

**After the June 20, 2017, Breads of the World class on injera, we sent the following to the Bob's Red Mill company's customer service:**

Subject: Teff clarification please

Message:

Last night at the Fond du Lac Public Library, where I work, I was helping to lead a class on how to make injera bread with teff flour. We were discussing the benefits of teff, and I read aloud a line from the Bob's Red Mill bag of teff that had the group of 30 of us debating for quite some time. It read something to the effect of substituting 1/4 cup teff for 1 cup all-purpose flour. Then, looking at your website today, I see this sentence: "Substitute Teff Flour for about a fourth of the all-purpose flour called for in your favorite baked goods recipe ..."

Does that mean that if I have a bread recipe that calls for 4 cups of all-purpose flour I'm to use 3 cups all-purpose and 1 cup teff? The bag verbiage makes it seem I'm to use 3 cups all-purpose and 1/4 cup teff. Which is correct? I told the class attendees I would share your answer.

**Their answer:**

Hello,  
Thank you for contacting Bob's Red Mill.

We suggest that you can substitute Teff Flour for All Purpose Flour up to 25% of the flour that is called for in the recipe.

If a recipe called for 4 cups of All Purpose Flour, you could alter that to 1 cup of Teff Flour and 3 cups of All Purpose Flour.

The example on the bag is simply stating that if the recipe called for 1 cup of All Purpose Flour, you would only want to alter that to be 1/4 cup of Teff Flour and 3/4 cup of All Purpose Flour.

Regardless of the total amount of flour that is called for in the recipe, you can figure what 25% of the total is and that is the amount that you can subtract from the All Purpose and add in Teff.

I hope that cleared things up and was not additionally confusing.

Feel free to contact us with any additional questions.  
Have a wonderful day!

Amber Olson  
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