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

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Nutrition Facts

45 servings per container
Serving size 1/4 cup (30g)

Amount per serving
Calories 110
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 22g 8%
Dietary Fiber 1g 4%
Total Sugars 1g
Includes 0g Added Sugars 0%
Protein 4g
Vitamin D 0mcg 0%
Calcium 11mg 0%
Iron 1mg 6%
Potassium 57mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.

OUR RECIPE FOR DURUM SESAME BREAD

2 teaspoons instant yeast
1 1/2 to 3 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 seed

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.

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” “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.