

WHOLE GRAINS / STARCHES USED IN THIS COURSE

Refer to the Course Introduction document for detailed information.

- **SORGHUM FLOUR** – a diverse grain: subtle flavour and hearty texture with a similar feel to a wheat flour.
- **MILLET FLOUR** – high in fibre and protein, with a mild sweet flavour and a light texture. It can make baked goods a bit crumbly if used in high amounts.
- **BUCKWHEAT FLOUR** – despite its name, there is no wheat or gluten in buckwheat. It's actually not a grain at all, but a grass with grain-like texture. A relative of rhubarb, it has an earthy, slightly sour flavour. It is very nutrient dense, thus works great in feeding your sourdough starter. * **NOTE BELOW**
- **OAT FLOUR** – gluten free, but often contaminated, so look for a certified gluten free source. Oats tend to add more lift to bread, but can make the bread GUMMY if used in too high of a ratio.
- **BROWN RICE FLOUR** – this short-grain rice adds a starchiness to your breads and other gluten free baking, plus its enzymes are very fast working in feeding your sourdough starter.
- **SWEET WHITE RICE FLOUR** – often called glutinous rice, it has a sticky, slightly stretchy texture. It is very mild in flavour, can be ground fine and it does not add that "grainy" dryness to baked goods, as brown or white rice would.
- **TAPIOCA STARCH/FLOUR** – comes from Cassava or manioc (as it's called in some countries). It is the dried root of the cassava plant ground into flour. Its starchiness makes it an excellent addition to baked goods. It is also my preferred choice to use when kneading or rolling out your sourdough, as it is less likely to add dryness to the finished product.

NOTE:

*** Please use "HULLED" Buckwheat Flour to achieve the best texture, flavour and consistency in your starter and in the recipes.**