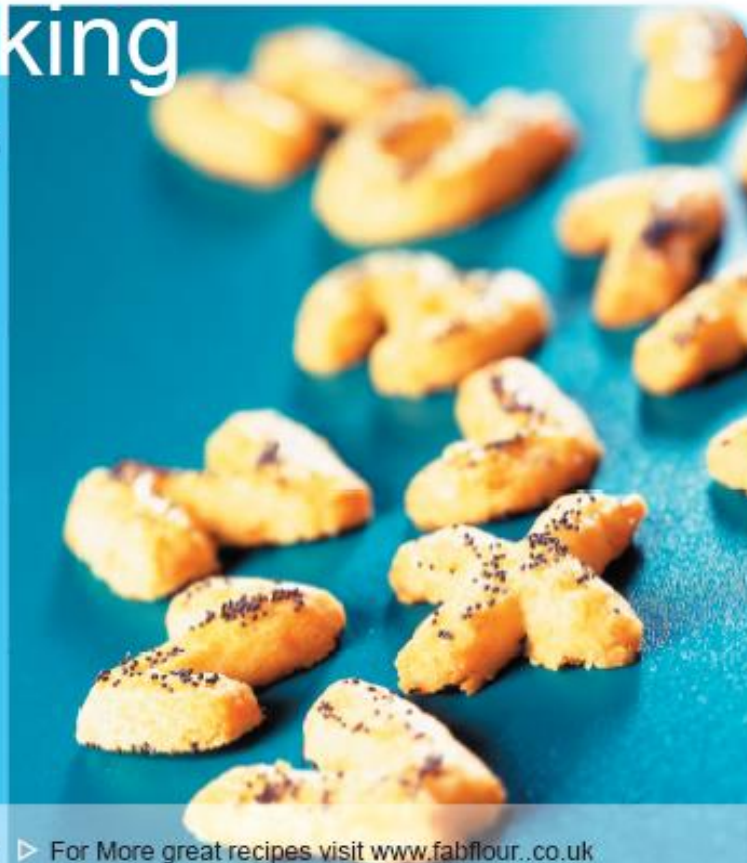


Flours For Home Baking

From UK Millers

There is a flour to suit every taste and occasion, whether you need a creamy white flour for bread making, a coarser, wholemeal stoneground for a rich fruitcake, or a fine, light sponge flour. Why not explore and experiment with the wide range now available in your supermarket, local shop or health food store?



Cheesy Number Biscuits ▶ For More great recipes visit www.fabflour.co.uk

Manufacturer	Brand/Type of Flour	Description	Availability
The Silverspoon Company, Sugar Way, Peterborough, PE2 9AY	Allinson Strong White Bread Flour	Versatile, everyday bread flour with high protein content, Allinson Strong White Bread Flour is perfect for consistently good bread, pizza dough and pasta.	In all major supermarkets
	Allinson Very Strong White Bread Flour	The very high protein content in this flour guarantees a fuller rise and rich texture loaf after loaf. It is perfect in your favourite bread recipes, as well as in pizza dough.	Tesco, Asda, Morrisons, Sainsbury's, Co-Op
	Allinson Very Strong Wholemeal Bread Flour	This flour can be used as any other bread flour, but has been made using the whole grain. Thanks to the bran in the flour, Allinson Very Strong Wholemeal Flour is rich in vitamin B, fibre, iron and calcium. It is ideal for all bread and pizza dough recipes.	Tesco, Asda, Morrisons, Sainsbury's, Co-Op
	Allinson Country Grain Bread Flour	Allinson Country Grain bread flour is a mixture of strong brown bread flour and malted wheat flakes. It is perfect for healthy rustic bread, with a nutty flavour and rich texture	Morrisons, Sainsbury's and Co-Op
	Allinson Seed & Grain Bread Flour	Combining white bread flour, kibbled rye (crushed and flattened grains), sunflower seeds, millet and linseed with wheat, Allinson Seed & Grain bread flour adds texture and colour to bread, rolls, pizza bases and fruit pastries.	Asda, Sainsbury's, Waitrose.
	Allinson Seed & Grain Wholemeal Bread Flour	Allinson Wholemeal Seed & Grain The wholesome goodness of wholemeal bread flour combined with kibbled rye (crushed and flattened grains), sunflower seeds, millet and linseed with wheat. Adds texture, colour and a nutty flavour to bread, rolls, pizza bases and pastries.	Asda, Morrisons
	Allinson Wholemeal Plain Flour	Wholemeal Plain Flour can be used as you would White plain flour, but has the added benefit of the goodness of the whole grain. Try it in scones, pastries, tarts and pies	Tesco, Asda, Sainsbury's, Co-Op and some wholesale outlets
	Allinson Wholemeal Self-Raising Flour	The healthier alternative to White Self-Raising Flour, Allinson Wholemeal Self Raising Flour is ideal for cakes, cookies and muffins, but with the added texture and goodness of the whole grain	Tesco, Asda, Morrisons, Sainsbury's, and some wholesale outlets

cont: The Silverspoon Company, Sugar Way, Peterborough, PE2 9AY	Allinson Plain White Flour	Allinson Plain White Flour is expertly milled from British Conservation Grade wheat, making it great for baking and kind to nature. For classic recipes including sauces, pancakes and shortbread	Sainsbury's and Asda
	Allinson Self-Raising White Flour	Allinson Self-Raising White Flour is expertly milled from British Conservation Grade wheat, making it great for baking and kind to nature. For classic recipes including sponges, cupcakes and muffins.	Sainsbury's and Asda

Manufacturer	Brand/Type of Flour	Description	Availability
Carr's Flour Mills Ltd Hutchisons Mill East Bridge Kirkcaldy Fife KY1 2SR Tel: 016973 33715 Lynsey.Henderson@carrsflour.co.uk www.carrsflour.co.uk	Carr's Strong White Flour (1.5kg)	Strong white flour. Ideal for baking bread and rolls by hand or machine.	Sainsbury's, Booth's and independent retailers in the North of England and South of Scotland.
	Carr's Strong Brown Flour (1.5kg)	Strong white flour with added bran. Ideal for baking bread and rolls by hand or machine.	Booth's and independent retailers in the North of England and South of Scotland.
	Carr's Wholemeal Flour (1.5kg)	Wholemeal flour. Ideal for baking bread and rolls by hand or machine.	Sainsbury's, Booth's and independent retailers in the North of England and South of Scotland.
	Carr's Malty Seeded Flour (1kg)	Malted strong white flour with added oats, sunflower seed, pumpkin seed and linseed. Ideal for baking bread and rolls by hand or machine.	Booth's and independent retailers in the North of England and South of Scotland.
	Carr's Very Strong Canadian White Flour (1kg)	Very strong Canadian white flour. Ideal for baking sourdough, bread and rolls by hand or machine.	Lakeland Ltd and independent retailers in the North of England.
	Carr's '00' Plain Flour (1kg)	Premium '00' fine white flour. Ideal for pasta, pastries, scones and cakes.	Booth's and independent retailers in the North of England and South of Scotland.
	Carr's Self Raising Flour (1kg)	Premium white flour blended using the best raising agents. Ideal for cakes, pastries and puddings.	Booth's and independent retailers in the North of England and South of Scotland.
	Carr's Breadmaker Blends Strong White Flour (500g)	Strong white bread flour blended with sugar, salt, dried yeast, dextrose and ascorbic acid. Ideal for baking bread or rolls by hand or machine.	Lakeland Ltd and independent retailers in the North of England.
	Carr's Breadmaker Blends Wholemeal Flour (500g)	Wholemeal bread flour blended with sugar, salt and dried yeast. Ideal for baking bread or rolls by hand or machine.	Lakeland Ltd and independent retailers in the North of England.
	Carr's Sauce Flour (500g)	Quality white sauce flour. Ideal for making perfect 'low fat' sauces and can be used for thickening.	Tesco and independent retailers in the North of England and South of Scotland.

Manufacturer	Brand/Type of Flour	Description	Availability
Doves Farm Foods Hungerford, Berkshire RG17 0RF mail@dovesfarm.co.uk Tel: 01488 684880	Organic Strong Wholemeal Bread Flour	Flour milled from organic strong hard 100% whole wheat grain. Ideal for oven baked yeast cookery and bread machines.	Dovesfarm.co.uk, Ocado, Sainsbury, Booths and all good health and whole food stores.
	Organic Fine Plain English Wholemeal Flour	Fine milled, whole grain, 100% flour stoneground from soft wheat varieties. Ideal for whole wheat pastry, sauces and everyday cookery.	Dovesfarm.co.uk, Ocado, Sainsbury, Booths and all good health and whole food stores.
	Organic Self-Raising Wholemeal Flour	Flour finely milled from soft 100% whole wheat grain, with added raising agents. Ideal for baking light, whole wheat sponges and cakes.	Dovesfarm.co.uk, Ocado, Sainsbury, Booths and all good health and whole food stores.
	Organic Strong White Bread Flour	Milled from strong hard wheat and sieved to make a fine wheat bread flour. Ideal for use in bread machines, for oven baked yeast cookery and profiteroles.	Dovesfarm.co.uk, Ocado, Sainsbury, Booths and all good health and whole food stores.
	Organic Plain White Flour	Fine white flour milled from soft wheat varieties. Ideal for biscuits, scones, pancakes, sauces, and everyday home cooking.	Dovesfarm.co.uk, Ocado, Sainsbury, Booths and all good health and whole food stores.
	Organic Self-Raising White Flour	Fine white flour milled from soft wheat with added raising agents. Ideal for deliciously light home made cakes.	Dovesfarm.co.uk, Ocado, Sainsbury, Booths and all good health and whole food stores.
	Organic Malthouse Bread Flour	A special blend of wheat, rye and barley malt flours with malted wheat flakes. Ideal for oven baked yeast cookery and in bread machines.	Dovesfarm.co.uk, Ocado, Sainsbury, Booths, Waitrose and all good health and whole food stores.
	Organic Wholemeal Rye Flour	Stoneground from whole grain this 100% rye flour is naturally low in gluten, producing close textured bread and cakes with a pleasing continental flavour.	Dovesfarm.co.uk, Ocado, Sainsbury, Waitrose, Tesco and all good health and whole food stores.
	Organic White Rye Flour	Milled from rye grain and sieved to remove the bran and coarse particles, this flour is naturally low in gluten and typically produces fine textured baked goods.	Dovesfarm.co.uk, Ocado, Sainsburys, Booths and all good health and whole food stores.
	Organic Wholegrain Spelt Flour	Stoneground from an ancient relative of modern wheat, spelt will add delicious complex flavours to all your baking.	Dovesfarm.co.uk, Ocado, Morrisons, Sainsbury, Booths, Waitrose, Tesco and all good health and whole food stores.

cont: Doves Farm Foods Hungerford, Berkshire RG17 0RF mail@dovesfarm.co.uk Tel: 01488 684880	Organic White Spelt Flour	A creamy white flour milled from an ancient relative of modern wheat, which has been sieved to remove the bran for gourmet baking.	Dovesfarm.co.uk, Ocado, Sainsbury, Booths and all good health and whole food stores.
	Organic Wholemeal Kamut® Khorasan Flour	Pale stoneground flour, milled from whole khorasan grain, a rare wheat species related to modern varieties. Excellent for baking gourmet breads and pasta.	Dovesfarm.co.uk, Ocado, Sainsburys, Waitrose, Booths and all good health and whole food stores
	Organic Pasta Flour	A fine white flour for making traditional pasta by hand or with a pasta machine. Use in recipes that call for 00 grade flour.	Dovesfarm.co.uk, Ocado, Sainsbury, Booths and all good health and whole food stores.
	Wholemeal Buckwheat Flour	A stoneground flour milled from wholegrain buckwheat which is grown, stored or processed adjacent to wheat and other cereals. Traditionally used for pancakes and pasta.	Dovesfarm.co.uk, Ocado, Sainsburys, Morrisons, Waitrose and all good health and whole food stores.
	Organic Wholemeal Emmer Flour	Wholegrain flour stoneground from emmer wheat, a forerunner of many modern wheat varieties. With a slight sweet flavour emmer makes delicious baked goods.	Doves Farm Foods Website, Ocado and all good health and whole food stores
	Organic Wholemeal Einkorn Flour	Stoneground from wheat grain widely used in prehistory, this flour will give taste and character to your baking.	Dovesfarm.co.uk, Ocado and all good health and whole food stores.
	Rice Flour, Free From Gluten	Plain in flavour and creamy in colour rice flour is used in many sweet and savoury dishes. It makes great puddings, biscuits and baked goods and can be used to thicken sauces.	Dovesfarm.co.uk, Ocado, Morrisons, Sainsbury, Booths and all good health and whole food stores.
	Plain White Flour, Free From Gluten	Our special flour blend milled from naturally gluten free rice, potato, tapioca, maize and buckwheat is a great alternative to everyday wheat flour. Follow one of our gluten free recipes or adapt a traditional recipe by adding a little extra liquid.	Dovesfarm.co.uk, Ocado, Sainsbury, Booths, Waitrose, Tesco, Morrisons, Co-op, Budgens and all good health and whole food stores.
	Self Raising White Flour, Free From Gluten	A blend of naturally gluten free ingredients, use this flour as an alternative to self raising flour made from wheat. Follow one of our gluten free recipes or adapt a traditional recipe by adding a little extra liquid.	Dovesfarm.co.uk, Ocado, Sainsbury, Booths, Waitrose, Tesco, Morrisons, Budgens and all good health and whole food stores.
	White Bread Flour, Free From Gluten	Blended from naturally gluten free ingredients use this flour as alternative to bread flour made from wheat. Follow our recipes to make bread in your oven or bread machine.	Dovesfarm.co.uk, Ocado, Sainsbury, Booths, Tesco, Morrisons and all good health and whole food stores.

cont: Doves Farm Foods Hungerford, Berkshire RG17 ORF mail@dovesfarm.co.uk Tel: 01488 684880	Brown Bread Flour, Free From Gluten	Blended from naturally gluten free ingredients use this flour as alternative to bread flour made from wheat. Follow our recipes to make white bread in your oven or bread machine.	Dovesfarm.co.uk, Ocado, Morrisons, Sainsbury, Booths, Tesco and all good health and whole food stores.
	Gram Flour, Free From Gluten	Milled from chana dhal, gram flour is sometimes called besan flour. This fine yellow flour is useful for fritters, batters, pancakes, sauces and as a vegan egg substitute.	Dovesfarm.co.uk, Ocado, Waitrose and all good health and whole food stores.
	Organic Quick Maize Polenta, Free From Gluten	Made from wholegrain maize, this polenta is quick & easy to prepare. Ideal for sweet and savoury dishes.	Dovesfarm.co.uk, Ocado and all good health and whole food stores.
	Organic Chestnut Flour, Free From Gluten	Flour milled from dried chestnuts. Popular in Italy and France, this versatile flour adds sweetness and intensity to bread, cakes and desserts, especially chocolate ones.	Dovesfarm.co.uk, Morrisons, Ocado and all good health and whole food stores.
	Organic Brown Rice Flour, Free From Gluten	Flour milled from wholegrain brown rice. This flour is ideal for thickening sauces and soups and with its wholesome, nutty flavour it's also great for baking.	Dovesfarm.co.uk, Tesco, Sainsburys, Morrisons, Ocado and all good health and whole food stores.
	Buckwheat Flour, Free From Gluten	Milled from whole buckwheat, this flour is great for pancakes and can also add slight sweetness to your baking. Contrary to its name it is not a type of wheat.	Dovesfarm.co.uk, Tesco, Ocado and all good health and whole food stores.
	Teff Flour, Free From Gluten	Milled from wholegrain teff, one of the world's smallest grains. Used to make Ethiopian Injeera pancakes, this flour also adds character to sweet and savoury home baking.	Dovesfarm.co.uk, Sainsburys, Morrisons, Ocado and all good health and whole food stores.
	Organic Chickpea Flour, Free From Gluten	Milled from dried chickpeas which are sometimes known as garbanzo beans. Many cuisines use this flour for flatbreads, savoury and sweet dishes.	Dovesfarm.co.uk, Ocado and all good health and whole food stores.
	Organic Millet Flour, Free From Gluten	Flour milled from wholegrain millet. Many cultures have used this flour for centuries to make a variety of flatbreads, fritters and porridge.	Dovesfarm.co.uk, Ocado and all good health and whole food stores.
	Organic Quinoa Flour, Free From Gluten	Wholegrain quinoa flour can add diversity to your everyday cooking and baking. The grain was originally popular in the ancient civilisations of South America.	Dovesfarm.co.uk, Ocado and all good health and whole food stores.
	Potato Flour, Free From Gluten	A starchy flour sometimes called féculé in French recipes. Potato flour makes a smooth non-gelatinous gravy or sauce and can add lightness to your baking.	Dovesfarm.co.uk, Ocado and all good health and whole food stores.

cont: Doves Farm Foods Hungerford, Berkshire RG17 0RF mail@dovesfarm.co.uk Tel: 01488 684880	Tapioca Flour, Free From Gluten	Prepared from cassava root this starchy flour is excellent for giving pie fillings and sauces a clear, glossy finish. These will also freeze well if preparing in advance.	Dovesfarm.co.uk, Ocado and all good health and whole food stores.
	Organic Corn Flour, Free From Gluten	Traditionally used to thicken sweet and savoury sauces, cornflour is also great for desserts and can add lightness to your baking.	Dovesfarm.co.uk, Ocado and all good health and whole food stores.

Manufacturer	Brand/Type of Flour	Description	Availability
Heygates Ltd Bugbrooke, Northampton pmheygate@heygates.co.uk Tel: 01604 830 381	Fine Lady Strong White	Strong white flour ideal for baking bread.	Independent retailers.
	Fine Lady Plain Flour	Ideal for recipes including sauces and biscuits.	Independent retailers.
	Fine Lady Self Raising	Ideal for recipes such as cakes and muffins.	Independent retailers.

Manufacturer	Brand/Type of Flour	Description	Availability
James Neill Ltd Belfast, N Ireland www.neillsflour.co.uk Tel: 02890 321626	Neill's Golden Fleece Plain Flour	Ideal for pastry, flans, sauces and batters mixes.	Supermarkets, independent retailers and shops in Northern Ireland.
	Neill's Self-Raising Soda Bread Flour	Ideal for pancakes, soda bread & farls and scones.	Supermarkets, independent retailers and shops in Northern Ireland.
	Neill's Self-Raising Flour	Ideal for cakes, buns, sponges and scones.	Supermarkets, independent retailers and shops in Northern Ireland.
	Neill's Coarse & Medium Wholemeal Flours	Ideal for wheaten (brown soda) bread, farls and wholemeal scones.	Supermarkets, independent retailers and shops in Northern Ireland.
	Neill's Wheaten Bread Mix	Just add milk to make wheaten bread.	Supermarkets, independent retailers and shops in Northern Ireland.
	Neill's Buttermilk Scone Mix	Just add milk to make buttermilk scones.	Supermarkets, independents retailers and shops in Northern Ireland.
	Neill's Strong White Bread Flour	Perfect for breadmaking machines	Supermarkets, independent retailers and shops in Northern Ireland.

Manufacturer	Brand/Type of Flour	Description	Availability
FWP Matthews Ltd Station Road Shipton under Wychwood Chipping Norton, Oxon OX7 0BH sales@fwpmatthews.co.uk www.fwpmatthews.co.uk Tel: 01993 830 342	Cotswold Organic White	A strong, premium quality flour milled from local organic wheats. Ideal for all bread making purposes.	FWP Mathews mill shop, email-order, some Baker's shops and Amazon.
	Cotswold Organic Wholemeal	A high protein organic flour with an exceptionally fine texture.	FWP Mathews mill shop, email-order, some Baker's shops and Amazon.
	Cotswold Organic Crunch	A blend of strong white flour, malted wheat flakes, malt & rye flour. Ideal for bread and rolls.	FWP Mathews mill shop, email-order, some Baker's shops and Amazon.
	Rollright Plain	A conventional, light, white flour ideal for pastries, sauces etc.	FWP Mathews mill shop, email-order, some Baker's shops and Amazon.
	Rollright Self-raising	A conventional, fine white self-raising flour suitable for all cakes and sponges.	FWP Mathews mill shop, email-order, some Baker's shops and Amazon.
	Cotswold Bakers White	A conventional white strong flour ideal for all bread making uses.	FWP Mathews mill shop, email-order, some Baker's shops and Amazon.
	Cotswold Farmhouse Wholemeal	A fine wholemeal flour suitable for bread and rolls.	FWP Mathews mill shop, email-order, some Baker's shops and Amazon.
	Cotswold Crunch	A mixture of strong white flour, wholemeal flour, malted wheat flakes, malt & rye flours. Use on its own or mixed with white.	FWP Mathews mill shop, email-order, some Baker's shops and Amazon.
	Cotswold Eight Grain	Blend of seeds and grains.	FWP Mathews mill shop, email-order, some Baker's shops and Amazon.
	Maizebite Flour	Our maizebite flour is a unique blend of soft wheat and maize flour. It is an ideal pastry flour due to the added maize flour which contributes towards the lovely rich colour and crisp texture. This flour can be used in the creation of delicious savoury and sweet products.	FWP Mathews mill shop, email-order, some Baker's shops and Amazon.

cont: FWP Matthews Ltd Station Road Shipton under Wychwood Chipping Norton, Oxon OX7 0BH sales@fwpmatthews.co.uk www.fwpmatthews.co.uk Tel: 01993 830 342	French T55 Bread Flour	A French breadmaking flour using 100% French wheat for an authentic product. This flour is ideal for making delicious baguettes with the fine airy texture identical to baguettes originated from France.	FWP Mathews mill shop, email-order, some Baker's shops and Amazon.
	Italian Type 00 Flour	Our Italian Type 00 flour is produced from carefully sourced Italian wheat, which is very finely milled producing soft, pure white flour. This flour is perfect for making delicious fresh homemade pasta, pizza and grissini due to its fine, light texture.	FWP Mathews mill shop, email-order, some Baker's shops and Amazon.
	Organic Plain	Our organic plain white flour with a multi-purpose use is milled from a blend of the highest quality soft organic wheats to a fine consistency and rich in flavour. This flour can be used for making pastry, cakes, shortbreads, sauces and many more delicious sweet and savoury products.	FWP Mathews mill shop, email-order, some Baker's shops and Amazon.
	Organic Self Raising	Our organic white self raising flour is ideal for producing the perfect light and springy cakes, and for general use. We blend a variety of high quality soft wheats, adding baking powder to be mixed consistently throughout the flour, to produce the ideal ratio of flour and raising agent.	FWP Mathews mill shop, email-order, some Baker's shops and Amazon.

Manufacturer	Brand/Type of Flour	Description	Availability
W & H Marriage & Sons Ltd Chelmsford, Essex CM1 1PN floursales@marriagesmillers.co.uk www.flour.co.uk Tel: 01245 354 455 Fax: 01245 261 492	Finest Strong White Flour Available in 1.5kg bags	High protein for bread, rolls, pizza & puff pastry We carefully select wheats renowned for their bread making qualities to create this strong white flour.	Health food stores, farm shops and delis nationwide, as well as independent bakeries and the East of England Co-operative stores. Online at www.ocado.com and www.flour.co.uk
	Very Strong White 100% Canadian flour Available in 1.5kg bags	Very high protein for bread, rolls & pasta Our Canadian flour produces a very strong, pliable dough, due to its superior protein content.	Health food stores, farm shops and delis nationwide, as well as independent bakeries and the East of England Co-operative stores. Online at www.ocado.com and www.flour.co.uk
	Strong Stoneground Wholemeal flour Available in 1.5kg bags	For traditional bread and rolls We mill this flour using French Burr stones to deliver all the goodness of the wheat grain.	Health food stores, farm shops and delis nationwide, as well as independent bakeries and the East of England Co-operative stores. Online at www.ocado.com and www.flour.co.uk
	Very Strong Wholemeal 100% Canadian flour Available in 1.5kg bags	Very high protein for bread, rolls & pasta Milled on traditional French Burr stones, our Canadian flour produces a very strong, pliable dough due its superior protein content.	Health food stores, farm shops and delis nationwide, as well as independent bakeries and the East of England Co-operative stores. Online at www.ocado.com and www.flour.co.uk
	Organic Strong White flour Available in 1kg bags	High protein for bread, rolls, pizza & puff pastry We carefully select organic wheats renowned for their bread making qualities to create this strong white flour.	Health food stores, farm shops and delis nationwide, as well as independent bakeries and the East of England Co-operative stores. Online at www.ocado.com , www.flour.co.uk and www.abelandcole.co.uk
	Organic Strong Stoneground Wholemeal flour Available in 1kg bags	For traditional bread and rolls We mill this organic flour using French Burr stones to deliver all the goodness of the wheat grain.	Health food stores, farm shops and delis nationwide, as well as independent bakeries and the East of England Co-operative stores. Online at www.ocado.com , www.flour.co.uk and www.abelandcole.co.uk

cont W & H Marriage & Sons Ltd Chelmsford, Essex CM1 1PN floursales@marriagesmillers.co.uk www.flour.co.uk Tel: 01245 354 455 Fax: 01245 261 492	Organic Country Fayre Malted Brown flour Available in 1kg bags	With cracked malted grains, for bread & rolls This brown flour has a delicate malty flavour with the goodness of added bran and wheat grains.	Health food stores, farm shops and delis nationwide, as well as independent bakeries and the East of England Co-operative stores. Online at www.ocado.com , www.flour.co.uk and www.abelandcole.co.uk
	Finest Self Raising flour Available in 1.5kg bags	For light sponges, scones & muffins We blend this bright-coloured flour from selected English wheats and quality raising agents.	Health food stores, farm shops and delis nationwide, as well as independent bakeries and the East of England Co-operative stores. Online at www.ocado.com and www.flour.co.uk
	Organic Self Raising White flour Available in 1kg bags	For light sponges, scones & muffins We blend this bright-coloured flour from selected organic wheats and quality raising agents.	Health food stores, farm shops and delis nationwide, as well as independent bakeries and the East of England Co-operative stores. Online at www.ocado.com and www.flour.co.uk
	Organic Light Brown Self Raising flour Available in 1kg bags	For cakes, scones & muffins Our nutritious brown flour combines the nutty flavour of wholmeal with the easy handling of white flour.	Health food stores, farm shops and delis nationwide, as well as independent bakeries and the East of England Co-operative stores. Online at www.ocado.com and www.flour.co.uk
	Finest Plain flour Available in 1.5kg bags	All-purpose for pastry, biscuits & sauces With a light texture and bright colour, our all-purpose flour is perfect for general baking	Health food stores, farm shops and delis nationwide, as well as independent bakeries and the East of England Co-operative stores. Online at www.ocado.com and www.flour.co.uk
	Organic Plain White flour Available in 1kg bags	All-purpose for pastry, biscuits & sauces With a light texture and bright colour, our all-purpose flour, milled from selected organic wheats, is perfect for general baking.	Health food stores, farm shops and delis nationwide, as well as independent bakeries and the East of England Co-operative stores. Online at www.ocado.com and www.flour.co.uk
	Organic Light Brown Plain flour Available in 1kg bags	For cakes, scones & muffins Our nutritious brown flour combines the nutty flavour of wholmeal with the easy handling of white flour.	Health food stores, farm shops and delis nationwide, as well as independent bakeries and the East of England Co-operative stores. Online at www.ocado.com and www.flour.co.uk

<p>cont W & H Marriage & Sons Ltd Chelmsford, Essex CM1 1PN floursales@marriagesmillers.co.uk</p>	<p>Dark Rye Available in 1kg bags</p>	<p>For dense, richly flavoured bread 100% wholemeal flour for dense, richly flavoured bread.</p>	<p>Health food stores, farm shops and delis nationwide, as well as independent bakeries and the East of England Co-operative stores. Online at www.ocado.com and www.flour.co.uk</p>
<p>www.flour.co.uk Tel: 01245 354 455 Fax: 01245 261 492</p>	<p>Light Spelt Available in 1kg bags</p>	<p>For sweet, nutty flavoured bread, cakes and pancakes An ancient wheat variety for sweet, nutty flavoured bread, cakes and pancakes.</p>	<p>Health food stores, farm shops and delis nationwide, as well as independent bakeries and the East of England Co-operative stores. Online at www.ocado.com and www.flour.co.uk</p>
	<p>Moulsham Strong Malted Seeded Available in 1kg bags</p>	<p>Ideal for bread and rolls This malted brown flour is packed with sunflower seeds, pumpkin seeds, millet, brown linseed and poppy seeds.</p>	<p>Health food stores, farm shops and delis nationwide, as well as independent bakeries and the East of England Co-operative stores. Online at www.ocado.com and www.flour.co.uk</p>
	<p>Golden Wholegrain Bread Available in 1kg bags</p>	<p>For bread and pizzas with more fibre. A sweeter, milder flavour and lighter colour than traditional wholemeal flour.</p>	<p>Health food stores, farm shops and delis nationwide, as well as independent bakeries and the East of England Co-operative stores. Online at www.ocado.com and www.flour.co.uk</p>
	<p>Golden Wholegrain Plain Available in 1kg bags</p>	<p>For biscuits and cakes with more fibre. A sweeter, milder flavour and lighter colour than traditional wholemeal flour.</p>	<p>Health food stores, farm shops and delis nationwide, as well as independent bakeries and the East of England Co-operative stores. Online at www.ocado.com and www.flour.co.uk</p>

Manufacturer	Brand/Type of Flour	Description	Availability
<p>R Mayall & Daughter Shrewsbury shop@pimhillorganic.co.uk www.pimhillorganic.co.uk</p> <p>Tel: 01939 290 342</p>	<p>Pimhill Organic Wholemeal Flour</p>	<p>Stoneground flour comprising a blend of mainly home-grown wheats. The flour is famous for its exceptional flavour.</p>	<p>Natural Food Wholesalers, Health food shops and through the on site farm shop.</p>

Manufacturer	Brand/Type of Flour	Description	Availability
McDougalls Foods Ltd Premier Foods Premier House Centrium Business Park St Albans Hertfordshire AL1 2RE www.mcdougalls.com	McDougalls Self-Raising Flour	A plain flour with the addition of a high quality raising agent. McDougalls self-raising flour is super-sifted. Excellent for cakes, scones, suet pastry, tea-breads and biscuits.	ASDA, Co-op, Iceland, Kwiksave, Morrisons, Sainsbury's, Somerfield, Tesco, Waitrose, other multiples and independent retailers.
	McDougalls Supreme Sponge Flour	The only flour specially produced for sponge making, McDougalls supreme sponge flour gives your Swiss rolls, fairy cakes and sponges a lighter and more even texture than normal self-raising flour.	ASDA, Sainsbury's, and Tesco.
	McDougalls Plain Flour	Milled from a blend of high quality wheats, McDougalls plain flour is super-sifted. This versatile all purpose flour is suitable for pastry, batter, sauces, gravies, fruit cakes and shortbreads.	ASDA, Co-ops, Iceland, Kwiksave, Morrisons, Sainsbury's, Somerfield, Tesco, Waitrose, other multiple and independent retailers.
www.be-ro.com	Be-Ro Plain Flour	Milled from carefully selected wheats, this versatile all purpose flour helps you achieve delicious results for pastries, Yorkshire puddings, pancakes, fruit cakes, shortbread, sauces and gravies.	ASDA, Co-op, Kwiksave, Morrisons, Sainsbury's, Somerfield, Tesco, other multiple and independent retailers.
	Be-Ro Self-Raising Flour	Milled from carefully selected wheats, Be-Ro self-raising flour is a plain flour with the addition of high quality raising agent. It is ideal for cakes, scones, suet pastry, tea-breads and biscuits.	ASDA, Co-ops, Kwiksave, Morrisons, Sainsbury's, Somerfield, Tesco, other multiple and independent retailers.

Manufacturer	Brand/Type of Flour	Description	Availability
Wm Nelstrops & Co Ltd Albion Flour Mills Stockport Cheshire www.nelstrop.co.uk Tel: 0161 480 3071 Fax: 0161 480 0325	Strong Wholemeal	A strong medium cut wholemeal flour made from a high quality blend of the finest wheats. Perfect for baking by hand or in a bread machine.	Independent retailers in the North.
	Plain	A soft plain white flour made from all English wheat. Ideal for pastry, sauces, batters and biscuits.	Independent retailers in the North.
	Self Raising	A soft plain white flour made from all English wheat with the addition of raising agents. Ideal for cupcakes, scones, sponges and puddings.	Independent retailers in the North.
	Tasty Seeds and Grains	A distinctive blend of finely milled wheat flour, sunflower seeds, millet, rye flakes, linseed, malted barley flour and barley flakes. Perfect for baking by hand or in a bread machine.	Independent retailers in the North.
	Malted Toasty	A flavoursome blend of finely milled wheat flour with toasted malted wheat flakes, kibbled wheat and malted barley flour. Perfect for baking by hand or in a bread machine.	Independent retailers in the North.
	Master Bakers	A premium strong white flour made from a special blend of the finest hard wheats from around the world. Ideally suited for sourdoughs.	Independent retailers in the North.

Manufacturer	Brand/Type of Flour	Description	Availability
Kerry Foods - Home Baking Thorpe Lea Manor Thorpe Lea Road Egham TW20 8HY Freephone 0800 783 4321 www.homeprideflour.co.uk	Homepride Plain – Premium Quality	Makes excellent pastry, batter and crumbles. No need to sieve! Available in resealable cartons.	Tesco, Sainsbury's, Asda, Morrisons, Waitrose, Co-op, Ocado and independent convenience stores
	Homepride Self-Raising – Premium Quality	Plain flour with the addition of a high-quality raising agent. Excellent for cakes, scones and sponges. No need to sieve! Available in resealable cartons.	Tesco, Sainsbury's, Asda, Morrisons, Waitrose, Co-op, Ocado and independent convenience stores

Manufacture	Brand/Type of Flour	Description	Availability
Stoate NR & Sons Cann Mills Shaftsbury, Dorset SP7 0BL www.stoatesflour.co.uk info@stoateflour.co.uk Tel: 01747 852 475	Organic Strong 100% Wholemeal Flour	The ideal bread making flour milled from a blend of high protein wheat with nothing added and nothing taken away. Still containing all of the natural fibre and wheat germ, which constitutes a flavoursome and healthy diet.	Regional Health Food and Farm Shops, Deli's, online shop or direct from the mill.
	Organic Brown Flour (81%)	Rich in flavour and natural fibre but lighter than the 100% wholemeal flour. Ideal for bread, rolls, cakes, pastries and sauces.	Regional Health Food and Farm Shops, Deli's, online shop or direct from the mill.
	Organic Maltstar Flour	This is our Granary type flour. Made from wheat flour blended with malted wheat flakes, rye flour and malt flour. Bread and rolls baked from this flour acquire a distinctive malty flavour with a moist and grainy texture.	Regional Health Food and Farm Shops, Deli's, online shop or direct from the mill.
	Organic Plain White Flour	Milled using low protein wheat typically sourced within a 30 mile radius of the mill. This flour will produce excellent cakes, pastries, biscuits etc with a superior flavour to that of a mass produced roller ground flour.	Regional Health Food and Farm Shops, Deli's, online shop or direct from the mill.
	Organic White Self-Raising Flour	Raising agents are mixed with the plain white flour to produce a uniform and stable blend ready for your baking recipes.	Regional Health Food and Farm Shops, Deli's, online shop or direct from the mill.
	Organic Self-Raising Brown (81%) Flour	This is the perfect flour for cakes and biscuits as well as short crust pastry and crumbles. The flour is ground from wheat specifically selected for its softness and suitability for cake making and is blended with raising agents to provide the lift and lightness to baked goods.	Regional Health Food and Farm Shops, Deli's, online shop or direct from the mill.
	Organic Rye Flour	Used for making pumpernickel, sour doughs and other rye breads. Especially popular on the Continent, but increasingly more so here. Our rye grain is specifically selected for bread making. Stoneground and produced as a wholemeal, it is ideal to use on its own or blended with other bread making flours.	Regional Health Food and Farm Shops, Deli's, online shop or direct from the mill.
	Organic Strong White Flour	The brown flour is sieved further to remove more bran particles producing a stoneground white flour with a creamy colour and exceptional flavour.	Regional Health Food and Farm Shops, Deli's, online shop or direct from the mill.

cont. Stoate NR & Sons Cann Mills Shaftsbury, Dorset SP7 0BL www.stoatesflour.co.uk michael@stoateflour.co.uk Tel: 01747 852 475	Organic Spelt Flour	This ancient grain has a characteristic flavour and different baking qualities to that of its wheat relative we use in general milling. On account of this disparity of its origin some people with a mild wheat intolerance find they can consume products made with Spelt flour without any adverse reaction.	Regional Health Food and Farm Shops, Deli's, online shop or direct from the mill.
	Strong 100% Wholemeal Flour		Regional Health Food and Farm Shops, Deli's, online shop or direct from the mill.
	Brown (81% extraction) Flour		Regional Health Food and Farm Shops, Deli's, online shop or direct from the mill.
	Maltstar Flour		Regional Health Food and Farm Shops, Deli's, online shop or direct from the mill.

Manufacturer	Brand/Type of Flour	Description	Availability
Clarks (Wantage) Ltd Wessex Mill Mill Street Wantage OX12 9AB 01235768991	Apple & Cinnamon Bread Flour 1.5kg	A tasty blend of apples & cinnamon	Specialist Food Retailers, Mill Shop, Web Shop
	Bread Improver	Not really required for most flours. It will give wholemeal a bit more lift.	Specialist Food Retailers, Mill Shop, Web Shop
	French Bread Flour 1.5kg	Milled in France from French wheat. It gives a light open textured loaf with a crisp crust. This flour is T65 for making bread and baguettes.	Specialist Food Retailers, Mill Shop, Web Shop
	Half and Half Bread Flour 1.5kg	Just what it says. Half wholemeal and Half white flour mixed to give you a bit of both wholemeal taste and white volume.	Specialist Food Retailers, Mill Shop, Web Shop
	Honey & Seed Bread Flour 1.5kg	Seedy with a background flavour of rich honey.	Specialist Food Retailers, Mill Shop, Web Shop
	Malt Loaf Bread Flour 1.5kg	Dark brown malt loaf delicious with butter on. We prefer it with sultanas.	Specialist Food Retailers, Mill Shop, Web Shop
	Mixed Grain Bread Flour 1.5kg	All sorts in here. A malty flavour with bursts of the seed flavours coming through.	Specialist Food Retailers, Mill Shop, Web Shop
	Oats & Bran Bread Flour 1.5kg		Specialist Food Retailers, Mill Shop, Web Shop
	Onion Bread Flour 1.5kg	Kibbled and minced onion create a fruity tasting loaf	Specialist Food Retailers, Mill Shop, Web Shop
	Pasta and Pizza Flour 1.5kg	This extra strong flour is ideal for making pasta aand pizzas. It is a blend of high protein local flours and durum semolina.	Specialist Food Retailers, Mill Shop, Web Shop
	Plain Flour 1.5kg	A soft flour for culiary cooking. It is made from soft buiscuit wheats that are good for cakes, cookiees and biscuits.	Specialist Food Retailers, Mill Shop, Web Shop

cont. Clarks (Wantage) Ltd Wessex Mill Mill Street Wantage OX12 9AB 01235768991	Rye (Light) Flour 1.5kg		Specialist Food Retailers, Mill Shop, Web Shop
	Rye (Wholemeal) Flour 1.5kg		Specialist Food Retailers, Mill Shop, Web Shop
	Scone Mix 1.5kg		Specialist Food Retailers, Mill Shop, Web Shop
	Self Raising Flour 1.5kg	A light culinary flour for excellent cakes.	Specialist Food Retailers, Mill Shop, Web Shop
	Six Seed Bread Flour 1.5kg	Great Taste Award Winner three years running 2010/11. Our best seller.	Specialist Food Retailers, Mill Shop, Web Shop
	Sour Dough Mother Rye (Frozen)	A sour dough made with wholemeal rye flour. It needs feeding as soon as it arrives	Mill Shop, Web Shop
	Sour Dough Mother Wheat (Frozen)	A sour dough made with white wheat flour. It needs feeding as soon as it arrives.	Mill Shop, Web Shop
	Spelt White Flour 1.5kg		Specialist Food Retailers, Mill Shop, Web Shop
	Spelt Wholemeal Flour 1.5kg		Specialist Food Retailers, Mill Shop, Web Shop
	Strong White Bread Flour 1.5kg	All flour in the uk is unbeached ours is no exception. We collect wheat from local farms. The name of the farms can be found on the back of the pack.	Specialist Food Retailers, Mill Shop, Web Shop
	Sunflower Bread Flour 1.5kg	A blend of sunflower seeds and bran with a unique nutty flavour	Specialist Food Retailers, Mill Shop, Web Shop
	Tomato & Garlic Bread Flour 1.5kg	Pieces of garlic and sundried tomato. A spicy mixture excellent for dinner parties .	Specialist Food Retailers, Mill Shop, Web Shop

cont. Clarks (Wantage) Ltd Wessex Mill Mill Street Wantage OX12 9AB 01235768991	Wessex Cobber Bread Flour 1.5kg	A Delicatley flavoured malted bread flour made using soft malt pieces that are kind to your teeth.	Specialist Food Retailers, Mill Shop, Web Shop
	Wholemeal Bread Flour 1.5kg		Specialist Food Retailers, Mill Shop, Web Shop
	Wholemeal Plain Flour 1.5kg	Milled using a grist made up of local wheat. We put the name of the farm that we use on the label.	Specialist Food Retailers, Mill Shop, Web Shop
	Wholemeal Self Raising 1.5kg		Specialist Food Retailers, Mill Shop, Web Shop

Manufacturer	Brand/Type of Flour	Description	Availability
GR Wright & Sons Ltd Ponders End Mill Enfield, Middlesex EN3 4TG sales@wrightsflour.co.uk www.wrightsflour.co.uk Tel: 020 8804 1166	Wright's Premium White Bread Mix 500g	Just add water to produce scrumptious bread, rolls or pizza bases. Also suitable for bread machines.	Asda, Booth's, Budgen, Co-op, Morrisons, Sainsbury's, Shoprite, Ocado, Tesco own label and Wright's internet sales.
	Wright's Farmhouse Wholemeal Bread Mix 500g	Just add water to produce wholesome bread or rolls. Also suitable for use in bread making machines	Asda, Booth's, Ocado, Tesco own label and Wright's internet sales
	Wright's Scofa Bread Mix 500g	Just add water to produce authentic soda bread or rolls. Not suitable for bread making machines.	Booth's and Wright's internet sales.
	Wright's Classic Ciabatta Bread Mix 500g	Just add water and olive oil to produce delicious, authentic Ciabatta and other Italian breads such as Puglisi or Focaccia. Half a 500g pack is suitable for use in bread making machines.	Booth's, Co-op, Morrison's, Sainsbury's, Ocado and Wright's internet sales.
	Wright's Sunflower Bread Mix 500g	Just add water to produce appetising, speciality bread and rolls or add honey for a sweet tea bread. Also suitable for bread making machines.	Booth's, Shoprite and Wright's internet sales.
	Wright's Mixed Grain Bread Mix 500g	Just add water to produce a superb, speciality bread or rolls. Add nuts or sultanas for a delicious muesli loaf. Also suitable for bread making machines.	Booth's, Budgen, Co-op, Morrison's, Sainsbury's, Shoprite, Tesco, Ocado and Wright's internet sales.
	Wright's Garlic & Rosemary Focaccia Bread Mix 500g	Just add water and olive oil to produce mouth-watering Focaccia in your existing tins at home. Also suitable for use in bread making machines	Sainsbury's, Ocado and Wright's internet sales
	Wright's Garlic & Coriander Naan Bread Mix 500g	Just add water and vegetable oil to produce six garlic and coriander Naan breads under your grill. Not suitable for use in bread making machines.	Wright's internet sales.
	Wright's Parmesan & Sundried Tomato Bread Mix 500g	Just add water to produce satisfying Mediterranean bread, rolls or pizza bases. Also suitable for use in bread making machines.	Asda, Booth's, Budgen, Co-op, Morrison's, Sainsbury's, Tesco, Ocado and Wright's internet sales

cont GR Wright & Sons Ltd Ponders End Mill Enfield, Middlesex EN3 4TG sales@wrightsfLOUR.co.uk www.wrightsfLOUR.co.uk Tel: 020 8804 1166	Wright's Cheddar Cheese & Onion Bread Mix 500g	Just add water to produce top quality, Cheese & Onion bread or rolls. Also suitable for use in bread making machines	Asda, Booth's, Co-op, Tesco and Wright's internet sales.
	Wright's Chilli Bread Mix 500g	Just add water to produce flavoursome bread, rolls or pizza bases. Also suitable for bread making machines	Wright's internet sales.
	Wright's Strong White bread making flour 1.5kg	Baker's top quality and almost gladiatorial in strength, white flour that is specifically milled for bread making.	Selected Tesco's and Wright's Internet Sales.
	Wright's Strong Wholemeal bread making flour 1.5kg	Baker's quality, healthy wholemeal flour that is specifically milled for bread making.	Selected Tesco's and Wright's Internet Sales.
	Wright's Plain flour 1.5kg	Top quality plain flour for pastry, coating, thickening and biscuit making.	Wright's Internet Sales.
	Wright's Self Raising flour 1.5kg	Top quality self raising flour for the creation of home made cakes and puddings.	Wright's Internet Sales.
	Wright's One-loaf Strong White Flour	Baker's top quality white flour that is specifically milled for bread making in a handy one loaf size bag.	Wright's Internet sales.
	Wright's One-loaf Strong Wholemeal Flour	Baker's top quality wholemeal flour that is specifically milled for bread making in a handy one loaf size bag.	Wright's Internet sales.
	Wright's Malty Bread Mix 500g	Just add water to produce nourishing, granary style bread or rolls. Also suitable for use in bread making machines	Asda, Booth's, Ocado and Wright's internet sales in the UK.
	Wright's Organic Stoneground Wholemeal Bread Mix	Just add water to produce top quality organic bread or rolls. Also suitable for bread making machines.	Wright's Internet sales in the UK. Shoprite on the Isle of Man. De Bijenkorf, Netherlands, Quicksave in Spain and Nice Price in Mallorca.
	Wright's Malt & Seedy Bread Mix 500g	Just add water to produce healthy Malt & Seedy bread or rolls. Also suitable for use in bread making machines	Shoprite & Wright's internet sales.

Cont GR Wright & Sons Ltd Ponders End Mill Enfield, Middlesex EN3 4TG sales@wrightsflour.co.uk www.wrightsfour.co.uk Tel: 020 8804 1166	Wright's Oat & Linseed Bread Mix 500g	Just add water to produce healthy Oat & Linseed bread or rolls. Also suitable for use in bread making machines	Asda, Morrison's, Sainsbury's, Shoprite and Wright's internet sales.
	Wright's Sungold Pastry Flour 500g	Once this product was seen on The Great British Menu we had many requests for it and now have many fans of this easy to use, silky pastry mix with a little maize flour.	Shoprite, Ocado and Wright's Internet Sales.
	Wright's 1.5kg Ciabatta Bread Mix	A larger pack of mix for just adding water and olive oil to produce authentic Italian breads. Just 250g from the pack is suitable for use in bread making machines.	Wright's Internet sales in the UK in 500g 1.5kg and 12kg.
	Wright's 1.5kg Premium White Bread Mix	A larger pack of mix for just adding water to produce tasty, top quality bread, rolls or pizza bases. Also suitable in bread making machines.	Wright's Internet sales in the UK in 500g 1.5kg and 12kg.
	Wright's Mixed 1.5kg Grain Bread Mix	A larger pack of mix for just adding water to produce wholesome speciality bread and rolls or add nuts or sultanas for a delicious muesli loaf. Also suitable for bread making machines.	Wright's Internet sales in the UK in 500g 1.5kg and 12kg.
	Wright's Artisan Brioche 500g	Just add water to produce a light, buttery Brioche loaf or rolls. Also suitable for use in bread making machines.	Lakeland and Wright's internet sales.
	Wright's Artisan Pumpkin 500g	Just add water to produce an artisan style Pumpkin loaf or rolls. Also suitable for use in bread making machines.	Lakeland and Wright's internet sales.
	Wright's Artisan Sourdough 500g	Just add water to produce an artisan style Sourdough loaf or rolls. Also suitable for use in bread making machines.	Lakeland and Wright's internet sales.
Wright's Cake Mixes	Wright's Ginger Cake Mix 500g	For a rich, velvet textured Ginger cake, simply add water and oil. These mixes work brilliantly with bread making machines as well as in a 2lb loaf in your domestic oven.	Asda, Booth's, Co-op, larger Sainsbury's, Morrison's, Shoprite and Wright's internet sales.
	Wright's Carrot Cake Mix 500g	For a moist and tasty Carrot cake simply add water and oil. These mixes work brilliantly with bread making machines as well as in a 2lb loaf in your domestic oven.	Asda, Booth's, larger Sainsbury's, Shoprite and Wright's internet sales.
	Wright's Madeira Cake 500g	For a delicious Madeira cake with a hint of vanilla simply add water and oil. These mixes work brilliantly with bread making machines as well as in a 2lb loaf in your domestic oven.	Asda, Booth's, Co-op, Ocado, larger Sainsbury's, Shoprite and Wright's internet sales.

cont. Wright's Cake Mixes	Wright's Toffee Cake 500g	This mix contains real toffee pieces and produces a moist and subtle Toffee cake. Simply add water and oil. These mixes work brilliantly with bread making machines as well as in a 2lb loaf tin in your domestic oven.	Asda, Booth's, Morrison's, larger Sainsbury's and Wright's internet sales.
	Wright's Chocolate Fudge Cake 500g	Contains real chocolate and produces an indulgent moist eating cake. Simply add water and oil. These mixes work brilliantly with bread making machines as well as in a 2lb loaf in your domestic oven.	Asda, Booth's, Morrison's, larger Sainsbury's, Shoprite and Wright's internet sales
	Wright's Orange Cake 500g	This mix contains orange fruit pieces and produces a moist and zingy Orange cake. Simply add water and oil. These mixes work brilliantly with bread making machines as well as in a 2lb loaf tin in your domestic oven.	Wright's internet sales.
	Victoria Sponge Baking Kit 450g	Just add water for a light and fluffy Victoria sponge – contains the necessary icing sugar in the kit – you buy the butter for the centre.	Hider Foods Distribution and Wright's internet sales.
	Chocolate Sponge Baking Kit 450g	Just add water for a light and fluffy chocolate sponge – contains the necessary icing sugar in the kit – you buy the butter for the centre.	Hider Foods Distribution and Wright's internet sales.
	Scone Mix 320g	Just add water for 8 delicious home baked style scones	Wright's internet sales.