

# BAKING ESSENTIALS

## BAKING FLOURS

Flour is the reason cake exists!  
It's time to know the different varieties of it better!

### ALL-PURPOSE FLOUR



9-12%



- Very versatile
- Bakes Easily
- Holds structure



Not the healthiest choice

#### WHAT TO BAKE



### WHOLE WHEAT FLOUR



12-14%



- Best for dense goods
- Healthy choice



Crumbly in nature

#### WHAT TO BAKE



### CAKE FLOUR



5-9%



- Creates a soft crumb
- Almost even density



Cannot be used for tough bases

#### WHAT TO BAKE



### PASTRY FLOUR



7-9%



- Airy texture
- Best for lightweight desserts



- Used rarely
- Not used for popular dessert

#### WHAT TO BAKE



### SELF RISING FLOUR



9-12%



- Added baking powder and salt make it easier to bake
- It bakes super quick!



Not a popular choice

#### WHAT TO BAKE



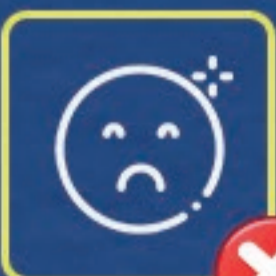
### HIGH-QUALITY PREMIXES



7-9%



- Wide variety
- Consistency every single time



Almost None

#### WHAT TO BAKE

SPECIFIC PREMIX FOR SPECIFIC RECIPE



% protein is per 100 g of product\*



#ProTipForProBakers

Packing and shipping cause the flours to compress which makes them lumpy if not sifted correctly. Use a sifter multiple times right before baking for better flow and consistency.

