Monument Standard 1kg Cutter Doves Farm.

5mm Bleed (if solid print)

DO NOT TRIM PLATES

60mm | 100mm | 60mm | 97mm

connect

Job Number	173686 v1 (fduluo)
Job Title	Marriages Dark Rye Flour 1kg
Customer	Monument Paper Bag Co Ltd
Printer	Monument Flour Bags
CSR	P.Entwistle
Date	8/22/2014
Cutter No	NA
Order No	Bill
Process	Flexo
Barcode	EAN 13, 5011259055456
Operator	p.entwistle
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.

PANTONE 3435 U 30.6% | PANTONE Black U 1.92%

QUALITY ASSURANCE

Content
Checked By:
Date: / /

Colour
Checked By:
Date: / /

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 • Pilsworth • Bury • BL9 8RQ
Tel: 0161 796 9696 • enquiries@vcg-connect.com

330mm Repeat

160mm Print height to top of bag

173686 v1 - Marriages Dark Rye Flour 1kg
Inks: 3435 Black CUTTER

VCG | connect

Maximum Graphics Line

DARK RYE FLOUR

RICH IN FIBRE

1KG e

Use our dark rye flour for pumpernickel style bread, or mix with strong white flour to make a lighter flavoured loaf.

NUTRITION INFORMATION	Per 100g
Energy	324kcal 1369kj
Fat	1.2g
of which saturates	0.2g
Carbohydrate	76.9g
of which sugars	6g
Fibre	14.1g
Protein	8.5g
Salt	Trace

INGREDIENTS

Rye flour

Manufactured in the UK. Flour is made from rye 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

DARK RYE FLOUR

100% WHOLEMEAL

FOR DENSE, RICHLY FLAVOURED BREAD

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

Rye has a lower gluten content than wheat; used on its own in baking, it will produce a very dense loaf of bread. We produce dark rye flour from the whole grain, with no bran removed during milling.

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

HONEY AND OAT RYE BREAD

PREPARATION TIME
20 minutes plus proving time

BAKING TIME
30 minutes

MAKES 1 LOAF

INGREDIENTS

- 200g Dark Rye flour
- 300g Strong White flour
- 7g sachet dried fast action yeast
- 25g oats plus 2 tablespoons for topping
- 1 teaspoon salt
- 2 teaspoon mixed spice
- 6 tablespoons honey
- 250ml lukewarm water

METHOD

1. Mix together the flours, yeast, 25g oats, salt and mixed spice in a large bowl.
2. Stir in the honey and 250ml lukewarm water to form a dough.
3. Knead on a floured surface for 5–10 minutes until smooth, then place in an oiled bowl, cover and leave to rest in a warm place for 1 hour.
4. Knock back the dough and shape into a flat oval approximately 22cm long.
5. Roll in the remaining oats, place on a baking tray and leave in a warm place for 1 hour.
6. Using a serated knife, lightly make 5 cuts on the top of the shaped dough.
7. Bake in a preheated oven at 180°C fan/ 200°C/400°F/Gas 6 for 25–30 minutes or until golden.

RECIPE TIP
For extra sweetness, gently fold 75g sultanas into the dough after it has been kneaded.

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

Follow us on

Print Solid

Print Solid Area

25mm

50mm

5 011259 055456 >

Glue Area

Unprinted Glue Area

173686 v1 - Date: 21-AUG-14

65mm

332