Baking Ingredients

Cornmeal

Cornstarch

Flour, All Purpose

Sugar, Brown Dark
EASY RULES OF THUMB
1. 1 Tablespoon of CLASSIC Corn Starch = 2 Tablespoons Flour.
   To use CLASSIC Corn Starch for thickening gravies, sauces, soups and
   stews, when your recipe calls for flour, use half as much CLASSIC Corn Starch
   as flour.
2. 1 Tablespoon CLASSIC Corn Starch will
   thicken 1 1/2 to 2 cups liquid when used
   for sauces and gravies.
3. To Thicken Hot Liquids
   Use an equal amount of CLASSIC Corn
   Starch with an equal amount of cold liquid.
   Mix until smooth before adding to hot liquid.
4. To Substitute Cake Flour
   To make the equivalent of 1 cup cake flour,
   place 2 Tablespoons CLASSIC Corn Starch in
   a measuring cup, then fill with sifted
   all-purpose flour. Stir together 3 times.

Nutrition Facts
Serving Size: 1 tbsp.
Servings Per Container 56

Amount/Serving
Calories 50
Calories from Fat 0

% Daily Value
Total Fat 0g 0%
Sat Fat 0g 0%
Trans Fat 0g 0%
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 7g 2%
Dietary Fiber 0g 0%

Total Fat 0g
Ingredients: Corn Starch

NET WT 1 LB (16 OZ) 454g

INGREDIENTS: Corn Starch
**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size 1/4 cup (30g)</th>
<th>Servings Per Container About 151</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>100</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>30mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>23g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>less than 1g</td>
</tr>
<tr>
<td>Other Carbohydrate</td>
<td>22g</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
</tr>
<tr>
<td>Iron</td>
<td>6%</td>
</tr>
<tr>
<td>Thiamin</td>
<td>10%</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>5%</td>
</tr>
<tr>
<td>Niacin</td>
<td>8%</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>10%</td>
</tr>
</tbody>
</table>

*Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, sugar, vitamin A, vitamin C and calcium.*

*Percent Daily Values are based on a 2,000 calorie diet.*

**INGREDIENTS:** WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID.

**MANUFACTURED BY**
General Mills Operations, Inc.
GENERAL OFFICES
MINNEAPOLIS, MINNESOTA 55440 USA
www.gmflour.com
© 2005 GENERAL MILLS
CANE SUGAR

Flavor that's deep, rich and real. Good cooks know that many brands of brown sugar aren't naturally brown at all, rather they are white sugar sprayed with a coating of molasses. C&H Dark Brown Sugar is authentic, 100% pure cane sugar that naturally browned through and through.

Its natural moistness and deep rich molasses flavor make it ideal for full-flavored or savory recipes, including brownies, gingerbread, coffee & chocolate cakes, fudge, BBQ sauce, marinades, sweet sauce style and pancake syrups. When you go to the effort to bake up something fresh for your family, don't settle for anything less.

CEDAR PLANKED SALMON WITH BROWN SUGAR

2 1/2 lb. Salmon filets cut into fillets
1/2 to 1 tsp. C&H Pure Cane Dark Brown Sugar, packed
Salt & pepper to taste
Water
1 or 2 dry red wine glasses
Cedar plank (available in lumberyards and
secondary markets)

1. Stream salmon in water and wine for 30
minutes. Place in foil-lined baking pan with 2
and 3rd ingredients. With glaze and
water, pour over the fish to soak. Place
the salmon in the cedar plank and
pour over the fish to soak.

2. Grill, smoke or oven bake salmon for 10
minutes. Remove and serve. Garnish with
lemon wedges. Serve with brown sugar,
served in a special sauceboat on the side.

Visit us at www.chsugar.com for more scrumptious,
inspirational recipes and helpful tips and suggestions.

Storage: To retain moistness, brown sugar is best stored in an airtight container, away from light and heat.

To satisfy brown sugar: Brown sugar will occasionally lose its smooth texture and become hard. To resolve this, place it in an ovenproof container covered and warm in 250° oven until soft — or in microwave container, heat on high, checking every 30
seconds. Cautious use will yield the soft consistency. As sugar cools, it will harden again.

NET WT. 32 OZ (2 LB) — APPROXIMATELY 4 2/3 CUPS FIRMLY PACKED SUGAR

Nutrition Facts
Serving Size 1 Teaspoon (4g)
Servings Per Container About 227

Amount Per Serving
Calories 15
% Daily Value
Total Fat 0g 0%
Sodium 0mg 0%
Total Carbohydrate 4g 1%
Sugars 4g
Protein 0g

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENT: Brown Sugar
Distributed by
Domino Foods, Inc., Yonkers, NY 10705