

# www.HodgsonMill.com

MODEL RECORD & LINEAR PROPERTY OF A BOOTEN

Hodgson MIII® 50/50 Wheat Flour is made from the choicest wheats available to produce the best baking flour possible. The high protein **Whole Wheat Flour** is stone ground to retain all the natural nutrition, flavor and fiber of the whole grain, then blended with our **Unbleached White Flour**. The combination of these two choice flours produces a flour

strong enough for excellent breads and fine enough for those delicious pastries, biscuits and rolls.

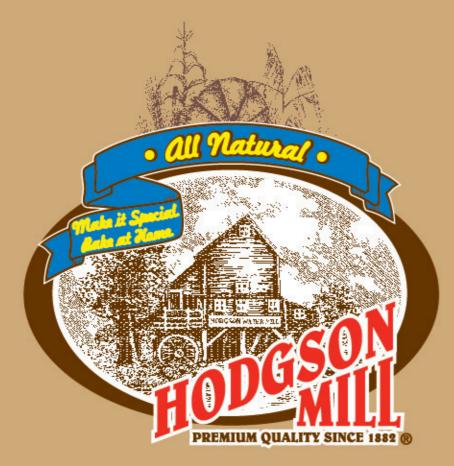
#### Serving Size less than 1/4 cup (30g) Servings about 75 Amount Per Serving Calories 100 Calories from Fat 5 Total Fat 1g Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg Sodium 0mg Total Carbohydrate 21g Dietary Fiber 2g 8% Sugars 0 g Vitamin A 0% • Vitamin C 0% Calcium 0% Iron 4% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher

**Nutrition Facts** 

INGREDIENTS: Whole Grain, Stone Ground Wheat Flour; bleached, unenriched); Vital Wheat Gluten.

Hodgson Mill® 50/50 Flour contains NO artificial olors, flavors or artificial en-

All natural flour storage tip: Store in refrigerator or freezer to retain



**Blended for Better Baking** 



Net Wt. 5 LBS. (2.3 kg)

No Preservatives, Artificial Coloring, Flavoring, BHA or BHT



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# TRADITIONAL ITALIAN BREAD

non stick cooking spray 2 packages (%/16 ounce) Hodgson Mill® Active Dry Yeast 4 cups warm water, 110° F.

about 10 minutes.

Put dough in prepared bowl and turn to coat thoroughly. Cover with plastic wrap, then with a damp towel, and allow to rise in a warm, draft-free place for about 1 hour. The dough will almost

double in bulk. Spray a baking sheet with non stick cooking spray. Turn the dough not a floured board and knead down. Cut the dough into 4 pieces and form into 4 loaves, 12 inches long and 3 inches wide. Put on prepared sheet, cover with plastic wrap, and allow to rise in a warm, draft-free place for 1 hour. Preheat oven to 425° F. Bake bread 15 minutes. During the first few minutes of baking, throw 3 to 4 ice cubes onto the oven floor to create steam. This will make a crisp crust. Remove the bread from the sheet and reduce oven temperature to 350° F. Put bread back in the oven directly on oven rack to finish baking. Bake until golden brown, about 20 more minutes.

# OUR GUARANTEE

Hodgson Mill, Inc. is dedicated to satisfying consumer demand for fine quality, healthy food products. If for any reason you are not satisfied with this product, we'll make it right. Simply send the complete back of this bag & your purchase price to:



# **Our Superior Taste Comes** From The High Quality Wheat We Mill.



#### Whole Grain Foods Sunrise to Sunset™ SO GOOD FOR YOU!

Congratulations and thank you for choosing one of the world's finest flours. We are dedicated to bringing our customers the most wholesome and naturally nutritious flour possible. We start with only that select grain that meets our strict nutrition and protein standards. It is then cleaned and expertly milled under strict sanitary

Our 50/50 Flour contains no chemical additives; it is never bleached or bromated. All natural goodness comes in every bag. It is a wholesome,

Nutrition experts recommend 6-11 servings of grain based foods daily, and Hodgson Mill agrees. We offer quality,

all natural flours for those who choose a

healthy lifestyle and those who want to

do something special for their families. We guarantee that you'll love our quality and taste, or your money will be refunded. Hodgson Mill is your partner in healthy living. Thank you for caring enough to buy Hodgson Mill 50/50 Flour.

## Whole Wheat Bread

2 packages (5/16 ounce each) Hodgson Mill® Active Dry Yeast

1/2 cup warm water, 110° F.

21/2 cups lukewarm water, 110° F.

1/2 cup sugar

11/2 teaspoons salt

1/4 cup butter,

8 cups Hodgson Mill<sup>®</sup> 50/50 Flour

1 egg non stick cooking spray

for 1 large bowl and three, 9 x 5 x 3-inch

Add yeast to 1/2 cup warm water and let stand for 10 minutes.

Combine the lukewarm water and let stant for for limiteds.

Combine the lukewarm water, sugar, salt, and butter. Add 2 cups 50/50 flour and mix well (you may use a mixer). Add egg and softened yeast to this mixture. Add remaining 50/50 flour to make a soft dough. Turn onto a lightly floured surface and knead dough until smooth and satiny, 10 minutes by hand, or 4 minutes in an electric mixer or food processor fitted with dough hook. Put dough in sprayed bowl, turning to coat thoroughly. Cover with a damp towel and allow to rise in a warm, draft-free place until doubled, about 1 hour. about 1 hour.

Knead down. Turn dough onto a lightly floured surface. Divide into 3 equal portions and let rest for 10 minutes. Spray three, 9 x 5 x 3-inch loaf pans. Shape dough into loaves and put into pans, seam side down. Cover with damp cloth and allow to rise in a warm, draft free place until dough rises just above tops of pans,

Preheat oven to 375° F. Bake for 35 to 40 minutes, or until golden brown. Remove bread from pans immediately and let cool on

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