



All Natural • 100% Stone Ground
RYE FLOUR

Nutrition Facts

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

Amount Per Serving

Calories 110 Calories from Fat 5

% Daily Value*

Total Fat .5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 23g 7%

Dietary Fiber 5g 20%

Sugars 0g

Protein 3g

Iron 4%

Not a significant source (contains 0% daily value) of: Vitamin A, Vitamin C and Calcium.

*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
Sat. 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

INGREDIENTS:

100% Whole Grain Stone Ground Rye Flour.

No Preservatives, Artificial Coloring, Flavoring, BHA or BHT



Old Fashioned

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Net Wt. 2 LBS. (32 oz.) 908g



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Over a century ago, in the rolling hills of the Missouri Ozarks, a tradition was born...a tradition established by the Hodgson family of producing the finest, all-natural, whole grain milled products from the nation's heartland. Today, we are proud to preserve the Hodgson Mill values and intertwine its philosophy with our own...superior quality, with foremost emphasis on customer service. In recent years, consumers have become increasingly more health and nutrition conscious and have begun to recognize the importance of grain-based foods in their diets. Even the U.S. Government has become involved in promoting healthy lifestyles by adopting the Food Guide Pyramid, which outlines daily food choices for balanced nutrition. In fact, nutritionists recommend more servings from the bread, cereal, rice and pasta group than anything else we eat.

www.HodgsonMill.com

For better taste and high nutritional value, **Hodgson Mill® Stone Ground Rye Flour** contains all the natural fiber, original oils, vitamins, minerals and flavor of the whole grain. NO preservatives, artificial coloring, flavoring or enrichments are ever added.

All natural flour storage tip: Storing in refrigerator or freezer retains freshness.

German Dark Rye Bread

2 cups warm water, 100-115°
1/4 cup brown sugar
2 packages **Hodgson Mill Active Dry Yeast**
1/4 cup molasses
3 1/2 cups **Hodgson Mill Rye Flour**
3 Tbsp. cocoa powder

2 Tbsp. **Hodgson Mill Vital Wheat Gluten**
1 Tbsp. caraway seed (optional)
2 tsp. salt
1/4 cup butter
2 1/2 to 3 1/2 cups
Hodgson Mill Best For Bread Flour

Put water in a large bowl. Add brown sugar and active dry yeast. Let yeast develop for about 5 minutes. 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 of Best For Bread flour. Stir in enough of the remaining Best For Bread flour to make soft dough and knead for 8-10 minutes. Put dough in an oiled bowl, cover with damp cloth, and allow to rise in warm place for one hour or until doubled. Divide the dough into two pieces. Gently knead to work out air bubbles and form into loaves and place in two greased loaf pans. Cover with a damp cloth and allow to rise another hour or until the dough is nearly doubled. Bake in a 400° preheated oven for 25 to 28 minutes. Immediately remove from pans and cool on a wire rack.

Recipe variations:

Round loaves - Make two round loaves and place on a cookie sheet dusted with Hodgson Mill Yellow or White Corn Meal. Before putting the bread in the oven, slash the top of the bread. Bake in a 450° oven 24 to 28 minutes.

Chewy crust - Place empty metal baking pan on bottom rack in oven during preheating process. Directly after placing the bread in the oven, place 1/4 cup of water along with a couple of ice cubes in empty metal pan and immediately close the oven door. Doing this along with slashing the top allows the bread to rise a little more during the first few minutes of baking and leaves it with a nice chewy crust.

Onion-Rye Dinner Rolls

1 cup milk
2 Tbsp. honey
1 tsp. salt
3 Tbsp. butter
2 pkg. (5/16 oz. each) **Hodgson Mill® Active Dry Yeast**
1/2 cup lukewarm water (110°F.)

3 cups **Hodgson Mill® White Flour**
2 Tbsp. caraway seeds
6 Tbsp. minced onion
1/2 cup **Hodgson Mill® Wheat Germ**
1- 1/4 cups **Hodgson Mill® Rye Flour**
1 egg
2 tsp. water

Scald milk; combine it in mixing bowl with honey, salt, and butter. Stir well; cool to lukewarm. Dissolve yeast in the lukewarm water; combine with milk mixture. Add white flour and beat vigorously 1 minute or until batter is very smooth. Add caraway seeds, onion, wheat germ, and enough rye flour so dough is firm enough to knead. Turn dough onto floured surface; knead 8 minutes. Place in greased bowl, turning once to coat evenly. Cover and let rise in warm place until dough is doubled (one hour). Punch down dough and roll by hand into a long rope about 1 1/2 inches thick. Cut into 1 1/2 inch pieces and shape into buns. Place 2 inches apart on an oiled baking sheet. Cover with towel and let rise until doubled. Preheat oven to 400 F. Beat the egg with warm water and brush the tops of the buns. Bake 12-15 minutes or until nicely browned. Yield 18-24 dinner rolls.



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:

Hodgson Mill, Inc.
1100 Stevens Avenue, Effingham, IL 62401
(800)525.0177



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