



# FIRST CLEAR FLOUR

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This high-protein, high-ash flour is the secret ingredient  
in signature Jewish-style rye breads. It's also ideal for  
raisin breads and miche.

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© NET WT 48 OZ (3 LBS) 1.36kg

# PEASANT-STYLE RYE BREAD

1 cup + 3 tablespoons lukewarm water  
2 tablespoons sugar  
1 1/4 cups white rye or pumpernickel flour  
2 1/4 teaspoons instant yeast  
2 cups First Clear Flour

1/2 cup sour cream  
(optional, for a stronger rise)  
2 teaspoons caraway seeds  
1 1/2 teaspoons salt  
2 tablespoons Vital Wheat  
Gluten

## Nutrition Facts

Serving Size 1/4 cup (30g)  
Servings Per Container about 45

### Amount Per Serving

**Calories** 110      **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** 21g      **7%**

**Dietary Fiber** 1g      **4%**

**Sugars** 0g

**Protein** 5g

**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

Stir together water, sugar, rye flour, and yeast. Let rest for 20 minutes. Add First Clear Flour, sour cream, caraway seeds, salt, and Vital Wheat Gluten. Mix until dough holds together, then knead for 4 to 5 minutes. Let rest briefly, and knead for an additional 4 to 5 minutes. The dough will be sticky, but don't be tempted to add too much flour; excess flour will make the loaf dry and crumbly.

Place dough in an oiled bowl, cover, and let rise until doubled in size. Gently deflate, and shape into a smooth ball. Place loaf on a greased baking sheet, cover, and let rise until almost doubled. Carefully slash the top of the loaf two or three times, then bake in a preheated 350°F oven for 35 to 40 minutes, until an instant-read thermometer inserted into the center registers 195°F or higher. Remove the loaf from the oven, and cool it on a rack.

Yield: 1 loaf

Store cool and dry.

**INGREDIENTS:** HARD SPRING WHEAT FLOUR,  
MALTED BARLEY FLOUR. **CONTAINS:** WHEAT.

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

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Do not eat raw flour, dough or batter.

