

# Intro To Fine vs Coarse Flour

## MILLING COARSENESS 101

### Intro

Your mill includes an adjustable lever for a reason. It isn't simply a button for "fine flour."

Different grains vary in size, density, and hardness. The fine setting for Khorasan will not be the same as the fine setting for Einkorn. The lever-style control allows you to dial in the grind for each specific grain so the stones can mill efficiently and consistently.

That same lever also allows you to move between fine and coarse flour. But why would you ever need coarse flour?

Believe it or not, certain recipes actually perform better with a coarser grind. Understanding when to adjust your grind size gives you more control over texture, structure, and final results.

### Fine Flour

When you want height, softness, and structure.

#### MAKE

- Sandwich loaves
- Dinner rolls
- Cinnamon rolls
- Enriched doughs
- Pizza dough
- Muffins and cakes

#### PRODUCES:

- Softer crumb
- More even structure
- Higher rise
- More predictable results for beginners

### Coarse Flour

When you want texture, chew, and deeper flavor.

#### MAKE

- Rustic hearth loaves
- Cream of Wheat
- Rye breads
- Crackers
- Flatbreads
- Traditional European-style breads

#### PRODUCES:

- Heavier crumb
- Deeper whole-grain flavor
- More chew
- More rustic appearance

### MEET YOUR TEACHER



#### Hi, I'm Lorina!

I'm a wife, mom of two, and your educator on the benefits of freshly milled flour. Milling our own flour changed my family's health, and I'm passionate about sharing this knowledge with others.

*Let's dig in!*

### LEARN MORE ABOUT FRESH FLOUR

Visit the full workshop for more resources & tutorials.

[www.flourishheritage.com](http://www.flourishheritage.com)

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