

— workshop handout —

The 5 Rules of Baking With Freshly Milled Flour

Rule #1: Hydration Matters More Than Measurements

Fresh flour absorbs water differently than store-bought flour because it still has the bran, germ, and natural oils.

This means recipes you find online may need:

- More water (most common)
- Occasionally less water depending on grain type

Your dough should be soft, slightly tacky, and flexible — not stiff and dry. As a general rule, fresh flour will be stickier than you're used to. The tip is to use wet hands or a silicone spatula to help.

Rule #2: Fresh Flour Needs a Little More Rest Time

Resting (autolyse) is magic for freshly milled flour.

It lets the bran hydrate and the gluten relax, which gives you:

- better rise
- softer texture
- easier shaping
- fewer dense loaves

Even 20–30 minutes makes a big difference. I try to aim for 30+ minutes.

Rule #3: Fresh Flour Dough Rises Faster

Compared to All Purpose flour, your bulk rises will be a lot faster with

Freshly Milled Flour due to the natural enzymes left in the flour. This is

great because you can get a loaf of bread a lot faster than your typical AP.

You'll want to keep a close eye on it to see how fast it rises in your home throughout the year. As a easy rule of thumb, for sandwich loaves, you want it to rise 1" above the baking pan in the bulk rise.

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!

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Rule #4: Don't Overwork the Dough

You'll get the hang of it as you practice and learn what it should feel like. But if you're familiar with making dough, you'll find that you need to work it less. If you overwork it, the gluten strands will break. This depends on the type of grain you're using, for example when working with Eikorkn, it's recommended to knead with your hands instead of a mixer.

While keeping that in mind, I still find that mixing on a faster speed for a shorter time develops the best stretchy, window pane, dough. Aim for a level 3 on your mixer but if you see your mixer struggle then lower it until it can handle it.

Rule #5: Use the Flour Right Away or Freeze it

The main benefits of baking with freshly milled flour IS the nutrients, flavor, and aroma. You'll get the best of these right after milling OR throw it in your fridge (up to 2 weeks) or freezer (up to 6 months). I found a good rhythm for this and you can read that in my Routine PDF.

Join our Community

Baking with Freshly Milled Flour is a steep learning curve with many variables. Join our facebook community to ask questions, help others, and discover new recipes.

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