

— Norwich, Vermont —

SEMOLINA FLOUR

*For breads, pizzas,
and pasta, reach for
semolina flour to
add a nutty, sweet
flavor and striking
pale yellow color.*



This coarse yellow flour has it all: Good looks, flavor, and multi-purpose functionality. Semolina adds a subtle sweetness to baked goods and pasta. Substitute it for some of the all-purpose flour in your recipe. We love how versatile it is: Sprinkle it on a baking sheet in place of cornmeal to keep breads from sticking, or boil it in milk (like grits) for a warm breakfast porridge. A little maple syrup and cream won't hurt, either.

A COLORFUL + PRACTICAL PANTRY STAPLE

Ⓢ NET WT 48 OZ(3 LBS) 1.36kg

SEMOLINA ROLLS

2 teaspoons sugar
2 teaspoons instant yeast
1 1/4 to 1 1/3 cups warm water, 105-110°F
2 cups Semolina Flour
3/4 cup King Arthur Unbleached All-Purpose Flour
2 tablespoons dry buttermilk powder
1 tablespoon olive oil
1 1/2 teaspoons salt

1/2 cup grated cheddar cheese,
optional
1/4 teaspoon crushed red pepper
flakes, optional
3/4 teaspoon chili powder, optional
1/8 teaspoon cumin powder,
optional
1/2 cup semolina, for coating the
rolls before baking

Nutrition Facts

Serving Size 3 Tablespoons (28g)
Servings Per Container about 49

Amount Per Serving

Calories 100 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 20g **7%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 3g

Vitamin A 0% • **Vitamin C** 0%

Calcium 0% • **Iron** 2%

*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

Combine all the dough ingredients from sugar to salt and mix and knead—by hand, mixer or bread machine—until you’ve made a smooth, supple dough, adding more water or flour as needed. Add any optional ingredients during the last 5 minutes of kneading. **Note:** if you’re adding cheese, the dough should be slightly stiffer than plain roll dough. After dough is kneaded set aside to rise, covered, for an hour, or until it’s doubled in bulk.

Gently deflate the dough, knead briefly, and shape into a log; divide into 12 equal pieces. Form each piece into a smooth, round ball and roll top surface of each ball in semolina, and space evenly on a greased baking sheet. Cover rolls and let rise until doubled in size, about 30 minutes. Spritz rolls lightly with water. Bake in a preheated 400°F oven for 15 to 20 minutes, until golden brown. Cool on a wire rack.

Yield: 12 rolls.

Store cool and dry.

INGREDIENTS: DURUM WHEAT.

KING ARTHUR FLOUR, NORWICH, VERMONT 05055
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Produced on equipment that also processes eggs, milk, soy, almonds, walnuts, pecans, hazelnuts, and coconut.

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Do not eat raw flour, dough or batter.

