

HODGSON MILL

**WHOLE GRAIN
RYE
FLOUR**



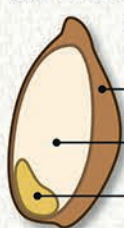
Great baking begins with great ingredients.

For over 125 years, bakers have trusted us to provide premium quality flours and meals for their kitchens. The secret is simple: we start with premium grains and always treat them with care.

To make this flour, we carefully grind whole rye kernels with traditional granite millstones to preserve all the goodness and flavor of the whole grain.

NO preservatives, artificial coloring, flavoring, or enrichments are ever added. Thanks for caring enough to buy Hodgson Mill!

The Whole Grain Difference



Whole grain flours include the nutritious bran and germ of the kernel – refined flours don't.

- Bran:** Protective outer covering
Fiber, B Vitamins & Trace Minerals
- Endosperm:** Starchy inner core
Energy, Carbohydrates & Protein
- Germ:** Tiny seedling inside grain
Antioxidants, Vitamin E & B

Baking Tip: Measure your flour carefully - don't scoop it, because that packs your measuring cup too full and makes your baked goods dense. Fluff the flour with a spoon and gently scoop into the measuring cup, and use a flat blade to sweep off any excess.

Storage Tip: Store tightly sealed, and protect from heat and light. Airtight storage in refrigerator or freezer may help extend freshness. Bring to room temperature before baking.

Look for the entire line of Hodgson Mill products in the Flour, Corn Meal, Cereal, Pasta, Side Dish, Baking Mix and Gluten Free sections of your supermarket, or visit us online!
HodgsonMill.com



Traditional • Stone Ground

**WHOLE GRAIN
RYE
FLOUR**

No Preservatives, Artificial Coloring, Flavoring, BHA or BHT



NET WT 5 LBS. (2.3 kg.)



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B103A



*Make it special.
Bake at home.*

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Nutrition Facts

Serving Size less than 1/4 cup (30g)
Servings Per Container about 76

Amount Per Serving	Calories 90	Calories from Fat 5
		%Daily Value*
Total Fat 0.5g		1%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 22g		7%
Dietary Fiber 4g		16%
Sugars 0g		
Protein 3g		
Vitamin A 0%		Vitamin C 0%
Calcium 0%		Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories..... 2,000 2,500
Total Fat..... Less than 65g 80g
Saturated Fat..... Less than 20g 25g
Cholesterol..... Less than 300mg 300mg
Sodium..... Less than 2,400mg 2,400mg
Total Carbohydrate..... 300g 375g
Dietary Fiber..... 25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS:

100% Stone Ground Whole Grain Rye Flour.

**Hodgson Mill, Inc. 1100 Stevens Ave.
Effingham, IL 62401 800.525.0177**

Our Customer Service Team is always happy to hear from you. Comments and questions welcome.

**Produced in a peanut/tree nut free facility.
Produced on shared equipment.
May contain traces of soy or wheat.**

This product sold by weight, not by volume.
Contents may have settled during shipping.

Yeast Bread Baking Hints:

- Best water temperature to proof yeast: 95°-110°F.
- Best temperature for dough to rise: 85°F.
- For better rise and texture in yeast breads, especially when baking with whole grain flours, add our **Vital Wheat Gluten**. (4 tsp. per loaf)
- To make a warm rising place for dough, warm your oven to 200°F for a few minutes, then switch off.



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Our premium Rye Flour is special because it is truly whole grain. When one pound of premium rye kernels go into our traditional granite millstones, one pound of rye flour comes out. Nothing added, nothing taken away. Enjoy the distinctive taste of rye in classic deli rye sandwich breads, pumpernickel and artisan breads. This flour is also ideal for adding depth of flavor to traditional sourdough starters. Or, enjoy in rolls, crackers, cookies, pie crusts or pancakes!

— German Dark Rye Bread —

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|---|---|
| 2 pkgs. Hodgson Mill Active Dry Yeast | 3 Tbsp. cocoa powder |
| 2 cups warm water (95-110°F) | 1 Tbsp. caraway seeds (optional) |
| 1/4 cup brown sugar | 1/4 cup butter, melted |
| 1/4 cup molasses | 2 tsp. salt |
| 3-1/2 cups Hodgson Mill Rye Flour | 2-1/2 to 3-1/2 cups Hodgson Mill Best for Bread® Flour, divided |
| 2 Tbsp. Hodgson Mill Vital Wheat Gluten | |

In a large bowl combine warm water, Active Dry Yeast and brown sugar. Let sit about 5 minutes until bubbly. Add molasses, Rye Flour, Vital Wheat Gluten, cocoa, and caraway seeds. Beat well, then let sit for ten minutes. Mix in melted butter and salt. Mix in 1 cup Best for Bread Flour. Stir in enough remaining Best for Bread Flour to make a soft dough and knead 8-10 minutes until smooth and elastic. Place in an oiled bowl, turning once to coat. Cover with a damp cloth or plastic wrap and allow to rise one hour or until doubled. Divide into two pieces. Gently knead to work out air bubbles. Form into loaves and place in two greased 9x5-inch loaf pans. Cover again and allow to rise another hour or until nearly doubled. Bake in preheated 400°F oven 25-28 minutes. Immediately remove from pans and cool on a wire rack. Yield: 2 loaves.

— Sweet Orange Rye Pancakes —

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|--|---|
| 3/4 cup Hodgson Mill All Purpose White Flour | 1-1/4 Tbsp. fresh grated orange peel |
| 3/4 cup Hodgson Mill Rye Flour | 1 egg |
| 2-1/2 tsp. baking powder | 1 cup milk |
| 2-3 Tbsp. sugar, to taste | 1/4 cup fresh squeezed orange juice |
| 3/4 tsp. salt | 2 Tbsp. melted butter, or vegetable oil |

In a medium size bowl, blend flours, baking powder, sugar and salt. Set aside. In a small bowl blend egg, milk, orange juice, orange peel and butter, or oil. Slowly pour liquids into dry ingredients and stir until just blended: batter will have lumps. Preheat griddle to 350°F, or skillet to medium high heat. (Adjust heat as needed after one test pancake.) Using a large spoon or small measuring cup, drop 3-4 Tbsp. of batter for each pancake onto hot griddle. Cook until edges of pancake are slightly dry and top of pancake bubbles. Turn pancakes over and continue cooking until bottom is golden. Keep warm until serving. Yield: 12-15 pancakes

NOTE: When grating orange peel, wash orange thoroughly, and avoid grating the white pith, which can be bitter. For thinner pancakes, add an additional 1/4 cup milk a little at a time until desired consistency is reached.

Rye Flour Baking Tip: Rye is naturally lower in gluten– the stretchy protein that gives breads their familiar rise and texture--than wheat. For best bread making results, combine with **Hodgson Mill Best for Bread Flour**, or try adding **Hodgson Mill Vital Wheat Gluten** when you bake. Loaves made with 100% rye may rise less and be more dense than those made with a combination of rye and wheat or additional wheat gluten.

USE BY:



Have a Grain Day!™

