

Flours: UK & US

Nothing can be more important than the flour you use. Today people have stopped eating bread due to unpleasant experiences with bread. Bread should only be flour, water and salt. Read any bread label and you will see a paragraph of unpronounceable words. Those are indicative of synthetics being added to sub standard flour. For most of human existence bread has been made from whole grain wheat or barley which contain vital nutrients, natural folate, natural omega oils and fibre. The two flours I use are Organic or not sprayed, stone ground beautiful flours.

The whole grain from <https://grist.earth> is UK grown heritage wheat which is sprouted for 24 hrs which modifies the starch which makes this bread a complex carbohydrate.

The Strong White Bread flour is from Stoates Mill available from <https://www.goodfoodproject.co.uk> which is one of few mills that actually stone grind their white flour. They are a small mill which exempts them from government statute of adding synthetic folic acid. Both these flours naturally have folate.

For America I recommend lindleymills.com for their Super Sprout and Strong White bread flours.

Rice flour is highly valuable as it prevents the dough from sticking to the banneton. It also makes a lovely contrast between the deep mahogany of the baked bread when cutting designs before baking. Please see video.

If you wish to try a flour from your local shop it must say Organic on the bag. Glyphosate is not acceptable in our food and wheat gets sprayed throughout the life of the crop. If you are interested in learning more please contact me directly. The flour must be stone ground. Many bags say milled, that normally suggests roller milling which is cheap and fast resulting in our body digesting it in seconds and has no nutrients. I know of no other mills which sprout other than Sue at Grist or Lindley Mills. Sprouting modifies the starch which is a massive health boost.