



WHOLE GRAIN HANDBOOK

The Ultimate Guide to baking
with wholegrains at home

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Introduction to Whole Grains in Baking

Whole grains are the foundation of healthy, flavorful baking. Unlike refined flours, which strip away the bran and germ, whole grains retain all parts of the wheat kernel—providing more fiber, vitamins, minerals, and antioxidants. When used in baking, whole grains deliver a richer, more complex flavor and a heartier texture, perfect for artisan breads and other baked goods.

In this guide, we'll explore the benefits of baking with whole grains, focusing on our Red Fife General Purpose Flour. Known for its deep, nutty flavor, Red Fife is a heritage wheat variety that offers superior taste and nutrition. With only 20% of the bran extracted, it strikes the perfect balance between texture and nutrition, giving your sourdough and other baked goods a unique, wholesome appeal. Let's dive into the world of whole grains and discover how they can elevate your baking!

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Baking Basics with Whole Grain Flour

Whole grain flour absorbs more liquid than refined flour, so expect to adjust your recipes by adding extra moisture. Its higher fiber and protein content can create denser textures, but mixing flours or letting the dough rest improves results. Whole grain flour also adds a nuttier, richer flavor to baked goods. Start small—substitute half the refined flour in recipes to get used to the differences. Patience and practice are key to mastering the art of whole grain baking!



Tip: Measure accurately and experiment to find the perfect balance for your favorite recipes.

Baking Basics with Whole Grain Flour

To succeed with whole grain baking, equip your kitchen with these essentials:

- Digital Scale: For precise measurements, especially with dense whole grain flour.
- Mixing Bowls: Large, sturdy bowls for thorough mixing.
- Dough Scraper: Handy for shaping and dividing sticky doughs.
- Bread Pans: Support whole grain breads as they rise and bake.
- Rolling Pin: Perfect for flatbreads and crackers.
- Quality tools make the process easier and improve your results, turning wholesome ingredients into delicious baked goods!



Tip: Invest in durable, high-quality tools



—they'll last a lifetime.

Quick Breads and Muffins

Quick breads and muffins are perfect for beginners using whole grain flour. Recipes like banana bread, zucchini muffins, or cornbread showcase its rich flavor without the need for yeast. Whole grain flours absorb more liquid, so ensure batters are slightly wetter to prevent dryness. Add ingredients like yogurt, applesauce, or mashed bananas for extra moisture. These baked goods are easy to customize with nuts, fruits, or spices, making them versatile and delicious.

Tip: Start with a 50/50 mix of whole grain and all-purpose flour for lighter textures as you learn.

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Whole Grain Sourdough Bread

Whole grain sourdough bread combines the hearty flavor of whole grain flour with the tangy complexity of natural fermentation. The high fiber and nutrients in whole grains feed the sourdough starter, enhancing fermentation. Whole grain doughs may feel denser and require longer hydration and proofing times. Patience is key! The result is a loaf with a chewy crumb, crispy crust, and incredible depth of flavor.

Tip: For best results, start with a 50% whole grain flour mix and increase as you gain confidence.



Cookies and Cakes with Whole Grains

Whole grain flours add a nutty flavor and hearty texture to cookies and cakes, making sweet treats more nutritious. Whole wheat flour pairs wonderfully with chocolate chip cookies, while spelt flour gives cakes a tender crumb. Since whole grain flours absorb more liquid, consider adding extra moisture through ingredients like yogurt or oil. Don't be afraid to experiment—substitute up to 50% of the flour in your favorite recipes to start.

Tip: Use finely milled whole grain flour for a smoother texture in delicate baked goods like cakes.

Savory Baking with Whole Grain

Whole grain flours shine in savory bakes like crackers, flatbreads, pizza dough, and biscuits. They add a nutty, earthy flavor and a satisfying texture to these creations. Whole wheat or rye flour works well for pizza crusts, while spelt adds tenderness to savory scones. Adjust hydration for flours' higher absorbency and let doughs rest to develop gluten and flavor. Pair your savory bakes with cheeses, herbs, or seeds for extra depth.

Tip: Experiment with different whole grain flours to discover unique flavor combinations in your savory recipes.

Troubleshooting Common Challenges

Baking with whole grain flour can be tricky, but practice makes perfect! Here are solutions to common challenges:

1. **Dense Texture:** Whole grain flours absorb more liquid and create heavier doughs. Increase hydration and consider adding vital wheat gluten for improved elasticity.
2. **Dry Baked Goods:** Over-mixing or not adding enough moisture can lead to dryness. Include ingredients like yogurt, mashed fruit, or extra liquid to retain softness.
3. **Overpowering Flavor:** Whole grain flours have a strong, nutty taste. Blend with all-purpose flour or use mild flours like spelt or oat for a subtler flavor.
4. **Dough Doesn't Rise Well:** Whole grains take longer to rise. Allow extra proofing time or use a warmer environment.

Tip: Start with small adjustments, and take notes to fine-tune your favorite recipes! Embrace the learning process and enjoy the wholesome rewards of baking with whole grains.



Storing and Handling Whole Grain Flour

Whole grain flours contain natural oils that can spoil if not stored properly. Keep them in airtight containers in a cool, dry place for short-term use. For long-term storage, refrigerate or freeze the flour to maintain freshness and prevent rancidity. Always let flour reach room temperature before baking to ensure consistent results. Label containers with purchase dates and use the oldest flour first.

Tip: Store whole grain baked goods in the freezer to preserve their flavor and texture. Simply thaw and reheat as needed for fresh results!

Recipes to Inspire You

Here are two simple recipes to get you started with whole grain baking:

Whole Wheat Pancakes

Ingredients:

- 1 cup whole wheat flour
- 1 tablespoon sugar
- 1 tablespoon baking powder
- 1 egg
- 1 cup milk
- 2 tablespoons melted butter

Directions:

Whisk together dry ingredients. In another bowl, mix wet ingredients. Combine both and stir until just blended. Cook on a hot griddle until bubbles form, then flip.

Tip: Feel free to add seeds or nuts for extra texture and flavor!

Rye Bread Loaf

Ingredients:

- 2 cups rye flour
- 1 cup all-purpose flour
- 1 teaspoon salt
- 1 packet yeast
- 1 cup warm water
- 1 tablespoon honey

Directions:

Mix dry ingredients, add warm water and honey. Knead for 10 minutes, then let rise for 1 hour. Shape into a loaf and bake at 375°F for 30 minutes.

Make Sure To Subscribe!

Thank you for exploring the world of whole grain baking with us! We hope this guide inspires you to incorporate the goodness of whole grains into your baking routine. Whether you're making bread, cookies, or savory treats, whole grain flour brings nutrition, flavor, and heartiness to every bite.

For more recipes, baking tips, and the finest whole grain flours, subscribe to our newsletter by visiting our website www.saltspringflour.com

We love hearing from our baking community! Share your creations with us on social media using [#saltspringflour](https://twitter.com/saltspringflour)

Contact Us:

Have questions or need advice? Reach out to us at saltspringflour@gmail.com. We're here to help!

Tip: Start small, experiment, and enjoy the journey of whole grain baking!

Thank you for choosing Salt Spring Flour Co – where baking with whole grains is always better!