



Graham's Bakery

Wholemeal Loaf Ingredients

The ingredients are listed in 3 categories, in the best column are the ingredients that will give the best results, good are reasonable replacements and the acceptable variants should only be used if the others are not available.

Ingredients	Best	Good	Acceptable
Wholemeal Bread Flour	Extra Strong Wholemeal	Strong Wholemeal	Stoneground Extra strong,
Fat	White Shortening, TREX, COOKEEN (block), Lard, Dripping	Coconut oil, Goose Grease,	Rapeseed, Sunflower, Corn, Vegetable oil.
Salt	Table salt,	Rock salt, sea salt, Low sodium salt,	Rock salt, sea salt, Low sodium salt,
Sugar	Honey / Glucose / Fructose / Molasses / Blacktreacle, Malt extract,	Corn syrup, Golden syrup, Malt Flour	Any form of Sugar (NOT Sweeteners)
Yeast	Fresh (also called Baker's / Compressed)	Dried Yeast	Easy bake / Easy blend / fast acting / quick Yeasts
Water (COLD)	Tap water if safe to drink	Any unadulterated bottled water	-----