

Bread Flours					
Apple & Cinnamon Bread Flour	Pieces of apple, apple powder & cinnamon	1.5kg	£3.50		
French Bread Flour	Milled in France makes a lighter, crisper crust.	1.5kg	£2.60		
		10kg	£16.40		
Half and Half Bread Flour	Half wholemeal and half white flour	1.5kg	£1.80		
		10kg	£11.00		
Honey and Seed Bread Flour	Seeds with a background flavour of honey	1.5kg	£3.10		
Malt Loaf Bread Flour	Add dried fruit for a delicious malt bread	1.5kg	£2.90		
Mixed Grain Bread Flour	wheat, rye, sesame and poppy	1.5kg	£2.60		
		10kg	£16.40		
Mediterranean Bread Flour	Red Pepper, Onion and Oregano	1.5kg	£3.10		
Oats "n" Bran Bread Flour	Added oats and bran	1.5kg	£2.60		
Onion Bread Flour	Kibbled onion and onion pieces.	1.5kg	£2.90		
Six Seed Bread Flour	Linseeds, poppy seeds, sesame seeds, millet, sunflower seeds, and kibbled wheat.	1.5kg	£2.60		
		10kg	£16.40		
Strong White Bread Flour	We collect wheat from local farms mill slowly to give traditional white flour milled and gently on our 1935 roller mills.	1.5kg	£1.80		
		10kg	£11.00		
Sunflower Bread Flour	Sunflower seeds and bran.	1.5kg	£2.60		
		10kg	£16.40		
Tomato & Garlic Bread Flour	Pieces of garlic and sun dried tomato.	1.5kg	£2.90		
Wessex Cobber Bread Flour	Malted wheat flour, delicately flavoured, soft eating malt flakes.	1.5kg	£2.60		
		10kg	£16.40		
Wholemeal Bread Flour	100% wholewheat	1.5kg	£1.80		
		10kg	£11.00		
Other Flours					
Plain		1.5kg	£1.70		
		10kg	£10.20		
Pizza and Pasta Flour	This extra strong flour is ideal for making pasta and pizzas. It is a blend of high protein local flours and durum semolina.	1.5kg	£2.90		
Self Raising		1.5kg	£1.70		
		10kg	£10.20		
Wholemeal Plain		1.5kg	£1.70		
		10kg	£10.20		
Wholemeal Self Raising		1.5kg	£1.70		
Scone Mix	Just add water for a quality butter flavour scone (makes 36)	1.5kg	£3.90		
Rye (Light) Flour		1.5kg	£2.60		
Rye (Wholemeal) Flour	A 100 % wholemeal flour, it is only suitable for bread machines if you combine it with strong bread flour	1.5kg	£2.60		
Wholemeal Spelt Flour	Ancient grain with low gluten content	1.5kg	£3.60		
White Spelt Flour		1.5kg	£4.50		
Wholemeal Chapatti flour		1.5kg	£1.80		
Sundries					
Instant Dried Yeast	Will keep in a sealed container for 4 months	125g	£1.40		
Bread Improver	Will give you more lift and a finer crumb	150g	£1.75		
Aqasol	Water softener salt tablets (available from the mill shop only)	25kg	£9.00		
Granulite	Water softener salt granules (available from the mill shop only)	25kg	£9.00		
Cracked Wheat	Wheat berries that have been chopped open	1kg	£1.20		
		10kg	£9.50		
Dark Malt Flour	Non enzyme active barley malt flour. Add up to 10% to darken the crumb	150g	£1.50		
English Semolina	Use for dusting, not for puddings or pasta	500g	1.40		
Kibbled Rye	Cut pieces of rye	1kg	£1.80		
		10kg	£13.45		
Kibbled Wheat	Cut pieces of wheat	1kg	£1.20		
		10kg	£10.80		
Malted Wheat Flakes	The bits from our cobber flour	500g	£1.90		
Millers Muesli Breakfast Cereal		1kg	£3.10		
Millers Muesli with Cranberry	Raisins, sultanas, apricots, oats, barley, bran, sunflower seeds.	1kg	£3.20		
Millers Granola		1kg	£4.10		
Millet Seeds		150g	£1.25		
Linseeds		150g	£1.25		
Rice Cones	Use for dusting baking sheets and Tiger Bread	500g	£1.90		
Rolled Oats		1k	£1.80		
Sesame Seeds		150g	£1.50		
Sunflower Seeds		150g	£1.25		
Sour Dough Mother Wheat	Sour dough mother from white wheat flour	150ml	£1.50		
Sour Dough Mother Rye	Sour dough mother from wholemeal rye flour	150ml	£1.50		
Wheat (bread)	Our grist of cleaned wheat for home grinding	1.5kg	£1.80		
Delivery Under 20 Kgs Inc VAT			£6.35		
Delivery 20 Kgs to 30kgs Inc VAT (max 30 kgs per parcel)			£3.00		
Delivered UK mainland, Southern & East Coast Scotland Delivery usually within 3 Days			Total		
Name	Card Type				
Address	Card Holder Name				
Postcode	Card No.				
Phone Number	Expiry Date				
We will phone for the three numbers on the back of the card or call 01235 768991 - Cheques payable to Clarks (Wantage) Ltd					

Wessex Mill

A family run mill owned by Bill and Paul Munsey (father and son). Bill's Grandfather started milling at the turn of the last Century in a mill in Oxford.



He was a farmer from Cambridge who had been forced off his farm due to 'Foot and Mouth'. When he came to Oxford he started working in the flour mill at Osney. He eventually bought the mill from Christchurch College and called it W. H. Munsey Ltd. The mill burnt down in 1945 and the family stopped milling for two years. The Munsey family then bought Mr Clarks mill at Wantage. Mr Clark's family had been at the mill since the 1890's. There has been a mill on the site since before the Domesday Book.

The mill has now grown and has been remoulded. We still use some machines salvaged from the Osney mill. The rollermills were built in 1935 and run slowly to give a gentler grind. The mill remains unique and so is the service we offer!



Frequently Asked Questions

What is Granary Flour and Wessex Cobber?

They are both malted wheat flours. Granary is a trade name owned by Rank Hovis Ltd. Wessex Cobber is our brand. They are both made by adding flaked malted whole wheat to white flour.

The flakes we use are rolled flat and are easier on the teeth.

What is the difference between Six Seed and Mixed Grain?

They are both white flour based. Six Seed has small seeds added - Linseed, Poppy seed, Sesame seed, Millet, Sunflower Seed. I know it does not add up, but I count wheat as a seed. It makes a bread that is very easy to eat and kind to teeth. Mixed Grain uses larger flakes of grain - Wheat and Rye Flakes plus Sesame Seed, Poppy Seed, Bran. It is a much rougher texture. Both flours have a malt flour added to give a Granary / Wessex Cobber type background flavour.

Is our flour Organic?

No. We buy our wheat from conventional farms close to the mill.

The Food Standards Agency has stated that there is no nutritional benefit from using organic wheat.

It is down to how it is grown. Organic farmers still use fertilizers and insecticide (pyrethrum grown in Kenya)

What is in your flour?

The Bread and Flour Regulations set out what we can and cannot do with flour.

We add by law, (although we do not have to put it on the ingredient list) - Calcium Sulphate E516, Nicotinamide (Vitamin B3), Iron, Thiamine (vitamin B1) and Calcium Carbonate.

We may also add, depending on the harvest, vital Wheat Gluten. Since January 2009 we have not added enzymes or Ascorbic Acid.

Is your flour bleached?

No. It has been illegal to bleach flour for over 15 years.

Basic White Bread

Ingredients	Grams	%
White Flour	500	100
Salt	10	2
Yeast	10	2
Water	300	60

Finished dough temperature: - 28°C if possible

Method

Place all the ingredients into your mixing bowl and mix until you have a slightly sticky dough. Put onto your work surface and knead until the dough becomes soft and silky. Place back into your bowl and cover for 30 minutes bulk proof.

Turn the dough onto the work surface. Push the gas out without tearing the dough and then bring the sides of the dough into a tight ball. (This process is called "knocking back the dough".) Put to one side (covered with a plastic bag to avoid it skinning) and stand it for another 15 minutes, this is called intermediate proof.

Knock back the dough again and then mould it into your final shape. Place on your tray or into the tin and put it into your plastic bag to keep it nice and moist and stand at room temperature for about 30 minutes final proof.

Bake at about 220°C for 30 to 35 mins. The bread will be cooked when it sounds hollow when tapped on the bottom.

Sour Dough Bread

Sour dough bread uses the natural yeasts in the air to create a batter (mother) that is continually fermenting by converting the starch in the flour to sugar then using the sugar to feed the yeast. The mother needs regular feeding with flour to keep it alive. If it runs out of starch from the flour it turns very acidic and dies.

There is no need to add dried or fresh yeast, just use the mother instead.

How to make Sourdough Starter (mother)

1. Begin with a clean jar or container. Blend one cup of warm water and a cup of flour to stir. Place in jar or container and cover with lid.

2. Store at room temperature, about 70-75 degrees

3. Every 24 hours, feed the starter. Do that by discarding half the mixture and adding 1/2 cup warm water and 1/2 cup flour. Re-cover the starter after each feeding and put back into its warm place.

4. Within 3-4 days, the starter will begin to bubble and ferment. There will be a distinctive (but not unpleasant) sour smell, sort of like a brewery. That means the yeast is working. This process may start a little sooner, or it may take up to a week. In any case, when it bubbles and smells like this, the starter is ready to use.

Feeding the mother

Start by weighing the container so that you know how much mother is in the container. Weigh the mother and container, take away the weight of the container and then add flour to the container (the same weight of mother) and enough hand hot water (usually about the same weight of the mother) to make a stiff batter. As you are always adding the same amount of flour you can end up with vats of 'mother' so be prepared to throw some away before you feed it rather than increasing it too much.

Feed the mother after use and at least 12 hours before you need to use it again. If you do not feed the mother regularly it will die! It needs to be fed regularly every day to remain active. Store at room temperature.

If you do not want to use it every day you can feed it and then put it into the fridge with a lid on for about 3 weeks without feeding. When you want to use it again take it out of the fridge about 12 hours beforehand and feed. The mother needs to look active with lots of bubbles and a good batter like consistency.

Freezing Mother

The mother freezes well and it is worth freezing some in case you kill it. When you want to use the frozen mother, take it out of the freezer and stand it at room temperature until thawed. Feed it and then use it after 12 hours.

Award Winning Flour Millers

To make the bread

Ingredients	Grams	%
White Flour	500	100
Salt	10	2
Mother	250	50
Water	300	60

Adjust the amount of water to produce a slack dough. It depends on how runny your mother is. You might try 200 g to start. (If you wish to produce an overnight sour dough then just reduce the mother to 100 grams in the recipe and allow it to stand at room temperature for at least 14 hours then process.)

Finished dough temperature: - 25 to 30°C if possible

Method

Weigh all the ingredients into the mixing bowl and bring together. When it has started to form a dough, turn it out onto your work surface. It will be very sticky and your fingers will get glued together.

Then tear down (literally tearing and moulding) to form a soft silky dough.

Dust the dough with flour and place it in a bowl covered with plastic to avoid it skinning, and then allow it to stand for 5 hours. After this time, put the dough on your work surface and knock it back by gently folding and moulding the dough taking care not to rip it.

Place back into the bowl and cover. Stand for 2 hours.

Take out of the bowl and knock it back again and then give it the final mould.

Place onto a well floured baking tray. The final prove will be about one and a half hours.

Bake at about 220°C for 30 to 35 minutes.

If you want a nice crispy crust, put a cast iron pan in the bottom of the oven. Allow to heat up and then put 2 ice cubes in after putting the bread in the oven. The steam gelatinises on the crust to make it crispy.

Soda Bread

This is a very quick way of making a delicious lunch by adding cheese and olives.

Ingredients	Grams	%
Plain Flour	250	100
Salt	5	2
Bicarbonate of Soda	5	3
Buttermilk	250	100
Olives and cheese	50	20

Method

Place the flour, salt and bicarb into the bowl and rub together. Add the the buttermilk and fold together gently until all the dry flour is incorporated. It will be very sticky. Now add a mix of feta cheese, olives and mixed herbs to the soda mix.

Once it is all together, take out of the bowl and roll it around in some dry flour to make it easier to handle, then place on to a tray cut into 4 and set into the oven as soon as it is finished - this will not require any proving.

Bake at 240°C if possible for about 17 mins

Freezing Fresh Yeast

Fresh yeast can be frozen and then used. Crumble 12g into about 30g of an ordinary bread flour and mix it up into a dry crumbly mix and then put into a small plastic bag and place in the freezer. When you want to use the yeast from the freezer, mix one bag with 100ml of water and a very small pinch of sugar and set aside to start working. As it has been frozen it may take slightly longer.



Visit www.wessexmill.co.uk for lots more information

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