



Laucke Bread Mixes For Home Bakers

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[Laucke Bread Mixes contain no preservatives or animal fats and are GMO Free](#)

Barossa Sour Dough Rye™ Bread Mix 2.4 kg pack ***NEW***

This unique recipe celebrates the pioneer heritage of the famous Barossa Valley in South Australia, which was the birthplace of Laucke Flour Mills in 1899. Barossa Sour Dough Rye™ Bread Mix produces a soft textured and very attractive creamy-tan coloured loaf. It captures the flavour and aroma of traditional fermented sour dough and artisan white rye breads. This popular crusty loaf is uniquely mild in flavour and is an excellent introduction to the world of sour dough breads. Barossa Sour Dough Rye™ is frequently baked as superb, everyday bread for the whole family, and is also a perfect accompaniment to any special occasion.

All bread is considered to be a valuable source of nutrition. Breads and Cereals are one of the basic food groups recommended by world health authorities.

Bio-Fort™ Selenium Golden Wholemeal Bread Mix 600 g, 2.4 kg & 3.6 kg packs

This revolutionary product is a true Functional Food that provides health benefits beyond those of basic nutrition. It incorporates all the benefits associated with both Selenium and Whole Grains, providing you the ability to optimise your Selenium consumption in a convenient and biologically natural form, in harmony with your normal diet.

Golden Wholemeal Mix is a 100% Whole Grain wholemeal made from grains naturally Biofortified with Selenium, containing whole-wheat grains, ground wheat grains, and ground triticale grains. Triticale, a unique grain derived from Rye, is included because of its nutritional advantages, and the fact that it confers a lovely golden crust and contributes to both aroma and flavour.

Proper maintenance of our Cellular Health is the key to overall body health. Selenium, a vital micronutrient that is essential for proper cell function, is more effective when provided in certain and naturally derived forms. Recent scientific research demonstrates that, by maintaining Optimal levels of Selenium within your body, you can improve the function of your immune system, repair and resist cellular damage, defend against free radical damage, toxins and pollutants; protect yourself against degenerative and viral diseases, and enhance fertility and brain function. In addition, Wholegrain has a protective effect in preventing heart disease, strokes, and colorectal cancer, and is recommended by Dieticians for the prevention and control of Diabetes.

PhytoSoy™ Bread Mix 600 g & 10 kg packs

Never was such a healthy bread so much a joy to eat. This Mix produces a pleasantly flavoured and attractive loaf of bread that remains soft for many days. Not just another 'Soya and Linseed' bread; PhytoSoy™ is carefully processed and formulated to ensure that all of the uniquely significant health advantages of soya and linseed are available to us. Recent dietary research into plant oestrogens (phytoestrogen), as found in soya and linseed has uncovered significant benefits for post menopausal women. Studies of countries where diets are naturally high in plant oestrogens have found a reduced incidence of the typical symptoms associated with human oestrogen imbalance, such as 'hot flushes'. PhytoSoy™ Bread Mix is a product tailored specifically to capture those benefits.

PhytoSoy™ Bread isn't just for women, it provides benefits for the whole family. Linseed contains an essential omega-3 fatty acid; a proven weapon in the fight against coronary heart disease, breast and prostate cancers. PhytoSoy™ also contains wheat bran and oat bran to provide more dietary fibre, producing healthy fermentative activity in the colon while assisting in the uptake of the phytoestrogens and essential nutrients. Fibre also has a protective effect in prevention of certain cancers and assists in the control and prevention of diabetes and heart disease.

Along with a high level of dietary fibre we have added Calcium and Vitamin D to help combat the effects of osteoporosis.

German Grain™ Bread Mix 600 g, 2 kg, 2.4 kg, 5 kg & 10 kg packs

This Mix is based on a traditional and time-honoured Laucke recipe, and produces a crusty, full flavoured dark loaf containing a variety of healthy cereal grains including Rye and Linseed, and is high in Dietary Fibre.

The Linseed, Wheat Bran and Cereal grains contain Minerals, Trace Elements and essential Dietary Fibre, providing for healthy fermentative activity in the colon, and a protective effect in preventing colorectal cancers. The Linseed contains an essential Omega-3 fatty acid, a proven weapon in the fight against coronary heart disease, breast and prostate cancers..

Rye Bread Mix 600 g, 10 kg packs

Rye Mix will produce light, sour dough flavoured crusty breads, which comply with the national standard for Rye breads. Toasted, each slice is a fragrant delight. Hand moulded doughs, proved and baked in an oven, will also make excellent Vienna style loaves and rolls. Rye bread complements the flavour of gourmet meats, fish and cheese; is excellent for sandwiches, with salads at barbecues, and especially with piquant dips.

Rye flours contain complex carbohydrates and a wide range of essential nutrients such as Protein, the B group vitamins, and Vitamin E, and is high in dietary fibre and low in fat. Rye flour has less energy (kj) and sodium and more Thiamine, Riboflavin, Niacin, Calcium, Phosphorous and Iron than normal wheat flour.

Yeast Bun Mix 5 kg packs

Suitable for the production of a wide range of sweet yeast goods, this Mix is recommended for products such as fruit loaves and buns, where softness, excellent volume and extended keeping qualities are required. Yeast Bun Mix can also be used to make a variety of soft, sweet breads such as rolls and buns.

The flour contains Complex Carbohydrates and essential nutrients such as Protein and the B group Vitamins.

Multigrain Bread Mix 600 g, 5 kg & 10 kg packs

This Bread Mix produces a wholesome, crusty loaf of light texture that is based on wheaten flour and contains a healthy variety of pre-softened whole cereal grains.

Wheaten flour is low in fat, and contains Complex Carbohydrates and a wide range of essential nutrients which can help to control weight, cholesterol and diabetes. Cereal grains are beneficial because they also contain Minerals, Trace Elements and Dietary Fibre, which help in preventing colorectal cancers, and aid in the uptake of essential nutrients. They also have a beneficial laxative effect

Wholemeal Bread Mix 600 g, 2 kg, 5 kg & 10 kg packs

Wholemeal Bread Mix will reliably produce a crusty, full flavoured loaf of excellent volume and appearance. It is produced from a true 100% wheaten Wholemeal, containing a high proportion of large bran flakes.

Wholemeal is rich in the B group vitamins, Vitamin E, Minerals, Trace Elements, Complex Carbohydrates and essential Dietary Fibre. This provides healthy fermentative activity in the colon, and a protective effect in preventing colorectal cancers. The consumption of increased levels of Complex Carbohydrates and Dietary Fibre is recommended by Dieticians for prevention and control of Diabetes.

Fibre White™ Bread Mix 10 kg pack

Fibre White™ Bread Mix produces a high fibre loaf that looks and tastes like normal soft white bread, so it is perfect for people who prefer to eat a white loaf but want to increase their regular fibre intake. Fibre White™ bread is a soft, full flavoured white loaf of excellent volume and appearance, has a nice crust, and will remain soft for several days if kept in a plastic bag.

Fibre White™ is rich in Complex Carbohydrates and essential Dietary Fibre, with this fibre also providing healthy fermentative activity in the colon. Dietary Fibre has been reported as assisting in the prevention of certain cancers and other disease, aiding in the uptake of essential nutrients, and also as having a beneficial laxative effect.

The consumption of increased levels of Complex Carbohydrates and Dietary Fibre is recommended by Dieticians for the prevention and control of Diabetes, to assist in the reduction of high blood cholesterol levels, and for its benefits in weight reduction.

Barossa Sour Dough White™ Bread Mix 2kg pack

This Mix produces a soft textured, attractive creamy-tan coloured loaf which captures the flavour and aroma reminiscent of traditional fermented sour dough breads. This popular crusty loaf is uniquely mild in flavour and will certainly be enjoyed by both young and old alike. A very versatile Mix, Barossa Sour Dough White™ is frequently baked as a superb, everyday bread for the whole family. It is an excellent introduction to the world of sour dough flavoured breads and a perfect accompaniment for any occasion.

Barossa Sour Dough White™ Mix is made from a strong, high protein, wheaten flour. The flour contains Complex Carbohydrates and essential nutrients such as Protein, Vitamins and Minerals, and is also low in fat. All bread is considered to be a valuable source of nutrition. Breads and Cereals are one of the basic food groups recommended by world health authorities.

Super Soft™ White Bread Mix 600 g, 2 kg, 2.4 kg, 5 kg, 10 kg & 25 kg packs

Super Soft™ White Mix provides the soft textured bread preferred by many family members. It is extremely versatile, producing a delightful loaf of excellent volume, appearance and taste with a lovely light texture and thin crust. Super Soft™ bread will also freeze well if necessary.

This Mix is made from high protein wheaten flour containing Complex Carbohydrates and a wide range of essential nutrients such as Protein, Vitamins and Minerals. Super Soft™ Mix is also low in fat.

Diets that are high in Complex Carbohydrates and low in fat are beneficial in weight reduction and cholesterol control.

White bread is considered to be a valuable source of nutrition. Breads and Cereals are included in the basic food groups recommended by world health authorities.

Crusty White™ Bread Mix 600 g, 2 kg, 2.4 kg, 5 kg, 10 kg & 25 kg packs

This is our most popular Laucke Mix as it produces a delightful, crusty loaf of excellent appearance and flavour.

Crusty White™ Mix is made from a high protein wheaten flour containing Complex Carbohydrates and a wide range of essential nutrients such as Protein, Vitamins and Minerals. Crusty White™ Premix is also low in fat.

White bread is considered to be a valuable source of nutrition. Breads and Cereals are one of the basic food groups recommended by world health authorities.

Yeast is provided

All Bread Machine Mixes contain sachets of dry yeast, excluding 25kg packs.

Experiment!!

Mix together 2 or more of our Mixes, and produce a variety of your own special Breads.

A Family Tradition.

Laucke Flour Mills is the last of Australia's traditional, family owned and operated flour milling companies. The roots of the company can be traced back to the arrival of Friedrich Laucke in South Australia in 1895.

Laucke Flour Mills is still totally owned and operated by the Laucke family. The values of integrity, quality and service are just as important to his grandson, Mark Laucke, as they were to Friedrich over 100 years ago.

Proudly Australian.



Manufactured under a certified Quality and HACCP (Food Safety) Management System