

— Norwich, Vermont —

DURUM FLOUR

*For strong dough,
choose durum flour.
The extra-hard
wheat keeps pasta
dough firm enough
to cut and shape.*



Ground from extra-hard durum wheat (durum comes from the Latin word for hard), this flour is finely textured and very high in protein. Italians use it for pasta, because it's strong enough for forming simple (spaghetti) to complex (orecchiette) shapes, yet it still yields a wonderfully al dente cooked dish. Use it in yeast breads too – we love the distinct flavor and pretty pale yellow hue.

ADD COLOR TO PASTA + BREADS

© NET WT 48 OZ (3 LBS) 1.36kg

DURUM SESAME BREAD

2 teaspoons instant yeast
1 1/2 to 1 3/4 cups warm water,
105°F to 110°F
1 tablespoon sugar
2 1/2 cups Durum Flour

1 to 1 1/2 cups King Arthur
Unbleached All-Purpose Flour
or Unbleached White Whole
Wheat Flour
2 teaspoons salt
1 tablespoon sesame seeds

Combine all the ingredients except sesame seeds, and mix and knead by hand, mixer or bread machine until you've made a smooth, elastic dough (about 10 to 12 minutes by hand), adding additional flour or water as needed.

Nutrition Facts

Serving Size about 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 22g **7%**

Dietary Fiber less than 1g **0%**

Sugars less than 1g

Protein 4g

Vitamin A 0% • **Vitamin C 0%**

Calcium 2% • **Iron 6%**

*Percent Daily Values are based on a 2,000 calorie diet.

Place dough in an oiled bowl, cover and let rise until doubled in size, 1 to 1 1/2 hours. Gently deflate, knead briefly and let rest for several minutes. Shape into a smooth 12-inch "torpedo." Place on a greased baking sheet, brush with water, sprinkle with sesame seeds and lightly press into the dough. Cover and let rise until almost doubled, about 35 minutes. Slash in 3 places just before baking.

Bake in a preheated 425°F oven for 10 minutes; lower heat to 400°F and bake 20 to 25 minutes more.

Cool on a wire rack.

Yield: 1 loaf

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, hazelnuts, pecans, walnuts, and coconut.

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Do not eat raw flour, dough or batter.

