

2023 Carolina Ground Flour Guide

NAME	CATEGORY	GRAIN VARIETY	PLACE OF ORIGIN	EXTRACTION (APPROX.)	DESCRIPTION & APPLICATION
WHOLE WHEAT BREAD FLOUR	BREAD FLOUR	NUEAST HARD RED WINTER WHEAT	FAISON, NC	100	This is our strongest, most bold, and complex bread flour. Great for whole grain bread or any bread recipe that calls for whole wheat. Even a small percentage added will contribute flavor and tooth to any baked goods.
85 BREAD FLOUR	BREAD FLOUR	NUEAST HARD RED WINTER WHEAT	FAISON, NC	85	This flour delivers much of the bold, bitter flavor one seeks with whole grain flour, but with added loft, by removing just 10 - 15 parts. Breads, bagels, tortillas, quick breads, crackers.
75 BREAD FLOUR	BREAD FLOUR	NUEAST HARD RED WINTER WHEAT	FAISON, NC	75	Our most refined bread flour offering a creamy color. We use this for breads, pizza, bagels, pasta.
APPALACHAIN WHITE WHEAT FLOUR	BREAD FLOUR (though versatile)	HARD WHITE WINTER WHEAT	BUNN, NC	100	A strong (14% protein), thirsty bread flour with a buttery glavor profile. The flavor lends itself well to versatile application, from bread to toothsome chocolate chip cookies, to sturdy cakes.
HIGH EXTRACTION APPALACHIAN WHITE	BREAD FLOUR	HARD WHITE WINTER WHEAT	BUNN, NC	85	Buttery profile, with added loft from removing 15 parts.
WHOLE WHEAT PASTRY FLOUR	PASTRY FLOUR	SHIRLEY SOFT RED WINTER WHEAT	MANSON, NC	100	A nutty, flavor forward flour for use in whole grain cookies, pie crusts, scones, biscuits, etc. Pairs well with warming spices such as cardamom, cinnamon, ginger...
85 PASTRY FLOUR	PASTRY FLOUR	SHIRLEY SOFT RED WINTER WHEAT	MANSON, NC	85	A bold, flavorful, and toothsome product for sturdy cakes and rustic pastries including shortbread, biscotti, coffee cake, quick breads, waffles, and pancakes.
75 PASTRY FLOUR	PASTRY FLOUR	SHIRLEY SOFT RED WINTER WHEAT	MANSON, NC	75	A more subtle, refined flavor for pie crusts, rough puff, biscuits, etc.
CREMA	PASTRY FLOUR	SHIRLEY SOFT RED WINTER WHEAT	MANSON, NC	60	A highly sifted cake flour performs well in puff pastry, delicate cakes, pie crust; pairs well with flavors such as lemon, almond, and vanilla.
WHOLE RYE FLOUR	RYE FLOUR	WREN'S ABRUZZI RYE	EAGLE SPRINGS, NC	100	A spicy, heirloom variety great for bread, sourdough culture, cookies, and brownies.
MEDIUM RYE	RYE FLOUR	WREN'S ABRUZZI RYE	EAGLE SPRINGS, NC	83	A flavorful sifted rye flour for use in bread, cookies, brownies; pairs well with chocolate.
LIGHT RYE	RYE FLOUR	WREN'S ABRUZZI RYE	EAGLE SPRINGS, NC	78	Formerly called crema rye, this is lovely in unique pastry application, pie crust, and cookies. Pairs well with chocolate.
COARSELY CRACKED RYE	RYE FLOUR	WREN'S ABRUZZI RYE	EAGLE SPRINGS, NC	100	A mix of large cracked pieces and flour for use in volkornbrot, graubrot, Danish rye, and/or to feed culture.
RYE MEAL	RYE FLOUR	WREN'S ABRUZZI RYE	EAGLE SPRINGS, NC	100	A uniform coarse meal for use in volkornbrot, graubrot, Danish rye, and/or to feed culture.
85AP	ALL PURPOSE	BLEND OF APPALACHIAN WHITE HARD WHITE WHEAT AND SHIRLEY SOFT RED WINTER WHEAT	BUNN + MANSON, NC	85	High extraction blend suitable for general baking—can be used directly in most situations calling for ‘white’ flour. Great all purpose application from breads to cake to cookies, pie crust, crackers, and waffles.
TRINITY BLEND	ALL PURPOSE	BLEND OF NUEAST HARD RED WHEAT, WREN'S ABRUZZI RYE AND SHIRLEY SOFT RED WINTER WHEAT	WAKE FOREST + EAGLE SPRINGS + FAISON + MANSON, NC	82	A flavorful all purpose flour, lovely in pastry application. A big winner in chocolate chip cookies and quick breads, pairs well with flavors such as orange, fig, honey, Earl Grey tea, and coffee.
WHOLE SPELT	SPELT	COMET	HALIFAX, PA	100	A nutty, tender addition to bread, scones, rustic cookies.
WHITE SPELT	SPELT	COMET	HALIFAX, PA	85	A great all-purpose flour that offers a delicate elegance to breads, scones, hearty cakes, and rustic cookies.
WHEAT BERRIES	GRAIN	SHIRLEY SOFT RED WINTER WHEAT	MANSON, NC	GRAIN	Whole, intact grain kernels which lend recipes a nutty flavor. Great for pilaf, sprouting, or as a bread add-in.
RYE BERRIES	GRAIN	WREN'S ABRUZZI	EAGLE SPRINGS, NC	GRAIN	A spicy heritage variety great for pilaf, sprouting, or as a bread add-in.
BULGUR	CULINARY	SHIRLEY SOFT RED WINTER WHEAT	MANSON, NC	N/A	Cracked and sifted, not parcooked. Ideal for a pilaf, sprouting, and/ or add-in for bread.
FARINA	HOT CEREAL	OUR FARINA IS MADE FROM EITHER SOFT RED WHEAT OR SPELT, BASED ON AVAILABILITY AND QUALITY, BASED ON THE MILL RUN	MANSON, NC OR HALIFAX, PA	N/A	This is a byproduct of sifting and can be made into a comforting hot cereal (see recipe below) or used to dust banetons. As hot cereal, directions: 1 cup farina to 3 cups boiling water. Add pinch of salt, 1T of butter, and let simmer 5 minutes or longer. As a savory polenta, sub olive oil for butter, stock + cream for liquid, add crushed garlic, black pepper to taste.
BRAN	N/A	FROM HARD OR SOFT RED WHEAT	NC	N/A	A byproduct of sifting, with a high mineral content. Use in bran muffins or to dust banetons.