

| FLOUR | PROTEIN % | CHARACTERISTICS | BEST USE | BIGGER BOLDER BAKING RECIPES |
|---|-------------|--|--|---|
| All Purpose Flour <i>(aka AP, White Flour or Plain Flour)</i> | 11.5%-12% | AP provides soft structure and a neutral taste. | cakes, cookies, muffins, pie crust, pizza dough | <ul style="list-style-type: none"> ✂ Japanese Cheesecake ✂ Best-Ever Chocolate Chip Cookies ✂ Crazy Muffins ✂ Perfect Pie Crust Recipe ✂ BestEver Pizza Dough (No Knead) |
| Self-Rising Flour <i>(aka SelfRaising Flour)</i> | 8%-9% | Self-raising flour creates tender baked goods with a nice rise. | biscuits and scones | <ul style="list-style-type: none"> ✂ Traditional Irish Scones ✂ Buttermilk Biscuits ✂ Classic Victoria Sponge Cake |
| Cake Flour | 7%-9% | Cake Flour provides delicate structure and a very tender, fine crumb. | all cakes (butter, pound, sponge, angel food) | <ul style="list-style-type: none"> ✂ Vanilla Birthday Cake ✂ Chocolate Cake with Whipped Dark Chocolate Ganache |
| Bread Flour <i>(aka Strong Flour)</i> | 12%-14% | Bread flour's high gluten content provides greater elasticity, giving doughs a good lift, strong structure and chewy texture. | bread, pizza dough, pretzels, bagels | <ul style="list-style-type: none"> ✂ No-Knead Ciabatta Bread ✂ Sourdough Pizza Crust ✂ Homemade Soft Pretzels ✂ New York-Style Bagel ✂ Maple Bar Donuts |
| Pastry Flour | 8%-10% | Pastry flour provides tenderness and structure somewhere between all-purpose and cake flour. | pie crust, pastries, biscuits | <ul style="list-style-type: none"> ✂ Perfect Homemade Pie Crust ✂ Easiest Puff Pastry |
| Rye Flour | 10%-15% | Rye Flour is nutty, earthy, slightly sour flavor with a dense texture. | yeast breads, sourdoughs, gingerbreads and crackers | <ul style="list-style-type: none"> ✂ Pumpernickel Bread |
| Heirloom Wheat Flour <i>(Whole Wheat flour)</i> | 10.5% | Heirloom Wheat Flour is finely textured with a robust nutty flavor. | sourdough, pizza dough, brownies, cookies | <ul style="list-style-type: none"> ✂ Traditional Irish Soda Bread ✂ Whole Wheat Pasta ✂ Sourdough Bread ✂ Best-Ever Brownies ✂ Gingersnap Cookies |
| Whole White Wheat Flour | 10%-12% | Whole White Wheat flour has a mild, sweet flavor, light color and soft texture. | yeasted breads, tortillas, pizza dough, pancakes and muffins | <ul style="list-style-type: none"> ✂ Artisanal Whole Wheat Bread ✂ Whole Wheat Sandwich Bread ✂ Buttermilk Pancakes |
| Whole Red Wheat Flour | 12.5%-13.5% | Whole Red Wheat flour has a nutty flavor, brown color and hearty, chewy texture. | yeasted breads, flatbreads, chapatis, tortillas | <ul style="list-style-type: none"> ✂ Digestive Biscuits ✂ Whole Wheat Tortillas |
| Semolina Flour | 12%-14% | It's a coarse flour made from durum wheat, a hard wheat variety with a mild nutty flavor, a higher protein content and a harder texture. | pasta, bread, pizza dough, and Italian desserts | <ul style="list-style-type: none"> ✂ Penne ✂ Orecchiette ✂ Cavatelli ✂ Busiate ✂ Trofie ✂ Carta Di Musica |