




Nora Mill Granary
7107 South Main Street
Helen, GA 30545

706-878-2375
noramill.com

Nora Mill 100% Rye Flour

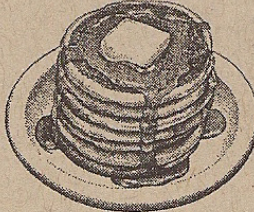


**100%
Rye Flour**

Ground from the Rye Grain with a distinctive, wholesome flavor. Used for baking, particularly in loaf breads, pancakes and rolls. Goes well with Caraway Seeds.

7107 South Main Street
Helen, Georgia 30545
706-878-2375

Shop online @ www.noramill.com



Fluffy Rye Pancakes

- 1 1/2 Cups Nora Mill Rye Flour
- 1/2 Cup all purpose flour
- 1/4 tsp. salt
- 1/2 tsp. cream of tartar
- 2 1/4 Cups milk
- 2 large eggs, beaten
- 1/2 Cup molasses

Preheat griddle or large skillet over medium heat. In large bowl, combine Nora Mill Rye Flour, all purpose flour, salt and cream of tartar. Mix well. Add milk and eggs, stir until well blended. Add molasses, stir until smooth. Lightly spray griddle or skillet with vegetable oil. Spoon about 1/4 cup batter at a time. Flip pancakes just once when they begin to lose their gloss and bubbles begin to burst. Wonderful served with applesauce!





Nora Mill Granary
7107 South Main Street
Helen, GA 30545

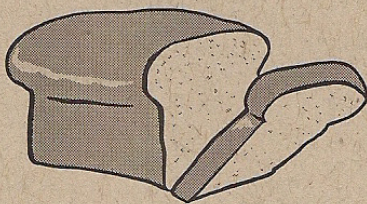
706-878-2375
noramill.com

Nora Mill 100% Rye Flour (continued)

Bread Machine Rye Bread

- 1 1/8 Cups water
- 1 T. vegetable oil
- 1 1/2 T. honey
- 3/4 tsp. salt
- 3/4 tsp. ground allspice
- 2 tsp. Nora Mill Caraway Seeds
- 1 1/2 Cups Nora Mill Bread Flour
- 1 1/2 Cups Nora Mill Rye Flour
- 2 tsp. Nora Mill Vital Wheat Gluten
- 1 1/2 T. dry milk powder
- 2 tsp. rapid or quick yeast

Add all ingredients according to your machine directions. This is a dense loaf that does not rise very high, but it has tremendous flavor and texture.



Rye Dinner Rolls

- 4 Cups Nora Mill Rye Flour
- 1 tsp. salt
- 1 1/2 Cups milk
- 6 tsp. baking powder
- 1 T. shortening, melted
- 1 T. Nora Mill Caraway Seeds (optional)

Sift together Nora Mill Rye Flour, salt and baking powder. Add milk and melted shortening. Knead lightly on floured board. Roll out into shape of rolls. Put in greased pan and allow to stand for about 15 minutes. Bake in moderate oven for 20 – 25 minutes.

To maintain the flavor and nutritive qualities of whole grains, they should be kept in airtight containers in the refrigerator or freezer.

