



Stone Ground  
**RYE FLOUR**

**Nutrition Facts**  
Serving Size less than 1/4 cup (30g)  
Servings about 28

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 4g	16%
Sugars 0g	
Protein 3g	
Iron 8%	Calcium 2%

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% Organic Whole Grain Rye Flour.



**CERTIFIED  
ORGANIC**

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Net Wt. 1.87 LBS. (30 oz.) 849g

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Hodgson Mill Organic Products are certified organically grown and processed in accordance with National Organic Standards. Farmers who produce our grain must have a multi-year history of not using prohibited fertilizers or pesticides on their fields. Even special tillage practices and crop rotations are recommended to reduce soil erosion while helping to prevent disease and insects. The result is the finest organic food products that taste great too!



Certified Organic by Oregon Tilth

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For better taste and high nutritional value, **Hodgson Mill® 100% Organic 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°               | 2 Tbsp. Hodgson Mill Vital Wheat Gluten |
| 1/4 cup brown sugar                       | 1 Tbsp. caraway seed (optional)         |
| 2 packages Hodgson Mill Active Dry Yeast  | 2 tsp. salt                             |
| 1/4 cup molasses                          | 1/4 cup butter                          |
| 3 1/2 cups Hodgson Mill Organic Rye Flour | 2 1/2 to 3 1/2 cups                     |
| 3 Tbsp. cocoa powder                      | 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.

**Light Rye for Bread Machine**

- |                      |  |
|----------------------|--|
| 1 cup water          | 1/2 tsp. grated orange peel              |
| 2 Tbsp. honey        | 1 cup Hodgson Mill® Organic Rye Flour    |
| 2 Tbsp. molasses     | 2 cups Hodgson Mill® Organic White Flour |
| 1 Tbsp. butter       | 2 Tbsp. Hodgson Mill® Vital Wheat Gluten |
| 1 1/2 tsp. salt      | 1 pkg. Hodgson Mill® Fast Rise Yeast     |
| 2 tsp. caraway seeds |  |

Add ingredients according to machine instructions. Choose whole wheat/whole grain setting. Makes 1 1/2 pound loaf.



**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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