

connect

vcg

Job Number

172672 v2

Job Title

Marriages Organic Stoneground Strong Wholemeal Bread Flour 1kg

Customer

Monument Paper Bag Co Ltd

Printer

Monument Flour Bags

CSR

P.Entwistle

Date

8/5/2014

Cutter No

NA

Order No

Bill

Process

Flexo

Barcode

EAN 13, 5011259055616

Operator

m.faulkner

Ref No

NA

Plate No

NA

Job Size

330.000mm x 332.000 mm

These colours are only a guide, please refer to the Pantone® book for an accurate colour match.

7502 U

Tint

63.79%

7502 U

Mottled

3.13%

PANTONE

356 U

4.95%

PANTONE

Black U

28.99%

PANTONE

Red 032 C

0.02%

QUALITY ASSURANCE

Content

Checked By:

Date:

/ /

Colour

Checked By:

Date:

/ /

CERTIFICATION INTERNATIONAL

063

UKAS

063

Although this proof/file has been checked in compliance with stringent quality assurance procedures, errors can occur. It is the customers responsibility to check this design for content, size, layout and colour separation prior to advising final approval to print.

Studios 2 & 3 • Roach Bank Road • Pillsworth • Bury • BL9 8RQ.

Tel: 0161 796 9696 • enquiries@vcg-connect.com

5mm Bleed  
(if solid print)

DO NOT TRIM PLATES

60mm

100mm

60mm

97mm

330mm Repeat

160mm Print height to top of bag

172672 v2 - Marriages Organic Stoneground Strong Wholemeal Bread Flour 1kg

Inks: 7502 U Tint 7502 U Mottled 356 Black CUTTER Red 032

VCG connect

ORGANIC

STONEGROUND

STRONG

WHOLEMEAL BREAD

FLOUR

RICH IN FIBRE

1kg e

We mill this organic flour using traditional French Burr stones to deliver all the goodness of the wheat grain.

| NUTRITION INFORMATION | Per 100g          |
|-----------------------|-------------------|
| Energy                | 338kcal<br>1427kj |
| Fat                   | 2.3g              |
| of which saturates    | 0.5g              |
| Carbohydrate          | 70.2g             |
| of which sugars       | 2.8g              |
| Fibre                 | 10.7g             |
| Protein               | 14.4g             |
| Salt                  | Trace             |

INGREDIENTS

Organic wholemeal wheat flour

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.

CERTIFIED BY THE ORGANIC FOOD FEDERATION

ORGANIC FOOD FEDERATION

GB-ORG-04

EU / Non-EU Agriculture

FOR TRADITIONAL BREAD & ROLLS

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 at Chelmer Mills (pictured above). We source top quality wheat from organically certified farms. Our stoneground wholemeal flour is traditionally milled on Victorian French Burr millstones which play a vital part in the flour's taste and texture.

MARRIAGE'S RANGE

includes ORGANIC, SPECIALITY and STONEGROUND flours.

WHOLEMEAL BREAD

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 Organic Strong Stoneground Wholemeal flour  
7g dried fast action yeast (or 14g fresh yeast)  
10g fat or olive oil  
7g sea salt  
330m lukewarm water

RECIPE TIP

For honey and sunflower seed rolls: add 1 tablespoon honey to the water. Knead dough for 8 to 10 minutes. Add 50g sunflower seeds. Knead until even textured. Rest until divide dough into 16. Mould round. Roll in 50g sunflower seeds. Arrange on a lined baking tray. Bake for 14–18 minutes until golden.

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 following the manufacturer's instructions, particularly the order in which to add ingredients and the water quantity.

Print Solid

Glue Area

50mm

25mm

65mm

332

Print Solid Area

Unprinted Glue Area

172672 v2 - Date: 5-AUG-14