

GUIDELINES FOR USE OF FLOURS

All quantities in the Measures column of the recipes should be sifted before measuring. If flour weights rather than measures are used, the flour should be sifted after weighing to aerate the flour and to remove any foreign particles.

BREAD FLOUR is milled from blends of hard spring wheat and hard winter wheat or from either of these types alone. It is fairly high in protein and slightly granular to the touch. Bread flour is milled chiefly for making bread. Bread flour also is used in fruit cakes, cream puffs, and similar products which require strength in dough structure. One pound sifted bread flour measures 1 quart.

GENERAL PURPOSE FLOUR is milled from blends of hard and soft wheat. This flour is used for cookies, pie crust, biscuits, muffins, cakes, sauces, and gravies. One pound sifted general purpose flour measures 1 quart.