

# Grains by Category



<p><b>PASTA GRAINS</b></p>	<p><b>BREAD GRAINS</b></p>
<ul style="list-style-type: none"> <li>• Durum for highest protein content</li> <li>• Khorasan/Kamut for ancient grain flavor</li> <li>• Emmer as a nutritious pasta option</li> </ul>	<ul style="list-style-type: none"> <li>• Hard White flour is preferred for bread</li> <li>• Hard Red flour for versatility and strength</li> <li>• Einkhorn, Spelt, and Rye for unique flavors</li> </ul>
	<p><b>ALL PURPOSE FLOUR</b></p>
	<ul style="list-style-type: none"> <li>• 50% hard wheat and 50% soft wheat</li> <li>• try Einkhorn anywhere that calls for all purpose flour</li> </ul>
<p><b>PASTRY GRAINS</b></p>	<p><b>HOW MUCH TO MILL?</b></p>
<ul style="list-style-type: none"> <li>• Soft White flour for tender pastries</li> <li>• Soft Red flour for lighter textures</li> <li>• Spelt, Barley, or Rye as alternatives for variety</li> </ul>	<ul style="list-style-type: none"> <li>• <b>125 grams per cup of flour</b></li> <li>• Use a gram scale</li> <li>• the grains and flour weigh the same</li> </ul>
	<p><b>WHERE TO FIND GRAINS?</b></p>
<ul style="list-style-type: none"> <li>• local store with bulk food bins</li> <li>• <a href="#"><u>Janie's Mill</u></a></li> <li>• <a href="#"><u>Guardian Grains</u></a></li> <li>• <a href="#"><u>Bluebird Grains</u></a></li> <li>• <a href="#"><u>Barton Springs Mill</u></a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#"><u>Grand Teton</u></a></li> <li>• <a href="#"><u>Grandview Grainery</u></a></li> <li>• <a href="#"><u>Great River Organic Milling</u></a></li> <li>• <a href="#"><u>Country Life Natural Foods</u></a></li> </ul>