



Cuatro Cosechas[®] Specialty Flours



► Traditional Tortillas

► Specialty Cakes

► Breads & Rolls

Cuatro Cosechas® Flours by Ardent Mills

Continuing Culinary Heritage

The traditions of making tortillas, sweet breads and Latin American tres leches cakes dates back generations, and the same flavor, texture and cooking performance is still expected today. Ardent Mills Cuatro Cosechas® flours deliver the nostalgic attributes that define this culinary heritage.

FLOURS FOR EVERY APPLICATION

Carefully milled for quality and cooking performance, you can count on Cuatro Cosechas® Flour in creating fresh, delicious baked goods in your restaurant or bakery every time. Within the Cuatro Cosechas® family of flours, Ardent Mills offers three distinct options (tortilla flour, bread flour, and cake flour) tailored with distinct protein, moisture and ash levels to produce the level of craftsmanship desired in traditional recipes and Latin American cuisine.



TORTILLAS

- Tortillas



CAKE

- Pastries
- Cookies
- Muffins
- Breakfast Breads
- Cake Batter



BREAD

- Sweet Bread
- Bolillos
- Rolls
- Hamburger & Hot Dog Buns
- Pizza Dough



Protein: 10.7-11.3%
Ash: 0.49-0.55%
Moisture: 14.3%
Item #5168928
Description:
Cuatro Cosechas
Tortilla Flour 50LB-RA
GTIN:
678008019586



Protein: 7.5-9.3%
Ash: 0.41-0.45%
Moisture: 12.0-14.0%
Item #5175037
Description:
Cuatro Cosechas Cake
Flour 50LB-CB
GTIN:
678008022500



Protein: 11.8-12.6%
Ash: 0.51-0.57%
Moisture: 12.0-14.0%
Item #5169492
Description:
Cuatro Cosechas Bread
and Roll Flour 50LB-RG
GTIN:
678008019791

Why Ardent Mills?

TRUST

Ardent Mills focuses on flour consistency and performance. With national specifications for our flour brands that must be met at each of our mills, you can rest assured, Ardent Mills flour performs the same, every time, everywhere.

SUPPLY ASSURANCE

With mills in communities across the U.S., we work to ensure interruption-free service.

TECHNICAL RESOURCES

Our team can troubleshoot your dough challenges and has the culinary resources to take ingredients from idea to finished foods, helping grow your business.

FRESH FLOUR

We mill our flour to order, not to sit in a warehouse. When you receive an order from Ardent Mills, you can trust it has been freshly milled from the finest wheat grown on family farms.



For sales inquiries or to request a specification sheet, contact your distributor or Ardent Mills account manager or visit us online at ardentmills.com



Cuatro Cosechas® Flour Recipes by Ardent Mills

CUATRO COSECHAS® TORTILLAS

Dough

Tortilla Flour	100%	Baking Soda	1.5%	Water (warm)	60%
Salt	1%	Shortening	8%		

In a bowl of a stand mixer combine flour, salt and baking soda, together. Mix on low speed for 1 minute. Add shortening to dry ingredients and mix for 1 minute. Slowly add warm water to flour mixture, mixing for 2 minutes on low speed. Mix on medium speed for 8-12 minutes or until dough is smooth. Remove dough from mixer and place on a lightly floured surface. Divide the dough into 65-gram portions and roll each into a ball. Cover the dough balls with a damp towel or plastic wrap for 30 minutes. Lightly flour your rolling area and roll each ball out with a rolling pin to about 1/8-inch thickness. Place onto hot skillet and cook until bubbly and golden; about 1-2 minutes on each side.

CUATRO COSECHAS® PASTEL DE TRES LECHES

Cake Batter

Cake Flour	100%	Egg Whites	64%
Baking Powder	2%	Egg Yolks	42%
Salt	0.5%	Vanilla Extract	2%

Tres Leches Blend

Condensed Milk	40%
Evap. Milk	35%
Half & Half	25%

Cake Batter: Preheat convection oven to 350°F. In the bowl combine flour, baking powder and salt. In a stand mixer combine egg yolks and ½ of the amount of sugar, mix until yolks are pale yellow, then add vanilla and milk. Combine the flour mixture with the egg mixture and stir gently until combined. In a bowl whisk together the egg whites and last ½ of sugar together, whisk until you get stiff peaks. Gently fold egg white mixture into flour batter with a spatula. Make sure you do not over mix. Pour cake batter into pan. Bake for 25-35 minutes or until edges start to lightly brown. Remove from oven and let stand for 10 minutes. **Tres Leches Blend:** In a bowl combine sweet condensed milk, evaporated milk and Half & Half together, then place in refrigerator until needed. Once the cake is cooled, use a fork to poke holes all over the cake and pour the milk mixture over the top of the cake.

CUATRO COSECHAS® BOLILLO

Starter

Bread Flour	25%
Instant Yeast	0.5%
Water	35%

Dough

Bread Flour	75%	Shortening	5%
Instant Yeast	1%	Water	30%
Salt	2%		

Starter: Mix flour, instant yeast and water together. Cover with plastic wrap and let ferment for 4 hours. **Dough:** In mixer bowl; with a dough hook attachment, combine flour, yeast, salt, shortening, water and starter together. Mix on low speed for 3 minutes. Then mix on medium speed for another 12-15 minutes or until dough is smooth. Place on a lightly floured surface, covering with plastic wrap. Let rest for 20 minutes. Remove plastic wrap and divide dough into 100-gram portions. Flatten each portion, folding doughs into 1/3 sections, pressing to seal. Repeat the sealing process until you form a roll. For oval-shaped rolls (the usual bolillo shape), roll the balls between your palms for about 5 seconds to make a cylindrical shape, tapering slightly at the ends. Place pieces on one or more baking sheets. Cover with a towel and let loaves rise again for about 60 minutes. Preheat steam oven to 450°F. Before placing rolls inside the oven, make a deep ¼-inch cut; about a 45-degree angle in each roll and lightly spray with warm water. Bake for 20-25 minutes or until golden browned and cooked through. Remove and let stand for 10-15 minutes.