

Grains by Category



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