



100% White Whole Wheat Flour

Protein 13% • Ash 1.6

Milled from 100%, identity preserved, hard white wheat.

Whole wheat flour produced from 100% white wheat results in a flour that is lighter in color than traditional whole wheat.

Fine grind for the widest array of baking applications including breads and pastries.

Because the bran of white wheat contains fewer tannins, the resulting flour is sweeter in taste than traditional whole wheat making it appealing to a wider array of your customers.

High in total dietary fiber and fewer carbohydrates than white flour.

Nutritional Information:

Fat: 1.62 (g) Carbohydrates: 61.4 (g) Calories: 320 Cal from fat: 15
TDF: 10.49 Fiber, soluble: 8.79 Fiber, insoluble: 1.70

Analysis based on 100g

KING ARTHUR FLOUR White Whole Wheat Honey Bread

Sponge

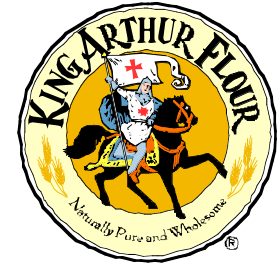
KA 100% White Whole Wheat	8.44#
Water	15.00#
Buttermilk, dried	2.19#
Honey	5.63#
Yeast, compressed	0.25#

Dough

KA 100% White Whole Wheat	15.47#
Canola oil	2.42#
Salt	0.30#
Yeast, compressed	0.25#

Overall

KA 100% White Whole Wheat	23.91#	100.00%
Water	15.00#	62.75%
Buttermilk	2.19#	9.15%
Honey	5.63#	23.53%
Canola	2.42#	10.13%
Yeast, compressed	0.50#	2.09%
Salt	0.30#	1.25%



Method:

- Combine all sponge ingredients in a separate bowl and mix well to combine. Ferment at room temperature for 1 hour. May be refrigerated overnight with 1/2 the yeast.
- Put sponge in mixing bowl. Add oil and salt. Stir to blend.
- With mixer on low speed, gradually add flour to form a rough dough. Add yeast. Add additional water if dough is too stiff. Mix about 2 minutes.
- Autolyse 15 minutes.
- Final mix: approx. 6 minutes on low speed.
- Fermentation: 2 hours with a fold at 1 hour.
- Divide and shape.
- Final Proof: 1 hour
- Bake at 375°F for 40-45 minutes.



Note: whole or cracked wheat berries can be incorporated to produce a cracked wheat bread.

Note: KA Sir Galahad Flour can be partially substituted for a lighter loaf.

"This formula was provided by our friend Peter Franklin at PeterBread Consulting • www.peterbread.com"

