

Sifting Through the Flour Bouquet, 2025 KAFCE Lesson

<u>Type of Flour</u>	<u>Plant Source</u>	<u>Origin</u>	<u>Best Used For</u>	<u>Gluten</u>	<u>Comments</u>
WHEAT FLOUR 101:					
All-Purpose	Hard & soft wheat blends	traditional	Yeast & quick breads, pies, cakes, pastries, pasta	yes	Most commonly used flour Neutral flavor
Bread Flour Strong Flour	High protein wheats	traditional	Yeast breads; pizza crust	yes	Recommended for quality yeast breads
Cake Flour	Low protein soft wheats		Cakes, crackers, pastries	yes	Fine textured cakes & baked goods
Pastry Flour	Low protein soft wheats		Pastries, cookies, cakes, crackers	yes	
Whole wheat Flour	Entire wheat kernel	traditional	Yeast & quick breads, pancakes, cookies	yes	White or red whole wheat varieties More nutritious than refined white flour
Whole wheat Pastry Flour	Soft wheat berries		Cookies, pancakes, quick breads	yes	More nutritious than refined white flour
Semolina or Durum flour	High protein durum wheat	traditional	Pastas	yes	Also available as whole wheat durum
“00” Flour	Ground wheat		Delicate pastas or noodles, pizza crusts	yes	Special grade of flour
OTHER WHEAT FLOURS:					
Graham Flour	Whole wheat bran & germ		Crackers, baked goods	yes	Unsifted coarse flour
Spelt Flour	Dinkel or hulled whole wheat	Medieval Europe	Yeast breads, baked goods	yes	Recipe: reduce liquid by 25% Has a mild nutty flavor
Rye Flour light, medium, dark	Rye plant	traditional Europe	Yeast breads, baked goods, pastas	yes	Robust flavor, often blended with flour High in fiber; moist & dense
OTHER CEREAL FLOURS:					
Corn Flour yellow or blue types	Maize plant	traditional world-wide	Tortilla, bread, baked goods, pancakes, muffins	no	Sweet corn flavor, grainy texture Versatile use; many health benefits
Buckwheat Flour	Knotweed plant	China	Pancakes, crepes, waffles, blintzes; cookies	no	Slightly bitter, mix with other flours to balance flavor & texture Contains all essential amino acids
Rice Flour	Whole brown or white rice	traditional	Rice cakes, macaroons, rice buns	no	Fine textured, used in flour blends Common substitute for wheat flour
Amaranth Flour	Amaranth plant	Mexico and South America	Waffles, pancakes, muffins, cookies	no	Malty, nutty flavor, use as accent flour Contains all essential amino acids Nutritional powerhouse
Quinoa Flour	Amaranth plant family	South America	Breads, muffins, pancakes, cookies	no	Protein-rich creamy white flour Unique nutty flavor More expensive due to supply issues
Teff Flour	Lovegrass plant	East Africa	Quick breads, pancakes, waffles; sourdough flatbread	no	Sweet, robust flavor; use 5 parts wheat flour to 1 part teff as desired
Sweet Sorghum or Jowar Flour	Sorghum grass	Africa	Muffins, waffles, brownies, cookies, baked goods	no	Beige color, unique flavor Use with other flours as binding aids
Millet Flour	Millet grass	Asia	Breads, pancakes, cookies, muffins	no	Sweet, nutty taste, versatile use High in calcium
Oat Flour	Oat plant		Pancakes, muffins, cookies, quick breads	yes	Mild, nutty flavor 1 ¼ c. oat flour = 1 c. all-purpose flour
Barley Flour	Barley plant	traditional globally	Breads, muffins, pancakes	yes	Dense texture, hearty flavor Similar to oat, rye, & quinoa

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FLOURS FROM OTHER PLANTS:					
Almond Flour	Almond nuts		Muffins, cakes, cookies, pastries	no	Coarser texture; nutty flavor Source of protein, fiber, healthy fats Use ¾ c. almond flour for 1 c. all purpose
Coconut Flour	Dried coconut meat (may have fats removed)		Cakes, cookies, pancakes, muffins, bread, tortillas	no	Use ¼ c. coconut for each 1 c. all-purpose flour to prevent soggy results Source of fiber, healthy fats, minerals
Chickpea Flour	Dried ground chickpeas		Indian & Caribbean cuisine, Pancakes, fritters, breads	no	Source of protein, fiber, other nutrients Nutty taste, good binding agent
Tapioca Flour	Cassava root, starchy pulp	South America	Breads, muffins, cookies	no	Tasteless, starchy, lower nutritional value except for carbohydrates Binding agent for other types of flour

100% OAT FLOUR BLUEBERRY MUFFINS

Ingredients: 1 ½ cups oat flour
1 tsp. Baking powder
½ tsp salt
¼ cup vegetable oil
1/3 cup maple syrup
1 T. vanilla extract
3 large eggs
¼ cup milk
½ cup fresh blueberries

Optional: Zest of 1 lemon
2 tsp poppy seeds

Preheat oven to 350* F. Spray muffin pan with cooking spray or use paperliners. Beat together eggs, oil, milk, maple syrup and vanilla in large mixing bowl. Combine oat flour, baking powder and salt, then add to egg mixture. Stir until just blended. Fold blueberries into batter until evenly incorporated. Let batter rest for 5-10 minutes. Spoon batter evenly into muffin pan. Bake 25-30 minutes or until the centers are cooked through. Remove from oven and cool before serving.

1 cup wheat flour = 1 ¼ cup oat flour

BRAZILIAN CHEESE BREAD

Ingredients: 4 cups tapioca flour
1 ¼ cups milk
½ cup water
6 T. vegetable oil
1 ½ c. grated parmesan cheese
1 c. shredded Mozzarella cheese
2 large eggs
2 tsp. Salt

Preheat oven to 400*F. Combine the milk, water, oil and salt in a saucepan and bring to a boil over medium high heat. Put the tapioca flour in the bowl of a stand mixer and, once the milk mixture boils, pour it over the flour. Turn the mixer on and mix it well. The texture will be fondant-like, white and sticky. With mixer still on, add eggs, one at a time. Allow eggs to get fully incorporated. Then, add the cheeses, a little at a time, until fully mixed. The dough will be soft and sticky. Using a spoon to scoop dough, wet your hands with cold water and shape dough into small-sized balls. Place balls on a parchment paper covered baking sheet. Bake for 15-20 minutes until puffed and golden. Best served warm.