

100% whole wheat

INGREDIENTS Whole Wheat Flour, Yeast, Salt, Milk, Canola Oil, Honey

FORMS Boule, Sliced Pan Loaf, Dinner Roll



Utica Bread 100% Whole Wheat is made from 100% whole wheat flour. We exercise a long fermentation of two hours and build strength in the dough by hand folding primarily, with little time in the mixer. The addition of oil, milk and honey help to soften the crumb and add to the keeping quality of our Whole Wheat bread.

One interesting point of this dough is our use of the whole grain. Most commercially produced breads today use other additives to stabilize and ease the use of this sometimes difficult to work with whole grain.

To better understand this complex and flavorful bread, it is interesting to look at the composition of whole wheat flour. The wheat kernel consists of three parts: the bran, the germ and the endosperm. In standard white flour both the germ and bran have been removed leaving just the endosperm, leading to a stronger flour with access to more starch for growth. But this process of refining the flour leads to a loss in the overall character and nutritional quality of the wheat. With the bran goes much of the fiber content, and the germ contains many oils and nutrients of its own that are lost to the refining process. Unrefined Whole Wheat flour has a balance and identity that is not seen in refined white or wheat flour. We are proud to call this bread 100% Whole Wheat!

{Baker's Choice}

He's not much of a baker, but our owner, Tim, loves this bread toasted with Kriemhild butter and raw honey.

Great whole wheat. Great city.

A SIMPLE USAGE FOR 100% WHOLE WHEAT

One of the most memorable, textural sandwiches in American culinary history, 100% Whole Wheat makes an exceptional PB & J sandwich!

It is an amazing base for canapés and hors d'oeuvres, lightly toasted and topped with any variety of tasty accompaniments.

Use it to assemble small sandwiches of salmon, egg or cucumber for afternoon tea.

MORE IDEAS FOR 100% WHOLE WHEAT

Try this bread in an old fashioned bread pudding, with warm spices and cranberries.

Soaked with milk and added to your favorite meatloaf ~ you won't believe how much flavor this adds to your family favorite!!!



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