

# There's more to flour



**than you think**

# think NOW

## Contents

<b>Flour for All</b> An introduction to appreciating and rediscovering the pleasure of flour	page 3
<b>Ancient and Modern</b> Flour – past and present	page 4
<b>Wheat Wisdom</b> The importance of wheat, its characteristics and properties	page 5
<b>Millers' Magic</b> The art and skill of the miller and the milling process	page 6
<b>Wheat into Flour</b> From grain to bag	page 7
<b>Which Flour?</b> A more detailed look at which flours to use in home baking	page 8
<b>Hints and Tips</b> Some flour facts and useful advice	page 9
<b>Flour Power</b> Vitamins, minerals and fortification by law	page 10
<b>Nutritional Know-How</b> The nutritional benefits of flour	page 11
<b>Greater Grains</b> Other grains used to make flour	page 12
<b>Safe and Sound Storage</b> How to store flour safely	page 13
<b>Facts about Wheat in Your Diet</b> What's good about wheat	page 14
<b>The Joys of Breadmaking</b> The sensual pleasures of the home-baked loaf	page 15

# think PLEASURE

## Flour for All

There can be fewer greater pleasures and rewards in your kitchen than the silky, sensual, sifting of flour through your finger tips to the heady scent of baking, drifting from your oven or your breadmaker. But how much do



most people know about the enormous versatility and variety of flours? There are flours for all – for all kinds of foods, cooking and baking, for all kinds of tastes. From a strong creamy white to a dark, pungent malted wheatgrain or rye, flour has the subtlety and variety of wine. The right flour brings the right texture, flavour and characteristics to a whole host of foods you buy or make, from bread and cakes to pies

and soups, even some types of beer. The Flour Advisory Bureau has produced this guide, which will open your eyes to the skill of the flour miller, the art of milling and a host of flour facts. We hope you enjoy discovering, or perhaps rediscovering the pleasures and appreciation of flour.

# think HISTORY

## Ancient and Modern

Flour is one of the world's most valuable and versatile foods.

Over 8,000 years old and still going strong, a cornerstone of the diet, packed with vitamins and minerals, flour is one of the world's most valuable and versatile foods. Since the days when grains of wild grass were crushed between two stones, flour has come a long way.

Flour is such an important part of so many foodstuffs that you find it in your shopping basket each week – its versatility is breathtaking!

Not only is it the basis for hundreds of different types of delicious breads, flour is used in a wide array of products

including cakes, biscuits, soups, sauces, pies, pizzas, pasta, breakfast cereals, snacks and many other foods. But your enjoyment of flour need not stop here. With the wide range of flours now available in supermarkets, health food stores and other retailers, you can find exactly the right one for whatever you want to bake at home.

So take the chance to become a flour connoisseur. The right choice of flour will make a big difference to your cooking and baking, and together with your own culinary skills, will give you great results time after time.

### Millstones and Milestones

- ◆ **c6500 BC** – wheat grown in the Middle East; grains crushed between stones producing a meal rather than flour.
- ◆ **c4000 BC to 1000 BC** – Egyptians and other early civilisations grind grains manually and later with querns (shaped stones like pestle and mortars) to make a crude flour.
- ◆ **c700BC to 500 AD** – Romans develop larger slave and animal driven millstones. Also crude flour is sieved to make finer flour.
- ◆ **c1000AD – to 1500AD** – wind and watermills are built close to where wheat is grown producing flour on a large scale during the Middle Ages.
- ◆ **c1700AD to 1830AD** – during the Georgian period, silk from the Eastern trade routes is used to make sieves which give a finer, whiter flour.
- ◆ **c1800AD to 1900AD** – the Industrial Revolution sees the development of steam mills and the introduction of roller mills to produce a finer flour in large quantities for an expanding population.
- ◆ **20th Century** – developments in milling technology have led to a huge variety of consistent, high quality flours tailored to specific uses. A typical modern mill may produce hundreds of types of flour using a wide range of home-grown and imported wheats.



# think WHEAT

## Wheat Wisdom

The blending or 'gristing' of different wheat varieties by the flour miller is akin to the selection of different grapes for wine making. Each wheat variety brings a different characteristic, skillfully used by the miller in the gristing and blending of different flours.

Each mill will have its own 'grist' – a secret recipe of wheat varieties – used to make its own range of flours. So how does the flour miller choose which wheats to use in the grist?

### Which Wheat?

There are many grains that can be milled, but wheat has long been a favourite because it produces flour which is ideal for



a wide range of cooking and baking. The main species of wheat used for milling is common wheat (*triticum aestivum*).

Within this species there are many varieties, which have been developed and modified

over centuries of cultivation. 'Plant breeding' continues today and new varieties are developed each year.

### Variety

Up to 85% or more of the wheat selected by UK flour millers is grown in the UK and the remaining 15% is imported from EU and other countries. Each type of wheat has its own unique quality and characteristics, which influence the way it mills and bakes when turned into flour, for example whether it suits bread making, biscuit or cake making flours.

Although wheat varieties are not labelled individually on the packet, when you buy flour for homebaking, you can be assured that the gristing skills of the millers will give you the flour you need.

### Protein – Strong and Weak

The proteins in wheat, when mixed into a dough with water, form gluten which influences how well a bread dough will rise, or a biscuit dough will roll out. It is therefore one of the most important characteristics of wheat and plays a large part in the miller's choice. All varieties of wheat have different protein qualities and quantities, which have major influences in how flour will bake. These protein qualities are in part inherent but are also dictated by where the wheat is grown as well as weather conditions.

The quantity of protein in wheat is also important. Generally, wheat with a high protein content, known as a strong wheat, is more suitable for bread making, while a weak wheat will produce flour suited to cakes, biscuits or other types of cooking.

### Hard and Soft

Some wheat grains are hard and some soft. Generally, hard wheats tend to be high protein, therefore they are considered hard and strong, while wheats for biscuit or cake grists tend to be both softer and lower in protein and are therefore soft and weak.

In the mill a hard wheat will break down into a more granular, free-flowing, easily sifted flour, while a soft wheat will produce a flour with finer, irregular particles which tend to stick together slightly. Take a look at a bread flour and a cake flour, you should be able to see and feel the difference and judge for yourself whether a hard or soft wheat was used in the grist.



# think SKILL

## Millers' Magic

Although the modern flour mill is a far cry from the romance of the traditional wind and watermill, the art and craftsmanship of flour millers remain as strong as ever. Their knowledge of grists, preparation of wheat and the subtleties of grinding, sifting and blending creates the perfect flour.

The modern flour mill is a highly sophisticated food manufacturing plant which meets the demands of consumers by producing flour of the highest quality, consistency and hygiene standards. A typical mill may produce hundreds of different types of flour tailored to specific uses. The flour in a frozen pizza, for example, has to meet very tight specifications otherwise the pizza won't fit in the box – on a large food production line the wrong flour could be disastrous!

The purpose of milling is to reduce the wheat grain to a finer flour. A single whole grain makes about 20,000 particles of flour. The various stages of flour milling are outlined simply below.

### Extraction

**All flours are classified according to the percentage of wheat grain present. This is known as the extraction rate. Wholemeal flour contains the whole wheat grain and is therefore classified as 100% extraction. White flours which have the bran and germ removed have an extraction rate around 75%.**

### Cleaning and Conditioning

On arrival at the mill, wheat is tested to make sure it is suitable for milling. It is cleaned by being passed through magnets, sieves and separation machines, which use air or gravity. This cleaning will remove any metal, stones, other grains or seeds which may have been picked up on the farm or in transport. It also removes the chaff from the grain.

Carefully regulated amounts of water are used to 'condition' the wheat. This softens the outside of the grain, producing bigger particles of bran and making it easier to release the white endosperm at the centre of the grain during milling.

### Fine Art and Balance

Other than the choice and quality of wheats, the way a flour bakes is also dependent on the way it is milled.

The modern flour mill contains a complex combination of steel roller mills, sieves, sifting and blending machinery. Part of the millers' art lies in finely tuning a sequence of grinding, sifting, rolling and blending operations to create a flour of the right consistency, colour and quality.

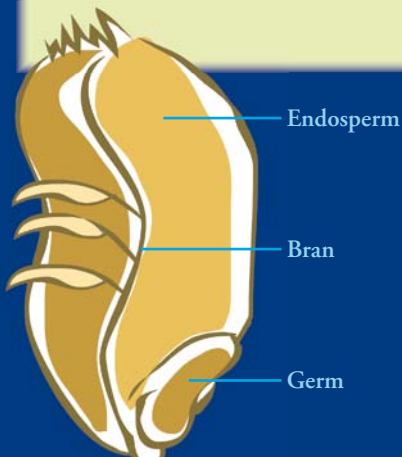


## Wheat into Flour

The modern flour mill is a highly sophisticated food manufacturing plant which meets the demands of consumers by producing flour of the highest quality.

### Know your Wheat

- ◆ **The Germ** – the embryo of the wheat plant with a radicle which can grow into roots and a plumule that can develop into stems, leaves and ears.  
The germ is present in wholemeal flour and can be added to other flours (not less than 10%) to make wheatgerm flour.
- ◆ **Bran** – comprises of the pericarp that protects the grain and the inner seed coats, which control the intake of water into the seed. Most or all of the bran is present in brown and wholemeal flour, together with the endosperm.
- ◆ **Endosperm** – is the food reserve on which the young plant lives until it has developed a root system. The endosperm is the part of the grain milled to make white flour.



At the start of the milling process, wheat is first passed through pairs of fluted metal rollers known as break rolls. The rollers are set carefully so that they break the wheat grain into its three parts: the germ, starchy endosperm granules known as semolinas, and the bran. Any unbroken or unseparated parts are passed through another breakroll.

The three parts of the grain are then sifted into separate streams. This is done using a complicated series of sieves called 'plansifters' and a sieving table, known as a 'purifier'. The endosperm particles or semolinas are then broken down further, passing through a series of 'reduction rolls'. The wheatgerm and bran are passed into their own separate streams.



This process of milling and sieving continues until a fine white flour is produced. Bran and wheatgerm will be streamered into flour to make brown or wholemeal flour. Baking powder (known as raising agents) will be added at this stage to make self-raising flour. The nutrients, calcium, iron and the B vitamins (niacin and thiamin) which are legally required in all white and brown flours (wholemeal flour already contains these nutrients, although it is lower in calcium) are also added.

Finally, the flour is sifted before being automatically packed into bags ready for you to buy in your local supermarket, health food shop or online. For a comprehensive list please see the Flour and Bread facts section at our website:

[www.fabflour.co.uk](http://www.fabflour.co.uk)

# think CHOICE

## Which Flour?

There is a flour to suit every taste and occasion, whether you need a creamy, white flour for breadmaking, a coarser, wholemeal stoneground for a rich fruitcake, or a fine, light sponge flour. Why not explore and experiment with the wide range now available in your supermarket, local shop or health food store. If you are adventurous in your cooking and baking with flour, you'll discover the pleasure of this most versatile ingredient.

### The Choice is Yours

The choice is all yours. Different makes of flour have unique characteristics depending on the wheat used and the way they are milled. Stock up with a broad selection of flours and you will always have just the right type for all cooking and baking needs.

### Basic Flour Types

**Wholemeal** – 100% extraction, made from the whole wheatgrain with nothing added or taken away.

**Brown** – usually contains about 85% of the original grain. Some bran and wheatgerm are removed.

**White** – usually 75% of the wheatgrain.

### Flour For Different Uses

**Strong Flour** – usually white, can be brown or wholemeal with a high protein content. This flour is recommended for use when making bread by hand and also when making bread in a breadmaker. It is also ideal for bread rolls, pizza bases and puff pastry.

**Plain Flour** – this can be white, brown or wholemeal. It is made from a variety of hard and soft wheats to make an all-purpose flour. This flour is ideal for pastry, batters, sauces, gravies, fruit cakes and shortbread.

**Self-Raising Flour** – white, brown or wholemeal to which a raising agent has been added. This flour is ideal for cakes, scones, puddings, suet, pastry, teabreads and biscuits.

*You can make your own self-raising flour by mixing plain flour with baking powder. You need to add 2 level tsp baking powder to every 225g (8oz) of plain flour.*

**Malted Wheatgrain** – brown or wholemeal flour with added malted grains for a distinctive nutty flavour and texture. Ideal for bread, pizza bases, rolls, scones and teabreads.

**Stoneground** – wholemeal flour ground in a traditional way between two stones.

**Wheatgerm** – white or brown flour with at least 10% added wheatgerm. You can purchase wheatgerm in all major health food shops.

**Organic Flour** – milled from grain grown without artificial fertilisers or pesticides on organic farms. Ideal for those preferring to eat organic produce, this flour can be a bread flour or all purpose flour.

The entire process from seed selection to milling and packaging must be traceable to verify that the product is organic. Operators who produce organic foods or prepare, preserve, package or import them from a third country must register with one of the approved private inspection bodies.

If you are interested in organic flour, look at the Facts about Flour section and see what is available, at our website:

[www.fabflour.co.uk](http://www.fabflour.co.uk)

**Flour Mixes/Pre-packed mixes** – ready prepared mixes of flour with other ingredients which help you make bread, cake or biscuits more quickly. You can find these at all major supermarkets.



# think VERSATILITY

## Hints and Tips

The quality and quantity of protein in the flour varies according to the variety of wheat, the soil and the climate in which it is grown.

### About Flour Milling

- ◆ Around 60% of flour made in the UK is for bread making.
- ◆ UK flour millers produce over 4 million tonnes of flour each year from 5.5 million tonnes of wheat.



- ◆ The quality and quantity of protein in the flour varies according to the variety of wheat, the soil and the climate in which it is grown.
- ◆ High protein, top quality wheats are more expensive. The cost of wheat, whether it mills easily, how it is milled and a number of other factors including the extraction rate, may be reflected in the price you pay for your flour.

### Flour facts, hints and tips

#### The Secrets of Gluten

- ◆ Gluten is formed when the proteins in flour made from wheat are mixed with water into a dough.
- ◆ Gluten in dough becomes elastic and as the dough ferments, the gas which is released (carbon dioxide) is caught in the elastic gluten which creates balloon-like bubbles. This causes the dough to rise.
- ◆ Gluten and therefore the dough can be toughened by adding salt and by handling, kneading and mixing.
- ◆ Gluten and therefore the dough can be softened by fat, sugar, enzymes in the yeast, bran and germ in brown and wholemeal flour.



#### Tips for You

- ◆ The protein content of flour is labelled on the pack – a strong flour suitable for bread making will have a protein content around 11% - 14%, a weaker flour such as plain will have a protein content around 7% - 10%.
- ◆ Bread dough should be kneaded to bring strength to offset the softening effect of yeast on the gluten. Kneading also helps the gases develop and produce a good 'baking volume' – a well risen loaf. By contrast dough for cakes or pastries should be lightly handled to avoid toughening the mix and spoiling the texture.
- ◆ You can blend your own flours, for example, if you find wholemeal bread a bit dense, then bake a loaf using 50% strong wholemeal and 50% strong white flours.

# think HEALTH

## Flour Power

It is reassuring to know that all flour is good for you and a valuable source of vitamins, minerals, protein and complex carbohydrates

**Calcium** – flour, particularly white flour is rich in calcium, essential for strong healthy bones and teeth.

**Iron** – flour is one of the main sources of iron in the diet which is an important mineral, essential for healthy blood and good circulation.

**B Vitamins** – the B Vitamins, thiamin and niacin, help the body release energy from carbohydrates and help make sure the skin, eyes and nervous system remain healthy. Over a third of our daily requirement of thiamin comes from cereals and flour-based foods such as bread.

**Fibre** – wheat is an excellent source of fibre and wholemeal flour, which contains the whole grain including the bran, and germ is no different. Brown and white flour also contain fibre. For a healthy, balanced digestive system it is important that we eat enough fibre.

**Protein** – flour is a good source of protein and is low in fat, unlike some sources of animal proteins. Protein is essential for growth, maintenance and repair of the body.

**Carbohydrates** – the majority of carbohydrates in flour are complex carbohydrates that we all need to give us energy. Eating a nutritionally

balanced diet containing complex carbohydrates, like bread, pasta and cereals along with protein, fruit and vegetables is essential for boosting energy levels and staying in shape.

**Folic Acid** – is present in wholemeal flour and added at higher levels to a limited range of bread. More general fortification of flour is currently under consideration by the Food Standards Agency (FSA).

## Fortification – It's the Law

All flour is full of nutrients. By law, white and brown flours are fortified with calcium, iron, thiamin and niacin (see table opposite). Because it is made from the whole wheat grain, wholemeal flour already contains these vitamins and minerals, although white and brown flour contain more calcium because of fortification.



## Coeliac Disease

Coeliac Disease used to be rare, but more and more doctors are beginning to recognise the disorder in patients. The average incidence in the United Kingdom is 1 in 100 people. Sufferers must avoid gluten in the diet, including wheat flour based products. A number of gluten free flours and bread mixes are available, including buckwheat and gram. For further information, you can contact Coeliac UK at:

[www.coeliac.co.uk](http://www.coeliac.co.uk)



## Nutritional Know-How

We need to eat more complex carbohydrate-rich foods to replace some of the fat in our diets.

### Is There Anything Else?

Flour is a most natural, wholesome food. The following ingredients may be added to some flours to give baking benefits to the consumer.

You may see the words 'flour treatment agent' on the list of ingredients in your flour. This improver is generally vitamin C (ascorbic acid) that makes the dough more manageable and gives a helping hand to get your dough to give a well risen loaf with what's known as a 'good volume'.

Flour was once bleached using various bleaching agents, most notably benzoyl peroxide. As a result, most millers started producing unbleached lines in the 1980s, declaring them as such on packaging. Use of benzoyl peroxide proceeded to decline steadily in the following years, until it ceased to be available altogether under the 1995 Bread and Flour Regulations. So nowadays no flour is bleached.

Sodium hydrogen carbonate and calcium phosphate are the baking powders (raising agents) used in self-raising flour.

### The following table shows the nutritional value of an average selection of flours

Source McCane & Widdowson

Nutrient	Strong White	Plain White	Brown	Wholemeal	Wheatgerm	Bran
PROTEIN g/100g	11.5	9.4	12.6	12.7	26.7	14.1
FAT g/100g	1.4	1.3	2.0	2.2	9.2	5.5
of which saturates	0.2	0.2	0.3	0.3	1.3	0.9
CARBOHYDRATES g/100g	75.3	77.7	68.5	63.9	44.7 <sub>e</sub>	26.8
FIBRE (englyst) g/100g	3.1 <sub>e</sub>	3.1	6.4	9.0	15.6	36.4
CALORIES kcal/100g	341	341	324	310	357	206
CALCIUM mg/100g	140	140	130	38	55	110
IRON mg/100g	2.1	2.0	3.2	3.9	8.5	12.9
THIAMIN mg/100g	0.32	0.31	0.39	0.47	2.01	0.89
NIACIN mg/100g	2.0	1.7	4.0	5.7	4.5	29.6
POTASSIUM mg/100g	130	150	250	340	950	1160
ZINC mg/100g	0.9	0.6	1.9	2.9	17.0	16.2
SELENIUM µg/100g	3	2	4	6	3 <sub>e</sub>	2 <sub>e</sub>

*e = estimated value*

# think VARIETY

## Great Grains

Wheat flour is by far and away the most commonly used and versatile. But occasionally you might want to experiment with flour from other grains to blend with your wheat flour, or even use on its own. Here's a handy guide to other grains and flours.

### Barley

Barley is low in gluten and is therefore not ideal for baking. Barley flour has a sweet, nutty flavour. Mix with wheat flour in baking for a slightly unusual taste and a cake-like texture.

### Buckwheat

Buckwheat has no gluten and therefore its flour cannot be used to make risen loaves. It is used for flat breads, blinis, pancakes and scones, particularly if you have a gluten allergy. You can find more information about wheat intolerance/allergy at:

[www.wheatintolerance.co.uk](http://www.wheatintolerance.co.uk)

### Corn Flour

A very soft flour made from maize which can be used as a thickener in stews, soups and gravies.

### Cornmeal or Maize Flour

Cornmeal made from maize can add a crunchy texture to bread and in some parts of the world like the Balkans it is used to make very soft breads, muffins, doughnuts and pancakes.

### Gram

Gram or chickpeas when milled produce a gluten free flour which can be used with wheat flour to give texture to chapattis and other flat breads.



### Oats

Oats, whether flaked, rolled or as meal can be added to all sorts of wheat flour recipes like scones and oatcakes, and can also bring added texture to bread.



### Rye

This grain, low in gluten, produces a rich, slightly sour flour which, if used on its own makes a dark loaf like pumpernickel. It can be mixed with wheat flour to make well risen loaves with a distinctive flavour or used in sourdough bread recipes.

### Sorghum

This grain, commonly found in the United States and Africa, contains no gluten. It is one of the oldest known grains and is a major human food source in Africa and India.

### Soya

Soya is a very versatile, nutritious bean which, when milled, becomes a very high protein flour. A small amount added to wheat flour can help give bread a whiter colour and gives a little boost to the dough, making it easier to handle and rise.

### Spelt

This particular flour is derived from an ancient form of wheat, which has a unique nutty, wheaty flavour. Spelt contains more protein, fat and fibre than wheat flour and because of the properties of its gluten and water solubility, its nutrients are more easily digested and quickly absorbed into the body and may be a useful alternative to wheat for those with mild gluten intolerance.

**Hot tip:** *Spelt flour can be used as an alternative to wholemeal flour in most recipes.*

# think HYGIENE

## Safe and Sound Storage

Like any food, you will want to make sure that you keep flour in the right conditions in your kitchen. The following safe and sound storage tips should help you to keep your flour in top condition however you want to use it.

### Beat the Psocids

It is extremely rare to find any insects in your flour. Psocids – or booklice, which are often between 1 and 2mm long, might be found in dry foods. Independent studies have shown that psocids appear in domestic situations, even in the cleanest of homes, and are very rarely found where food is produced.



You will probably want to get rid of these little pests if they appear in your flour. If you do find psocids in your flour:

- ◆ Throw away any flour or other foods in which you can see an infestation
- ◆ Thoroughly clean the cupboards and/or containers where the flour was stored using a vacuum cleaner
- ◆ Throw away the contents of the vacuum cleaner immediately after cleaning

If you would like further information on how to prevent or control psocids, please visit:

[www.nabim.org.uk](http://www.nabim.org.uk)

where you can download a specially produced leaflet on the subject.



### Storing your flour

- ◆ Flour should be kept on a cool, dry, airy shelf in its bag, or in a container.
- ◆ Always thoroughly wash and completely dry any container before refilling with flour.
- ◆ Never add new flour to old.
- ◆ White flours, if stored well will keep for 6 to 9 months.
- ◆ Self-raising flour will keep for 6 to 9 months.
- ◆ Wholemeal or brown flour will keep for 2 to 3 months.
- ◆ It is also good to check the best before date on the flour bag.

## The Facts about Wheat in Your Diet

Wheat is an essential part of a healthy balanced diet. It is used in all sorts of foods from cereals to soups but it is mostly consumed in bread, whether it is white, brown or wholemeal.

### What's good about wheat

- ◆ Wheat contains high levels of complex carbohydrates, which helps keep energy levels high.
- ◆ Wheat can help maintain a healthy weight because it can curb appetite and makes you feel full.
- ◆ Bread and many other wheat products are a great source of fibre. Fibre keeps the digestive system healthy and may help protect against some cancers.
- ◆ Protein makes up between 10 – 12% of wheat flour. It is essential for the growth, maintenance and repair of the body.
- ◆ Wheat is a healthy source of calcium. Calcium is important for strong healthy bones and teeth.
- ◆ Wheat is also a good source of the B-complex vitamins which are needed to keep the body's metabolism healthy. Wheat germ is also an excellent source of vitamin E, which is an important antioxidant.
- ◆ Research suggests that eating whole-grains may help to maintain a healthy heart.

### How do you tell if your diet is making you ill?

#### Key people to visit...

There is a huge variety of therapists and clinicians who will be happy to advise you on your diet – but only a handful are qualified in nutrition and dietetics:

**Your GP** – If you think your diet could be making you ill, discuss your symptoms with your GP, who can make a proper diagnosis and carry out blood or skin tests. They should also be able to give you advice on making safe changes to your diet.

**Nurse** – Nurses have basic training in nutrition but they are not qualified to diagnose food intolerance/allergies. They can give you advice on healthy eating and safe ways to control your diet.

**Health Visitor** – Health Visitors are also trained in basic nutrition and can give you advice on healthy eating. They are not qualified to diagnose allergies.

**Nutritionist** – Nutritionists have a detailed understanding of what you can eat that affects your health. Look out for letters RNutr (Registered Nutritionist) or RPHNutr (Registered Public Health Nutritionist) after their names, which symbolises that they are

registered by the Nutrition Society. They may be able to give you general advice but, unless medically qualified, will not be able to help you a diagnosis of a food allergy.

**Dietitian** – Qualified dietitians are trained to give practical nutrition advice to individuals and they are best placed to help construct a diet suited to your specific needs and goals. All practising dietitians must be State Registered – look out for the letters SRD after their names. Dietitians do not diagnose food allergies.

#### Advice from the web

The web offers a huge resource of dietary information but sadly only a small minority is supported with proven clinical research. All of the organisations mentioned below have extremely useful websites, which are well worth visiting:

[www.bda.co.uk](http://www.bda.co.uk)

[www.nutrition.org.uk](http://www.nutrition.org.uk)

[www.nutsoc.org.uk](http://www.nutsoc.org.uk)

[www.graininformationservice.co.uk](http://www.graininformationservice.co.uk)

[www.coeliac.co.uk](http://www.coeliac.co.uk)

# think SENSES

## The Joys of Breadmaking

Flour is the main ingredient of most breads, accounting for about three quarters of the finished loaf. The flour you choose will give your bread its individual character.

*A warm kitchen is a perfect place for making bread.*

Breadmaking works miracles on all levels. The slow, rhythmic kneading is therapeutic, opening up the lungs and rib cage and releasing stresses and strains with gentle efficacy. Watch as the warmth and pressure of your hands brings the yeast to life and



transforms a few commonplace ingredients into a growing dough. Everybody loves the smell of bread as it is being made, the delicious aroma of bread baking. Enjoy the process of breadmaking as well as the results.

### Breadmaking Machines

Home baked bread is something we all associate with harmonious domesticity, the perfect family home and this could explain why so many more of us are now buying breadmaking machines. Using a breadmaker is simple – all you have to do is load the ingredients into the bread pan, close the lid and switch on. The machines automatically mix, knead, prove and bake the bread. And if you want a fresh loaf of bread for your breakfast, you can always set the timer and the bread will be baked by the time you wake up! For further information, please visit the recipe and baking section at: [www.fabflour.co.uk](http://www.fabflour.co.uk)

### Successful Breadmaking

The golden rule for measuring all baking ingredients is to always stick to one system, never to mix and match. When both metric and imperial measurements are indicated, it is imperative that you choose one system and use it throughout the recipe.

Make sure that all ingredients used are at room temperature; be sure to take eggs, butter and milk out of the refrigerator in good time.

For more information and tips for successful breadmaking as well as finding a wide range of traditional breadmaking and bread-based recipes, which will suit every occasion as well as create delicious dishes using bread, please visit the recipe and baking section at: [www.fabflour.co.uk](http://www.fabflour.co.uk)



# think **KNOWLEDGE**

## Still want to know more?

If you would like any further information about flour and how flour is made,  
please contact

Flour Advisory Bureau

21 Arlington Street, London SW1A 1RN

Tel: 020 7493 2521

Fax: 020 7493 6785

or visit our website:

[www.fabflour.co.uk](http://www.fabflour.co.uk)



Founded in 1956, the Flour Advisory Bureau

is a central source of information on all matters relating to flour and bread in the UK. The Bureau provides a wide range of information, which is used by the media, schools, consumers, the health sector and the retailing and catering industries.