



**hard  
wheat**

high gluten  
high protein

**strong  
flour**



best used in

**yeast  
cookery**

bread  
pastries  
enriched dough



**soft  
wheat**

low gluten  
low protein

**soft  
flour**



best used in

**general  
baking**

cakes  
biscuits  
scones  
pancakes  
sauces

