# Monument Standard 1kg Cutter Doves Farm.

5mm Bleed
(if solid print)

60mm | 100mm | 60mm | 97mm

330mm Repeat

160mm Print height to top of bag

Maximum Graphics Line

GOLDEN WHOLEGRAIN BREAD FLOUR

RICH IN FIBRE

1KG e

**Golden Wholegrain has a sweeter, milder flavour and lighter colour than traditional wholemeal flour.**

| NUTRITION INFORMATION | Per 100g |
|---|---|
| Energy | 338kcal<br>1428kj |
| Fat | 2.0g |
| of which saturates | 0.39g |
| Carbohydrate | 72.3g |
| of which sugars | 4.0g |
| Fibre | 11.1g |
| Protein | 13.4g |
| Salt | Trace |

**INGREDIENTS**

**Wheat** flour

Manufactured in the UK. Flour is made from wheat from more than one country.

**GUARANTEE** This product should reach you in perfect condition. If you are not entirely satisfied, please return it with the packaging. Your statutory rights remain unaffected by this guarantee.

**STORAGE INSTRUCTIONS** Store in a cool, dry place. Once opened, store in an airtight container.

**BEST BEFORE** See top of pack.

MARRIAGE'S
THE MASTER MILLERS

# GOLDEN WHOLEGRAIN BREAD

## FLOUR

SWEETER, MILDER WHOLEMEAL FLOUR

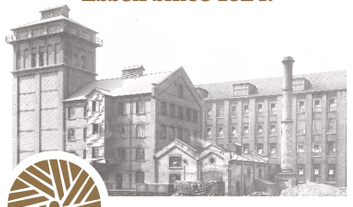
SUITABLE FOR BREAD MACHINES

FOR BREAD & PIZZAS WITH MORE FIBRE

MILLING SUPERIOR QUALITY FLOUR SINCE 1824

THE MARRIAGE FAMILY

**W&H Marriage & Sons Ltd has been milling flour in Essex since 1824.**



Marriage's was founded by twins William and Henry nearly 200 years ago. Today the fifth and sixth generations of the Marriage family continue the milling tradition. We source the best wheat, much of it from farmers within 30 miles of Chelmer Mills (pictured above), including our own arable farms. When necessary, we add quality international wheats into our grists.

Our flour is produced using a combination of the traditional techniques we have trusted for generations and the best modern milling technology.

MARRIAGE'S RANGE *includes* ORGANIC, SPECIALITY *and* STONEGROUND *flours*.


W&H MARRIAGE & SONS LTD
CHELMER MILLS • CHELMSFORD • ESSEX • CM1 1PN
01245 354455 WWW.FLOUR.CO.UK


## GOLDEN WHOLEGRAIN LOAF

**PREPARATION TIME**
15 minutes plus proving time

**BAKING TIME**
Small loaves
20–25 minutes
Large loaf
30–35 minutes

**MAKES 2 SMALL LOAVES OR 1 LARGE LOAF**

**INGREDIENTS**

500g Golden Wholegrain Bread flour

7g dried fast action yeast (or 14g fresh yeast)

10g fat or olive oil

7g sea salt

330ml water

**RECIPE TIP**
Substitute Golden Wholegrain for your usual white flour for a wholesome alternative when making bread, rolls and pizza. Alternatively use it 50/50 with your usual white flour.

**METHOD**

**BAKING BY HAND**

1. Grease the bread tin(s). Place the flour, salt, yeast and fat into a large mixing bowl. Mix the fat through the flour and make a well in the centre of the flour mixture.
2. Add most of the water to the well, keeping a little in reserve, and mix to a soft dough. Add the remaining water if necessary.
3. Tip the dough onto a table and knead for 8–10 minutes.
4. Place the dough back into the bowl and cover with oiled cling film or a damp tea towel. Rest in a warm place until the dough doubles in size. This will take approximately 45 minutes.
5. Split the dough into two pieces if desired. Mould the dough round and fold to the shape of the tin(s). Place the dough piece into the tin, seam down, cover with oiled cling film or a damp tea towel. Put in a warm place and allow to rise about 1cm above the tin. This will take 45–60 minutes.
6. Uncover and bake in a preheated oven, 220°C fan/240°C/430°F/Gas 8. Bake small loaves for 20–25 minutes or a large loaf for 30–35 minutes.
7. Remove the loaf from the tin. Check it is baked by tapping the bottom of the loaf – it should sound hollow. Place on a wire rack to cool.

**USING A BREAD MACHINE**

We recommend using a wholemeal bread setting and following the manufacturer's instructions, particularly the order in which to add ingredients and the water quantity.

VISIT WWW.FLOUR.CO.UK FOR MORE RECIPES
floursales@marriagesmillers.co.uk

Follow us on

Print Solid

Print Solid Area

25mm

50mm

Glue Area

5 011259 055241 >

Unprinted Glue Area

65mm

332