

# BAKING WITH WHOLE GRAINS

- One of the best decisions you can make for boosting flavor and nutrition to your food is to make the switch from refined grain to whole grain. And one area where you can easily accomplish this, is with baking!
- **FLAVOR:** Many of us are accustomed to breads, cookies, and pastries made with white, refined flour, but once you substitute in the whole grain, you will quickly discover the delicious, complex flavors and textures you've been missing out on. Your taste buds will thank you!
- **NUTRITION:** Most bread, rice, and pasta products are stripped of nearly all nutrition, while whole (intact) grains are packed with essential *vitamins, minerals, amino acids, polyphenols*, and the all important *fiber*.



## 100% Whole Grain Sourdough Breads

Image above shows shaped sourdough loaf with 75-85% hydration.

Image to left shows sourdough bread made in a loaf pan with 85-95% hydration

## TIPS FOR SUCCESS

With cookies, scones, pancakes, muffins, and quick breads (like banana bread), substitute whole grain flour for all-purpose flour one-to-one.

In yeasted breads that need to rise, substitute whole wheat flour for half of the all-purpose flour one-to-one, gradually increasing the whole grain component to 80-100% by adjusting hydration and increasing the time let dough rise.

For sourdough bread increase hydration rate by 10-15% since whole grains absorb more water. 75-85% hydration is recommended for shaped breads and up to 100% hydration for loaf pan breads (see images) is common.

Freshly milled flour will give your baked goods the best flavor, bringing out the grain's sweet and nutty notes. In addition, freshly milled flour is high in enzyme activity and creates successful sourdough starters and sourdough loaves.

The type of grain you choose will determine your culinary uses. On the next page we provide some guidance.

# YOUR GRAIN GUIDE

## GRAIN

## FLAVOR PROFILE

## BEST USED FOR



**EINKORN**

*Unique, pleasant nutty flavor, golden color*

*Muffins, Pancakes, Sweets, Some Breads, Salads, Stews, Grain Bowls, Flaked in Cereals*



**EMMER**

*Delicate spicy flavor, gives baked goods a dark color*

*Pasta, Breads, Cookies, Pizza, Stews, Salads, Grain Bowls*



**SPELT**

*Sweet and nutty with a hint of earthiness*

*All Breads, Crackers, Scones, All Baked Goods, Great for Soups, Stews, Grain Bowls*



**KAMUT**

*Rich, buttery, sweet, with a slightly chewy texture*

*Pasta, All Breads and Baked Goods, Sweets, Stews, Salads, Grain Bowls*



**SONORA**

*Buttery, sweet, nutty texture*

*Flour tortillas, Flatbreads, Pizzas, Crackers, White Color*



**TURKEY RED**

*Mild, roasted flavor with sweet aroma*

*All Breads, Cookies, Muffins, Pancakes, Flaked in Cereals*



**RYE**

*Malty, nutty, complex, darker in color*

*100% Rye Breads or 50% Wheat-Rye Loaves, Crisp bread, Cookies, Porridge, Salads*



**BARLEY**

*Malty, sweet, chewy texture, various colors*

*Great cooked in Soups, Stews, Grain Bowls, Cookies, Flaked in Cereals, Porridge*



**MILLET**

*Mild, neutral flavor with a delicate texture*

*Granola, Seedy Breads, Muffins, Cookies, Porridge, Grain Bowls, Gluten Free Breads and Crusts*



**BUCKWHEAT**

*Earthy, Sweet, more intense and robust flavor*

*Porridges, Soba, Gluten Free Baked Goods, Roasted in Salads, Grain Bowls, Soups, Pancakes*