



LEFT

FRONT

RIGHT

BACK

BEST BEFORE BOX



# CIABATTA

WHITE BREAD MIX

INGREDIENTS: Wheat Flour, Vegetable Oils (containing partially Hydrogenated Vegetable Oils), Dried Yeast, Salt, Dextrose Monohydrate, Sour Dough Powder, Flour Treatment Agents: (E920, E300), Whey Powder, Emulsifier: (E472 (e)), Soya Flour.

NUTRITIONAL INFORMATION (Typical Values)		
	Mix per 100g	Final Product per 100g
Energy	1583kJ/375kcal	1175kJ/278kcal
Protein	16.3g	11.3g
Carbohydrate	63.6g	44.3g
of which: sugars	2.6g	1.8g
Fat	6.2g	6.2g
of which: saturates	2.0g	1.7g
mono-unsaturates	1.9g	2.7g
poly-unsaturates	1.9g	1.5g
Fibre	3.6g	2.5g
Sodium	0.9g	0.6g

GUARANTEE: This product should reach you in perfect condition. If you are not entirely satisfied with it, please return it with the packaging to the address shown. Statutory rights remain unaffected by this guarantee. Westmill Foods Ltd., 10 Dane Street, Bishop's Stortford, Herts., CM23 3XZ.

Store in a cool, dry place.  
Best Before, See date at top of pack.



# CIABATTA

WHITE BREAD MIX



SERVING SUGGESTION



SUITABLE FOR VEGETARIANS

500g<sup>e</sup>



Milling finest flours for over 100 years.

Allinson have been milling flour in the traditional way since 1895 when Dr. Tom Allinson opened his first flour mill at Castleford.

Today you can enjoy the benefits of our expert flour milling when you use Allinson Bread Mixes to make your own bread.

**It's so easy you just add water and olive oil.** Simply read the instructions on the back of this pack and in no time your kitchen will fill with the wonderful aroma of freshly baked hot bread. Treat your family and friends to the wonderful taste and texture of bread made from Allinson's Bread Mix.

For further information on Allinson Flours & Yeast, Recipe Ideas or expert advice call The Allinson Baking Club Hot Line on: 0990 200 623

### DELICIOUS BREAD - MADE EASY

#### CIABATTA MIX

Ciabatta Mix	500g.	1lb 2oz.
Water(tepid)	425g /ml.	15fl oz.
Olive Oil	15ml (1 Tbls)	½fl oz.

#### BAKING INSTRUCTIONS

- Place Ciabatta mix in a bowl, stir in tepid water and knead for 10 minutes on a floured surface or in the bowl to form a soft elastic dough.
- Add one tablespoon of olive oil and gently knead for 1 minute until the oil is fully absorbed into the dough making it soft and sticky, which must be handled carefully to retain open texture.
- Place dough into a lightly oiled bowl, cover and leave to rise in a warm place for 45 minutes.
- Grease the work surface with olive oil and gently pull the dough out to a 25cm x 20cm (10"x8") rectangle.
- Cut lengthways into 2 pieces.
- Place dough onto a well greased baking tray and liberally dust with flour. Loosely cover dough with polythene and leave to rise again in a warm place for 25-30 minutes until double in size.
- Whilst dough is rising pre heat oven to 230°C/450°F/ gas mark 8. (all cooking appliances may vary in performance, these are only guidelines).
- Place in the oven on the middle shelf and bake for 20 minutes or until lightly golden brown.



NOW TRY IT YOURSELF!

BARCODE  
WHITEOUT

WHITEOUT

WHITEOUT