

Flour

Kitchen

What protein content does, and which flour suits which job.

Approximate protein content by weight.

Flour	Protein	For
Cake flour	7–9%	Tender cakes
Plain / all-purpose	10–12%	Almost everything
Bread / strong	12–14%	Bread, pizza
00 flour	11–12%	Pasta, Neapolitan pizza
Wholemeal	13–14%	Denser, more flavour
Self-raising	10–12%	Contains raising agent

Self-raising is plain flour plus about 2 tsp of baking powder per 150 g.
You can make it, but not un-make it.