELAND'S TRADITIONAL BROWN BREADS



NET WT 48 OZ (3 LBS) 1.36Kg



Perfect for whole grain quick breads & muffins.

FRESH-LOCK SOFT SEAL ZIPPER

## Irish-Style Flour

Coarsely ground from red whole wheat, this soft flour is our version of the whole grain flours used to bake traditional Irish breads. Dense, complex-tasting brown breads have just a few ingredients, so it's key to use flour that imparts flavor and texture.

### How To Bake With It

- This coarsely ground flour brings whole grain goodness and soft, tender texture to baked goods. For high-rising, tender biscuits with mildly nutty flavor, try substituting it for the white flour in your favorite recipe.
- We recommend using this flour in Irish Cream Scones, Graham Crackers, or our Brown Butter Stamp Cookie recipes. Find them at [KingArthurBaking.com](http://KingArthurBaking.com).

OUR RECIPE FOR

## Irish Soda Bread

2 1/2 cups (275g) King Arthur Irish-Style Flour

1 1/4 cups (149g) King Arthur Unbleached Bread Flour

3 tablespoons (37g) sugar

1 teaspoon baking soda

3/4 teaspoon salt

2/3 cup (99g) currants or raisins

4 tablespoons (57g) cold butter, cut into 8 pieces

1 1/3 cups (302g) buttermilk

1 large egg

2 tablespoons (28g) melted butter, optional

- Preheat oven to 400°F. Lightly grease 8" or 9" round cake pan.
- Whisk together flours, sugar, baking soda, salt, and currants or raisins. Using a mixer, pastry fork or blender, or your fingers, work in butter until evenly distributed and no large chunks remain.
- In separate bowl, whisk buttermilk and egg. Pour into dry ingredients and mix to combine. Dough will be stiff. If too crumbly to squeeze together, add another tablespoon or two of buttermilk.
- Knead briefly then shape into ball. Flatten slightly and place in pan. Cut a 1/2"-deep cross on top of loaf.
- Bake 45 to 55 minutes, until golden brown and toothpick inserted in center comes out clean. Brush top with melted butter, if desired.

Yield: one 9" 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 22g 8%

Dietary Fiber 4g 14%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1.2mg 6%

Potassium 120mg 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:** Whole Wheat Flour.

**CONTAINS:** Wheat.

KING ARTHUR BAKING COMPANY, INC.  
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Produced on equipment that also processes eggs, milk, soy, almonds, hazelnuts, pecans, walnuts, and coconuts.

**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)



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



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