Norwich, Vermont

SEMOLINA FLOUR

For breads, pizzas, and pasta, reach for semolina flour to add a nutty, sweet flavor and striking pale yellow color.

This coarse yellow flour has it all: Good looks, flavor, and multi-purpose functionality. Semolina adds a subtle sweetness to baked goods and pasta. Substitute it for some of the all-purpose flour in your recipe. We love how versatile it is: Sprinkle it on a baking sheet in place of cornmeal to keep breads from sticking, or boil it in milk (like grits) for a warm breakfast porridge. A little maple syrup and cream won’t hurt, either.

A COLORFUL + PRACTICAL PANTRY STAPLE

NET WT 48 OZ (3 LBS) 1.36kg

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Nutrition Facts

about 49 servings per container

Serving size 3 tbsps (28g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 20g 7%
Dietary Fiber 1g 4%

Total Sugars 1g
Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%
Calcium 5mg 0%
Iron 0mg 0%
Potassium 52mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

OUR RECIPE FOR SEMOLINA ROLLS

2 teaspoons sugar
2 teaspoons instant yeast
1 1/4 to 1 1/3 cups warm water (105-110°F)
2 cups King Arthur Semolina Flour
3/4 cup King Arthur Unbleached All-Purpose Flour
2 tablespoons dry buttermilk powder
1 tablespoon olive oil
1 1/2 teaspoons salt
1/2 cup grated cheddar cheese (optional)
1/4 teaspoon crushed red pepper flakes (optional)
3/4 teaspoon chili powder (optional)
1/8 teaspoon cumin powder (optional)
1/2 cup semolina, for coating the rolls before baking

Combine all the dough ingredients from sugar to salt and mix and knead by hand, mixer or bread machine—until you’ve made a smooth, supple dough, adding more water or flour as needed. Add any optional ingredients during the last 5 minutes of kneading.

NOTE: if you’re adding cheese, the dough should be slightly stiffer than plain roll dough. After dough is kneaded set aside to rise, covered, for an hour, or until it’s doubled in bulk.

Gently deflate, knead briefly, and shape into a log; divide into 12 equal pieces. Form each piece into a smooth, round ball and roll top surface of each in semolina. Space evenly on a greased baking sheet. Cover and let rise until doubled in size, about 30 minutes. Spritz lightly with water. Bake in a preheated 400°F oven for 15 to 20 minutes, until golden brown. Cool on a wire rack.

Yield: 12 rolls.

INGREDIENTS: Durum Wheat.

THE KING ARTHUR FLOUR COMPANY, INC.
NORWICH, VERMONT 05055
800 827 6836 I KingArthurFlour.com

Produced on equipment that also processes eggs, milk, soy, almonds, hazelnuts, pecans, walnuts, and coconut.

Store cool and dry.

DO NOT EAT RAW FLOUR, DOUGH, OR BATTER.

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