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Using and Storing Wheat Flours

Michigan State University Cooperative Extension Service

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## USING &amp; STORING

## WHEAT FLOURS



Wheat flours are used in many baked products, including breads, cakes and pasta. When served with legumes or dairy foods, wheat is a good source of protein.

### How to Store Wheat Flours

**White Flours**—Store in an airtight container in a cool, dry place. Flour will stay fresh up to one year.

**Whole Wheat Flours**—Store in an airtight container in the refrigerator to prevent rancidity. The higher fat content of these flours decreases their shelf life. When properly stored, whole wheat flours will keep for 6 to 8 months. Freeze for longer storage.

### Nutritional Value

Most nutrients are removed from white flour in the milling process. Some are added back when the flour is enriched. Enriched white flour is a good source of iron, thiamin, riboflavin and niacin. Whole wheat flour is slightly higher in these nutrients and also contains significant amounts of vitamin B<sub>6</sub>, folic acid, magnesium, zinc and potassium.

### How to Measure Flour

To measure whole-grain flour, stir lightly with a fork—do not sift. Place flour in a measuring cup and level with the straight edge of a knife.

To measure sifted or unsifted white flour, spoon tablespoons of the flour lightly into measuring cup until flour overflows the cup. Do not pack the flour by shaking the cup. Level cup with the straight edge of a knife.

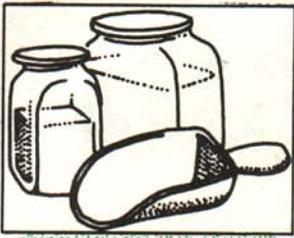
### Types of Wheat Flours

**White Flours:** Bran and wheat germ are removed during milling; may be bleached or unbleached.

*All purpose flour*—Blend of hard and soft wheat suitable for most household cookery purposes.

*Pastry flour*—Made from soft wheat with a lower protein (gluten) content. Used for pastries, cookies and quick breads.

*Bread flour*—Made from hard wheat. Has a higher protein (gluten) content, allowing dough to expand. Used for baked products in which yeast is the leavening agent.



### Unbleached White Flour:

Processing is the same as for regular white flour, except bleaching step is omitted; slightly higher in nutritional value than bleached flour; usually available as an all-purpose flour.

**Whole Wheat Flour** (also called Graham Flour): Contains all components of the original wheat kernel; available as an all-purpose blend, pastry flour and bread flour.

### Whole Wheat Muffins

*1 cup sifted flour*  
*1 cup whole wheat flour*  
*4 teaspoons baking powder*  
*3/4 teaspoon salt*  
*2 tablespoons sugar*  
*1 cup milk*  
*1 egg, beaten*  
*2 tablespoons melted fat*

**Mix** together the flours, salt, sugar and baking powder. **Add** the milk, beaten egg and melted fat gradually and **stir** only enough to mix all ingredients. **Pour** into well-greased muffin tins, filling tins about two-thirds full. **Bake** 20 to 25 minutes at 400°F.

*This makes 12 good-sized muffins.*

### Quick Sweet Whole Wheat Bread

*2-1/2 cups whole wheat flour*  
*1/2 teaspoon cinnamon*  
*1/4 teaspoon salt*  
*2 teaspoons double-acting baking powder*  
*1 teaspoon baking soda*  
*1 egg, beaten*  
*1/2 cup molasses*  
*1/4 cup brown sugar*  
*1/4 cup vegetable oil*  
*1 teaspoon grated lemon or orange peel*  
*2/3 cup yogurt or buttermilk*

**Mix** together the flour, cinnamon, salt, baking powder and baking soda. In a separate bowl, **combine** the beaten egg, molasses, brown sugar, oil and lemon or orange peel. **Add** the flour mixture alternately with the yogurt to the egg mixture. **Pour** into a greased 9×5 inch loaf pan and **bake** at 375°F. for 50 minutes.

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