

overnight Buckwheat Pancakes

- ½ cup buckwheat flour
- ½ cup whole wheat pastry flour
- 1 cup yogurt
- 2 eggs, beaten
- pinch of salt
- 3 Tbs. melted butter
- ½ tsp. baking soda

Combine buckwheat flour, whole wheat pastry flour, and yogurt in a mixing bowl. Stir well and cover for 8-12 hours or overnight (leaving on the counter). The next morning, add eggs, salt, melted butter, and baking soda. Stir well. Heat griddle with butter and bake pancakes on both sides until puffy. These old-fashioned pancakes are delicious with warm applesauce. Serves 2-3.

Apple Muffins

- 1 cup all-purpose flour
- 1 cup whole wheat pastry flour
- 3 tsp. baking powder
- 1 tsp. cinnamon
- ½ tsp. salt
- 1 egg
- ⅔ cup milk
- ⅓ cup melted butter or canola oil
- ⅓ cup maple syrup or brown sugar
- 1 apple, cored and chopped

Sift together flours, baking powder, cinnamon, and salt in a medium-sized bowl. In a separate bowl, mix together egg, milk, melted butter or canola oil, and maple syrup or brown sugar. Blend wet ingredients into dry ingredients. Stir gently. Lightly fold in chopped apples. Bake in a greased 12-muffin tin at 425° for 20 minutes or until golden on top. **For blueberry muffins:** Substitute one cup frozen or fresh blueberries

About City Market, Onion River Co-op

City Market, Onion River Co-op is a consumer cooperative, with over 9,000 Members, selling wholesome food and other products while building a vibrant, empowered community and a healthier world, all in a sustainable manner. Located in downtown Burlington, Vermont, City Market provides a large selection of local, organic and conventional foods, and thousands of local and Vermont-made products. Visit City Market, Onion River Co-op online at www.CityMarket.coop or call 802-861-9700.

Flour



Whole grain flour adds color, flavor, and nutrition to all recipes. You can replace half the amount of white flour with whole grain flour in all baking recipes, from cookies and muffins to bread and pizza dough. City Market carries a variety of white and whole wheat flours that are perfect for baking, as well as gluten-free flours like buckwheat and cornmeal.



Your Community-Owned Grocery Store
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About Wheat Flour

Wheat flours are milled from soft or hard wheat berries and vary in gluten content. *Gluten* is a type of protein that helps make bread rise. In general, soft wheat berries are lower in gluten and used for muffins and other quick-breads, while hard wheat berries are higher in gluten and used for bread and pizza dough.

Whole or Refined?

Whole wheat flour contains the outer bran and nutritious inner germ (which appear as brown speckles); in white flour, these have been removed and the flour has been fortified with vitamins and minerals.

Common Types of Wheat Flour

***all-purpose flour** - refined white flour used for either bread or quick-breads, cookies, etc.

King Arthur artisan flour - refined white bread flour blended with a little white wheat flour and ascorbic acid; said to approximate European bread flour

***whole wheat pastry flour** - whole wheat flour milled from soft wheat berries; soft and tender for quick-breads, cookies, pie, etc.

***whole wheat bread flour** - whole wheat flour milled from hard wheat berries; high in gluten and used for crusty bread and pizza dough

white wheat flour - milled from hard *white* wheat berries; lighter in flavor than traditional red wheat but still 100% whole grain; can be used for either breads that need to rise or quick-breads

**local in season!*

A Note on Spelt Flour

Spelt is an ancestor of today's common wheat that has a wider spectrum of nutrients than wheat and is more versatile. It can be used for either breads or quick-breads and has a slightly hearty, nutty flavor. It is higher in protein than wheat, and some people find it more digestible.

Other Bread Flours

rye - produces bread with a rich, slightly sour flavor common in Germany; also quite moist and dense because it does not rise

six-grain - a mixture of wheat, barley, rye, buckwheat, corn, and millet flours that adds interesting flavors when mixed with bread flour

Gluten-Free Flours

People who are gluten sensitive have trouble digesting the proteins found in gluten. Flours that contain gluten at City Market include all forms of *wheat, spelt, oat,* and *rye* flours, as well as *six-grain flour*. We offer several kinds of flour that do not contain gluten in the Bulk section, however, these flours may have come into contact with gluten-containing flours in the filling or scooping processes.

Gluten-free flours will not rise and therefore should be used for flatter, denser breads, mixed with gluten-containing flours, or used for special gluten-free baking recipes.

buckwheat flour - an earthy, gray-speckled flour rich in iron; used in buckwheat pancakes, Japanese soba noodles, and savory crepes

brown rice flour - light, sweet, and crumbly; mix it with wheat flour or substitute a mixture of one part arrowroot plus four parts rice flour in recipes to keep them from crumbling

cornmeal - great for cornbread and corn muffins; this is more finely ground flour than polenta (the Italian name) or grits (the Southern name), which are not typically used for baking. Also check out the heirloom **Early Riser** cornmeal from Butterworks Farm.

Specialty Flours

We carry some varieties of flours that are mostly used for particular purposes:

semolina flour - for making homemade pasta

masa harina flour - for making homemade corn tortillas

chappathi flour - for making Indian flatbreads

chick pea flour - for making Indian dosas

Storage

Store whole grain flour in the freezer for up to 6 months in a tightly closed paper or plastic bag or storage container to keep the naturally occurring oils in the germ from going rancid and to keep away moisture and insects.



Local Spotlight: King Arthur Flour and Gleason Grains

King Arthur is America's oldest flour company, based in Norwich, VT. The company has received national recognition for its products, which are grown and milled in the U.S.

Gleason Grains flour is grown, milled, and packaged for food co-ops and bakeries on a 100-acre farm in Bridport, VT. They supply us with soft & hard wheat berries and whole wheat pastry flour and bread flour.