

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, Morrisons, Sainsbury's, Tesco, 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, Tesco
	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, Morrisons, Sainsbury's, Co-Op and some wholesale outlets

<p>cont: The Silverspoon Company, Sugar Way, Peterborough, PE2 9AY</p>	<p>Allinson Wholemeal Self-Raising Flour</p>	<p>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</p>	<p>Tesco, Asda, Morrisons, Sainsbury's and some wholesale outlets</p>
	<p>Allinson Plain White Flour</p>	<p>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</p>	<p>Tesco, Asda, Morrisons, Sainsbury's and some wholesale outlets</p>
	<p>Allinson Self-Raising White Flour</p>	<p>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.</p>	<p>Tesco, Asda, Morrisons, Sainsbury's and some wholesale outlets</p>

Manufacturer	Brand/Type of Flour	Description	Availability
Carr's Flour Solway Mills Silloth Cumbria CA7 4AJ Tel: 016973 33700 flour@cmiplc.co.uk www.carrs-flourmills.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.	Sainsbury's, 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.	Lakeland Ltd 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.	Lakeland Ltd 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
<p>Doves Farm Foods Hungerford, Berkshire RG17 0RF</p> <p>mail@dovesfarm.co.uk</p> <p>Tel: 01488 684880</p>	<p>Strong Wholemeal Bread Flour</p>	<p>Organic: Whole grain flour milled from strong hard wheat is an entirely natural 100% wheat flour. It is ideal for use in bread machines and oven baked yeast cookery.</p>	<p>Booths, Budgens, Sainsbury, Ocado, all good health and whole food stores and the Doves Farm website.</p>
	<p>Fine Wholemeal Flour</p>	<p>Organic: Stone ground very finely from soft English wheat grain. This 100% wholemeal flour is ideal for general use, light wholemeal cakes, pastry and sauces.</p>	<p>Booths, Sainsbury, Ocado, all good health and whole food stores and the Doves Farm website.</p>
	<p>Self-Raising Wholemeal Flour</p>	<p>Organic: Stone ground from soft English wheat grain with added rising agents. This 100% wholemeal flour will make surprisingly light home made cakes.</p>	<p>Booths, Sainsburys, Ocado, all good health and whole food stores and the Doves Farm website.</p>
	<p>Strong White Bread Flour</p>	<p>Organic: Strong hard natural wheat flour milled and sieved to make this white bread flour. It is ideal for use in bread machines, for oven baked yeast cookery and profiteroles.</p>	<p>Booths, Budgens, Sainsbury, Ocado, all good health and whole food stores and the Doves Farm website.</p>
	<p>Ethical Plain White Flour</p>	<p>Organic: This general purpose white flour is milled from English wheat grown by organic farmers to Ethical Trade Standards which involve a fair price for the farmer, fair treatment of workers as well as involvement with local communities.</p>	<p>Booths, Co-Op, Sainsbury, Ocado, all good health and whole food stores and the Doves Farm website.</p>
	<p>Self-Raising White Flour</p>	<p>Organic: Fine white flour milled from soft English wheat with added raising agents. Ideal for deliciously light home made cakes.</p>	<p>Booths, Co-Op, Sainsbury, Ocado, all good health and whole food stores and the Doves Farm website.</p>
	<p>Malthouse Bread Flour</p>	<p>Organic: Malthouse flour is made from wheat and rye flours combined with flaked malted grains for a wholesome crunchy texture. It is ideal for use in bread making machines and for oven based yeast cookery.</p>	<p>Booths, Sainsbury, Waitrose, Ocado, all good health and whole food stores and the Doves Farm website.</p>
	<p>Barleycorn Bread Flour</p>	<p>Organic: Barleycorn flour is made from wheat and barley flours combined with malted barley flakes and omega3 rich linseeds. It is ideal for use in bread machines and for oven based yeast cookery.</p>	<p>Ocado, all good health and whole food stores and the Doves Farm website.</p>

cont Doves Farm Foods Hungerford, Berkshire RG17 0RF mail@dovesfarm.co.uk Tel: 01488 684880	Rye Flour	Organic: Stoneground, secale cereale , 100% rye flour has a distinctive flavour. It is naturally lower in gluten, producing close textured breads with a pleasing continental flavour.	Booths, Ocado, Sainsbury, Tesco, all good health and whole food stores and the Doves Farm website.
	Wholegrain Spelt Flour	Organic: Ancient relative of modern wheat, spelt grain , triticum speltum was widely grown by the Romans. This 100% wholegrain flour has complex flavours and bakes a delicious loaf.	Booths, Ocado, Sainsbury, Tesco, all good health and whole food stores and the Doves Farm website.
	White Spelt Flour	Organic: Milled spelt grain , triticum speltum, is sieved from coarse outer layers of bran to create this creamy white flour. Spelt flour is ideal for speciality pastry, yeast cookery and bread making.	Booths, Ocado, Sainsbury, all good health and whole food stores and the Doves Farm website.
	Kamut Flour	Organic: Originally grown by the pharaohs in Egypt, this ancient type of wheat, triticum turgidum, is naturally high in proteins and minerals such as selenium. It is excellent for pasta and breadmaking.	Booths, Ocado, Waitrose, all good health and whole food stores and the Doves Farm website.
	Pasta Flour	Organic: Home made pasta is traditionally made with fine Type "O" pasta in Italy. This light white flour is high in protein and can also be used for pizza and bread making.	Booths, Ocado, Sainsbury, all good health and whole food stores and the Doves Farm website.
	Buckwheat Flour	Organic: Sometimes known as sarrasin, this stoneground flour has a speckled appearance and slightly sweet taste. This 100% buckwheat flour is ideal for pancakes, blinis, noodle and pasta making.	Ocado, Waitrose, all good health and whole food stores and the Doves Farm website.
	Gram Flour	Milled from naturally gluten and wheat free gram or chana dahl , a kind of small chickpea, this fine pale yellow flour is used to make onion bhajias and other Middle Eastern or Indian dishes. Sometimes called besan flour, it is useful for thickening sauces.	Booths, Ocado, Sainsbury, all good health and whole food stores and the Doves Farm website.
	Einkorn Flour	Einkorn (triticum monococcum) was the original wheat, developed over 20,000 years ago. The flour makes great rustic style breads and pizza bases either on its own or blended half and half with white bread flour. Add baking powder to einkorn to make artisan style cakes.	Ocado, all good health and whole food stores and the the Doves Farm website.

<p>cont: Doves Farm Foods Hungerford, Berkshire RG17 0RF mail@dovesfarm.co.uk</p>	<p>Heritage Flour</p>	<p>Our Heritage grain flour is made up of a mixture of older wheat varieties including April Bearded, a popular 19th Century variety. Breads baked with heritage flour require more liquid than ordinary wholemeal. They will be dark in colour with a close crumb structure and rustic wheat flavour. Add baking powder to make artisan style cakes</p>	<p>Ocado, all good health and whole food stores and the the Doves Farm website.</p>
<p>Tel: 01488 684880</p>	<p>Rice Flour</p>	<p>Naturally gluten and wheat free, plain in flavour, creamy in colour and easy to digest, use rice flour to make great puddings and biscuits. It can also be used to thicken sauces in sweet and savoury dishes.</p>	<p>Ocado, Sainsburys, Tesco, Waitrose, all good health and whole food stores and the Doves Farm website.</p>
	<p>Gluten and Wheat Free Plain White Flour</p>	<p>A flour blend milled from naturally gluten and wheat free ingredients and natural gum, this is an alternative to wheat bread flour.</p>	<p>Booths, Budgen, Co-Op, Morrisons, Ocado, Sainsbury, Tesco, Waitrose, all good health and whole food stores and the Doves Farm website.</p>
	<p>Gluten and Wheat Free Self Raising White Flour</p>	<p>A blend milled from naturally gluten free rice, potato, tapioca, maize and buckwheat. It is perfect for anyone on a Gluten Free diet and can be substituted for everyday self raising flour although it will require a little extra liquid in most recipes</p>	<p>Booths, Budgen, Morrisons, Ocado, Sainsbury, Tesco, Waitrose, all good health and whole food stores and the Doves Farm website.</p>
	<p>Gluten and Wheat Free White Bread Flour</p>	<p>A flour blend milled from naturally gluten and wheat free ingredients and natural gum, this is an alternative to wheat bread flour.</p>	<p>Asda, Booths, Co-Op, Morrisons, Ocado, Sainsbury, Tesco, Waitrose, all good health and whole food stores and the Doves Farm website.</p>
	<p>Gluten and Wheat Free Brown Bread Flour</p>	<p>A flour blend milled from naturally gluten and wheat free ingredients and natural gum, this is an alternative to wheat bread flour.</p>	<p>Asda, Booths, Ocado, Sainsbury, Waitrose, all good health and whole food stores and the Doves Farm website.</p>

Manufacturer	Brand/Type of Flour	Description	Availability
Heygates Ltd Bugbrooke, Northampton pmheygate@heygates.co.uk Tel: 01604 830 381	Finelady Strong White	Strong white flour ideal for baking bread.	Independent retailers.
	Osprey Strong White	Strong white flour ideal for baking bread.	Independent retailers.
	Osprey Strong Wholemeal	Strong wholemeal flour for bread making.	Independent retailers.

Manufacturer	Brand/Type of Flour	Description	Availability
James Neill Ltd Belfast, N Ireland www.neillsflour.co.uk Tel: 028 9032 2451	Neill's Golden Fleece	Ideal for pastry, flans, sauces and batters mixes.	Supermarkets, independent retailers and shops in Northern Ireland.
	Neill's Soda Bread Mix	Ideal for pancakes, Soda Farls/bannocks and pizza bases.	Supermarkets, independent retailers and shops in Northern Ireland.
	Neill's Self-Raising	Ideal for cakes, buns, sponges and scones.	Supermarkets, independent retailers and shops in Northern Ireland.
	Neill's Wholemeals, Fine, Medium and Coarse	Ideal for cakes, pastry and wheaten bread.	Supermarkets, independent retailers and shops in Northern Ireland.
	Neill's Traditional Wheaten Bread Mix	Just add milk to make wheaten bread.	Supermarkets, independent retailers and shops in Northern Ireland.
	Neill's Soda Bread Mix	Ideal for Soda Farls. Just add milk. .	Supermarkets, independent retailers and shops in Northern Ireland
	Neill's Apple & Cinnamon Bread Mix	Just add milk to create beautiful cinnamon flavoured fruit bread.	Supermarkets, independent retailers and shops in Northern Ireland.
	Neill's Buttermilk Scone Mix	Just add milk to create these gorgeous scones.	Supermarkets, independents retailers and shops in Northern Ireland.
	Neill's Strong 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.	Some Bakers' shops or email-order.
	Cotswold Organic Wholemeal	A high protein organic flour with an exceptionally fine texture.	Some Bakers' shop or email-order.
	Cotswold Organic Crunch	A blend of strong white and wholemeal flour, malted wheat flakes, malt & rye flour. Ideal for bread and rolls.	Some Bakers' shop or email-order.
	Rollright Plain	A conventional, light, white flour ideal for pastries, sauces etc.	Some Bakers' shop or email-order.
	Rollright Self-raising	A conventional, fine white self-raising flour suitable for all cakes and sponges.	Some Baker's shop or email order.
	Cotswold Bakers White	A conventional white strong flour ideal for all bread making uses.	Some Bakers' shop or email-order.
	Cotswold Farmhouse Wholemeal	A fine wholemeal flour suitable for bread and rolls.	Some Bakers' shop or email-order.
	Cotswold Crunch	A mixture of strong white flour, wholemeal flour, malted wheat flakes, malt & rye flours. Use on its own or mixed with white.	Some Baker's shop or email-order.
	Cotswold Eight Grain	Blend of seeds and grains.	Some Baker's shop or email-order.
French Flours	Brioche Mix	Easy to use for Brioche	Some Baker's shop or email-order.
	Croissant Mix	Just add yeast and water	Some Baker's shop or email-order.
	Campagrain	Five flours and four seeds	Some Baker's shop or email-order.
	Pain de Campagne	With natural sourdough	Some Baker's shop or email-order.

	Fleur de Lys (T55)	For Baguettes etc	Some Baker's shop or email-order.
	Fleur de Lys (T45)	For pastry	Some Baker's shop or email-order.

Manufacturer	Brand/Type of Flour	Description	Availability
W & H Marriage & Sons Ltd Chelmsford, Essex CM1 1PN floursales@marriagesmeillers.co.uk www.flour.co.uk Tel: 01245 354 455 Fax: 01245 261 492 All flours available in 1.5kg bags	Finest Strong White Flour	Milled from selected English and Canadian wheat for strength and quality. Ideal for bread making, puff pastry and pizza bases. Suitable for bread machines	Health food shops, selected independent grocery shops and independent bakeries, OCADO. Taste of Anglia service in East of England retail outlets.
	Very Strong White 100% Canadian flour	Superior protein quality, milled from Canadian wheat, giving extra strength and tolerance in baking. Ideal for bread making, rolls and pasta. Suitable for bread machines	Health food shops, selected independent grocery shops and independent bakeries, OCADO. Taste of Anglia service in East of England retail outlets.
	Strong Stoneground Wholemeal flour	100% stoneground, delivering the natural goodness of all the wheat grain. Traditionally milled on French Burr stones to give the flour a 'nutty' flavour. Ideal for rolls and breadmaking. Suitable for bread machines	Health food shops, selected independent grocery shops and independent bakeries, OCADO. Taste of Anglia service in East of England retail outlets.
	Very Strong Wholemeal 100% Canadian flour	100% stoneground Canadian wheat, producing a very strong wholemeal, delivering that extra 'nutty' flavour with all the goodness of the grain. Traditionally milled on French Burr stones. Ideal for rolls and bread making. Suitable for bread machines	Health food shops, selected independent grocery shops and independent bakeries, OCADO. Taste of Anglia service in East of England retail outlets.
	Organic Strong White flour	A strong protein flour, milled from selected organic wheats from around the world, to produce a flour with good flavour and quality. Ideal for bread, rolls, pizza bases and puff pastry. Suitable for bread machines	Health food shops, selected independent grocery shops and independent bakeries, OCADO. Taste of Anglia service in East of England retail outlets.
	Organic Strong Stoneground Wholemeal flour	A strong organic '100% of the grain' flour for a nutritious high fibre loaf with a nutty flavour. Traditionally milled on French Burr stones. Suitable for bread machines	Health food shops, selected independent grocery shops and independent bakeries, OCADO. Taste of Anglia service in East of England retail outlets.

	Organic Country Fayre Malted Brown flour	A strong organic brown malted flour with small kibbled malted grains, giving a delicate malty flavour with the goodness of the added bran and wheat grains. Ideal for bread and rolls. Suitable for bread machines	Health food shops, selected independent grocery shops and independent bakeries, OCADO. Taste of Anglia service in East of England retail outlets.
cont W & H Marriage & Sons Ltd Chelmsford, Essex CM1 1PN floursales@marriagesmeillers.co.uk www.flour.co.uk Tel: 01245 354 455 Fax: 01245 261 492 All flours available in 1.5kg bags	Finest Self Raising flour	Blended from a selection of softer wheats and top quality raising agents, Marriage's self-raising flour will help to produce the lightest of cakes. The wheat is milled to a fine particle size resulting in an excellent white colour. Superb for scones, sponges and cakes.	Health food shops, selected independent grocery shops and independent bakeries, OCADO. Taste of Anglia service in East of England retail outlets.
	Organic Self Raising White flour	Produced in the same way as Marriage's Finest Self Raising, this flour is milled from selected organic wheats for quality baking. Excellent for sponges, scones and cakes.	Health food shops, selected independent grocery shops and independent bakeries, OCADO. Taste of Anglia service in East of England retail outlets.
	Organic Light Brown Self Raising flour	A rather special organic flour retaining the flavour of wholemeal and as easy to use as white flour. Ideal for sponges, scones and cakes.	Health food shops, selected independent grocery shops and independent bakeries, OCADO. Taste of Anglia service in East of England retail outlets.
	Finest Plain flour	This flour has a light texture and bright colour; a good all round flour perfect for baking and ideal as a thickener in sauces and soups. Perfect for pastry, crumbles, batters and biscuits.	Health food shops, selected independent grocery shops and independent bakeries, OCADO. Taste of Anglia service in East of England retail outlets.
	Organic Plain White flour	A soft organic flour milled from selected organic wheats for quality baking. Ideal for, batters, pastry, crumbles and biscuits.	Health food shops, selected independent grocery shops and independent bakeries, OCADO. Taste of Anglia service in East of England retail outlets.
	Organic Light Brown Plain flour	A rather special organic flour with more fibre and flavour than white flour, but easier to use than wholemeal flour. Great for crumbles, pastry, batters and biscuits.	Health food shops, selected independent grocery shops and independent bakeries, OCADO. Taste of Anglia service in East of England retail outlets.

Manufacturer	Brand/Type of Flour	Description	Availability
R Mayall & Daughter Shrewsbury shop@pimhillorganic.co.uk www.pimhillorganic.co.uk Tel: 01939 290 342	Pimhill Wholemeal Flour	Stoneground flour comprising a blend of mainly home-grown wheats. The flour is famous for its exceptional flavour,	Natural Food Wholesalers, Health food shops and through the on site farm shop.
	Pimhill 85%Extraction Flour	Stoneground flour with a proportion of the bran removed. The flour is famous for its exceptional flavour.	Natural Food Wholesalers, Health food shops and through the on site farm shop.

Manufacturer	Brand/Type of Flour	Description	Availability
Rank Hovis Ltd The Lord Rank Centre Lincoln Road High Wycombe, Bucks HP12 3QS marketing@rankhovis.com www.rankhovis.com Tel: 08707 281 111	Hovis Strong White Flour	A blend of high protein wheats, which produce a superior quality fine flour. Ideal for bread, rolls, pizzas bases and Danish pastries.	ASDA, Co-Ops, Morrisons, Sainsbury's, Somerfield, Tesco, Waitrose and other multiples and independent retailers.
	Hovis Super Strong White Bread Flour	A patent grade baker's flour which uses the flour from the centre of the wheat grain to give an exceptionally high quality protein flour for bread baking, producing loaves with superb volume, colour and texture.	ASDA, Co-ops, Morrisons, Sainsbury's and Tesco.
	Hovis Strong Wholemeal Flour	Milled in such a way as to retain all the goodness of the whole wheat. Hovis strong wholemeal flour is high in both brand and dietary fibre. Ideal for bread and rolls.	ASDA, Co-Ops, Morrisons, Sainsbury's, Tesco and Waitrose,
	Hovis Strong Country Brown Flour	A blend of wheats giving a superior quality flour which is ideal for bread baking, producing loaves with a wonderful nutty taste and excellent texture.	ASDA, Morrisons, Sainsbury's and Tesco.
	Hovis Granary Malted Brown Flour	A blend of wheats and malted wheat grains, giving Granary a unique texture and flavour. Ideal for bread, rolls and pastry.	ASDA, Co-op, Morrison, Sainsbury's, Somerfield, Tesco and Waitrose.
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 White	A blend of North American and English wheats to give a high quality white bread making flour.	Independent retailers in the North.
	Strong Wholemeal	A blend of North American and English wheats to give a high quality wholemeal bread making flour.	Independent retailers in the North.
	Plain White	Soft plain white flour from English wheats for cakes and pastry.	Independent retailers in the North.
	Self Raising	Soft plain white flour from English wheats in with the addition of raising agents.	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. Available in bags or resealable cartons.	Somerfield, Sainsbury, Tesco, Waitrose, ASDA, Nisa, Co-ops and Independents.
	Homepride Self-Raising – Premium Quality	Plain flour with the addition of a high-quality raising agent. Excellent for cakes, scones and sponges. Available in bags or resealable cartons.	Somerfield, Sainsbury, Tesco, Waitrose, ASDA, Nisa, Co-ops and Independents.

Manufacture	Brand/Type of Flour	Description	Availability
Stoate NR & Sons Cann Mills Shaftsbury, Dorset SP7 0BL www.stoatesflour.co.uk michael@stoateflour.co.uk Tel: 01747 852 475	Strong 100% Wholemeal Flour	Stoneground high protein flour for breadmaking. Excellent results from Bread making machines.	Regional Health Food and Farm Shops, Deli's or direct from the mill.
	Plain Brown Flour (81%)	General purpose Stoneground flour for bread, cakes, and pastry making.	Regional Health Food and Farm Shops, Deli's or direct from the mill.
	Maltstar Flour	Strong Brown flour milled from high protein wheats blended with Malted Wheat Flakes, Malt flour and Rye Flour. Excellent results from breadmaking machines.	Regional Health Food and Farm Shops, Deli's or direct from the mill.
	Organic Plain White Flour	Stoneground low protein flour. Creamy colour and superb flavour. Certified by The Soil Association. Suitable for cakes, biscuits, pastry and as general household flour.	Regional Health Food and Farm Shops, Deli's or direct from the mill.
	Organic White Self-Raising flour	Stoneground low protein white flour blended with raising agents. Creamy colour and superb flavour. Certified by The Soil Association. Suitable for cakes, biscuits and puddings.	Regional Health Food and Farm Shops, Deli's or direct from the mill.
	Organic Self-Raising Brown (81%) Flour	Stoneground flour milled from soft wheat blended with raising agents.	Regional Health Food and Farm Shops, Deli's or direct from the mill.
	Organic Rye Flour	Stoneground flour milled from 100% Rye Grain. Ideal for sourdoughs and blending with other bread flours.	Regional Health Food and Farm Shops, Deli's or direct from the mill.
	Organic Maltstar	Strong Brown flour milled from high protein wheats blended with Malted Wheat Flakes, Malt flour and Rye flour. Excellent results from breadmaking machines.	Regional Health Food and Farm Shops, Deli's or direct from the mill.
	Organic Strong 100% Wholemeal Flour	Stoneground flour for breadmaking certified by The Soil Association. Excellent results from Bread Making Machines.	Regional Health Food and Farm Shops, Deli's or direct from the mill.
	Organic Strong Brown Flour (81%)	Stoneground flour for breadmaking certified by The Soil Association. Excellent result from Breadmaking Machines.	Regional Health Food and Farm Shops, Deli's or direct from the mill.
	Organic Strong White flour	Stoneground strong white flour for breadmaking certified by The Soil Association. Creamy colour with superb flavour. Excellent results in Breadmaking machines.	Regional Health Food and Farm Shops, Deli's or direct from the mill.
	Organic Spelt flour	Stoneground Spelt flour for bread and pastry making. Certified by the Soil Association. This ancient variety of grain has a unique sweet and nutty flavour.	Regional Health Food and Farm Shops, Deli's 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
	Gluten Free Bread Flour 1.5kg	For use in Bread machines and by hand. A flour made with rice, potato and tapioca flours.	Specialist Food Retailers, Mill Shop, Web Shop
	Granola 1kg		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
	Mediterrear Flour Bread Flour 1.5kg	It has a Red Chopped Peppers, Kibbled Onions and Oregano in to give a continental flavour	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

cont Clarks (Wantage) Ltd Wessex Mill Mill Street Wantage OX12 9AB 01235768991	Muesli 1kg		Specialist Food Retailers, Mill Shop, Web Shop
	Muesli with Cranberrys 1kg		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 and 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 culinary cooking. It is made from soft biscuit wheats that are good for cakes, cookies and biscuits.	Specialist Food Retailers, Mill Shop, Web Shop
	Rolled Porridge Oats 1kg		Specialist Food Retailers, Mill Shop, Web Shop
	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

cont Clarks (Wantage) Ltd Wessex Mill Mill Street Wantage OX12 9AB 01235768991	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 (fFrozen)	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
	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
<p>GR Wright & Sons Ltd Ponders End Mill Enfield, Middlesex EN3 4TG sales@wrightsfLOUR.co.uk www.wrightsfLOUR.co.uk Tel: 020 8804 1166</p>	<p>Wright's Premium White Bread Mix</p>	<p>Just add water to produce scrumptious bread, rolls or pizza bases. Also suitable for bread making machines.</p>	<p>Booths, Co-op, Morrison's, Sainsbury's Somerfield. Tesco's own label, Waitrose & Ocado. Wright's internet sales as 500g and 1.5kg size in the UK. Shoprite on the Isle of Man, Quicksave in Spain. Nice Price in Mallorca. De Bijenkorf in Netherlands. Le Grande Epicerie in Paris. Falkland Island Trading Co.</p>
	<p>Wright's Wholemeal Bread Mix</p>	<p>Just add water to produce wholesome bread and rolls. Also suitable for use in bread making machines.</p>	<p>Booths, Somerfield, Tesco own label and Wright's internet sales in the UK. De Bijenkorf, Netherlands. Quicksave in Spain. Nice Price in Mallorca.</p>
	<p>Wright's Scofa Bread Mix</p>	<p>Just add water to produce authentic soda bread or rolls. Not suitable for bread making machines.</p>	<p>Wright's internet sales in the UK. De Bijenkorf, Netherlands. Quicksave in Spain.</p>
	<p>Wright's Ciabatta Bread Mix</p>	<p>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.</p>	<p>Booths, Budgen Co-op, Morrison's, Sainsbury's, Tesco and Waitrose & Ocado. In the UK. Shoprite on the Isle of Man, De Bijenkorf in Netherlands. Quicksave in Spain and Nice Price in Mallorca. La Grande Epicerie in Paris. Wright's internet sales as 500g, 1.5kg & 12kg size.</p>

<p>cont GR Wright & Sons Ltd Ponders End Mill Enfield, Middlesex EN3 4TG sales@wrightsflour.co.uk www.wrightsflour.co.uk Tel: 020 8804 1166</p>	<p>Wright's Sunflower Bread Mix</p>	<p>Just add water to produce tasty appetising, speciality bread and rolls or add honey for sweet tea bread. Also suitable for bread making machines.</p>	<p>Booths, Co-op, Somerfield, Tesco and Wright's internet sales in the UK in both 500g and 12kg. Shoprite on the Isle of Man. De Bijenkorf - Netherlands. Quicksave in Spain. Nice Price in Mallorca. Falkland Islands Trading Co.</p>
	<p>Wright's Mixed Grain Bread Mix</p>	<p>Just add water to produce superb, speciality bread or rolls. Add nuts or sultanas for a delicious muesli loaf. Also suitable for bread making machines.</p>	<p>Booth's, Co-op, Morrison's, Sainsbury's, Somerfield, Tesco, Waitrose & Ocado in the UK. Shoprite on the Isle of Man. Wright's internet sales as 500g, 1.5kg and 12kg size. Nice Price in Mallorca. De Bijenkorf in Netherlands. Quicksave in Spain, La Grande Epicerie in Paris and Falkland Islands Trading Co.</p>
	<p>Wright's Garlic and Rosemary Focaccia Bread Mix</p>	<p>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.</p>	<p>Tesco in the UK. Wright's internet sales in both 500g and 12kg. Nice Price in Mallorca. De Bijenkorf, Netherlands. Falkland Island Trading Co.</p>
	<p>Wright's Naan Bread Mix</p>	<p>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.</p>	<p>Wright's internet sales. De Bijenkorf, Netherlands. Falkland Islands Trading Co. Nice Price In Mallorca & Quicksave in Spain.</p>
	<p>Wright's Parmesan and Sundried Tomato Bread Mix</p>	<p>Just add water to produce satisfying Mediterranean bread, rolls or pizza bases. Also suitable for use in bread making machines.</p>	<p>Booth's, Budgen, Co-op, Morrison, Sainsbury's, Somerfield, Tesco, Waitrose & Ocado and Wright's internet sales in both 500g and 12kg. De Bijenkorf in Netherlands. Nice Price in Mallorca. Le Grande Epicerie in Paris, and Falkland Islands Trading Co.</p>

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 Cheese and Onion Bread Mix	Just add water to produce top quality Cheese and Onion bread or rolls. Also suitable for use in bread making machines.	Booth's, Co-op, Morrison's, Tesco and Wright's internet sales in both 500g and 12kg. De Bijenkorf in the Netherlands. Quicksave in Spain, Nice Price in Mallorca. Le Grande Epicerie in Paris. Falkland Islands Trading Co.
	Wright's Chilli Bread Mix	Just add water to produce flavoursome bread, rolls or pizza bases. Also suitable for bread making machines.	Wright's Internet sales in the UK in both 500g and 12kg. De Bijenkorf, Netherlands. Falkland Islands Trading Co. Nice Price in Mallorca.
	Wright's Strong White Bread Making Flour	Baker's top quality and almost gladiatorial in strength, white flour specifically milled for bread making.	Selected Tesco Stores and Wright's Internet sales in the UK. Nice Price in Mallorca. Quicksave in Spain.
	Wright's Strong Wholemeal Bread Making Flour	Baker's quality, healthy wholemeal flour that is specifically milled for bread making.	Selected Tesco Stores and Wright's Internet sales in the UK. Nice Price in Mallorca, Quicksave in Spain.
	Wright's Malty Bread Mix	Just add water to produce nourishing, granary style bread or rolls. Also suitable for use in bread making machines.	Booth's, Waitrose & Ocado and Wright's Internet sales in the UK. De Bijenkorf, Netherlands. Nice Price in Mallorca & Quicksave in Spain.
	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	Just add water to produce delicious, top quality Malt & Seedy bread or rolls. Also suitable for bread making machines.	Wright's Internet sales in the UK in both 500g and 12kg.

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 Oat & Linseed Bread Mix	Just add water to produce delicious, top quality Oat & Linseed bread or rolls. Also suitable for bread making machines.	Morrison's and Wright's Internet sales in the UK in both 500g and 12kg.
	Wright's Sungold Pastry Mix	Just add water and fat to produce a golden pastry for both sweet and savoury pastry products. Not suitable for bread making machines.	Wright's Internet sales in the UK.
	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.	Wrights 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 Cake Mixes	Wright's Ginger Cake Mix	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 tin in your domestic oven.	Booth's, Co-op, Morrison's, Sainsbury's and Wright's Internet sales in both 500g and 12kg. De Bijenkorf, Netherlands. Nice Price in Mallorca. Quicksave in Spain. Falkland Islands Trading Co.
	Wright's Carrot Cake Mix	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 tin in your domestic oven.	Sainsbury's and Wright's Internet sales in both 500g and 12kg. Shoprite on the Isle of Man. De Bijenkorf, Netherlands. Nice Price in Mallorca. Quicksave in Spain and Falkland Islands Trading Co.

<p>cont GR Wright & Sons Ltd Ponders End Mill Enfield, Middlesex EN3 4TG sales@wrightsfLOUR.co.uk www.wrightsfLOUR.co.uk Tel: 020 8804 1166</p>	<p>Wright's Madeira Cake Mix</p>	<p>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 sin a 2lb loaf tin in your domestic oven.</p>	<p>Booth's, Sainsbury's and Wright's Internet sales in both 500g and 12kg. Shoprite on the Isle of Man. De Bijenkorf, Netherlands. Nice Price in Mallorca. Quicksave in Spain. Falkland Islands Trading Co.</p>
	<p>Wright's Toffee Cake</p>	<p>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.</p>	<p>Morrison's and Wright's internet sales in both 500g and 12kg. Shoprite on the Isle of Man. De Bijenkorf, Netherlands.</p>
	<p>Wright's Chocolate Fudge Cake</p>	<p>Contains real chocolate and produces and 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.</p>	<p>Booth's, Morrison's and Wright's internet sales in both 500g and 12kg. Shoprite on the Isle of Man. De Bijenkorf, Netherlands. Quicksave in Spain.</p>