



By Deidre Cameron

A Beginner's Guide to Freshly Milled Flour

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A Beginner's Guide to Nourishing Your Home

Welcome

Welcome, friend.

I am so glad you are here! There is something deeply comforting about returning to simple, nourishing rhythms in the home. In a world that often moves quickly and prioritizes convenience, choosing to slow down—even in small ways—can feel both meaningful and grounding.

Freshly milled flour is one of those small, meaningful shifts. It is not just about baking bread or trying something new in the kitchen. It is about reconnecting with the way food was once prepared—whole, intentional, and deeply nourishing.

But let me gently remind you of this:

- You do not need to do everything at once.
- You do not need a perfect system, a fully stocked pantry, or even complete confidence to begin.
- You simply need a starting point.

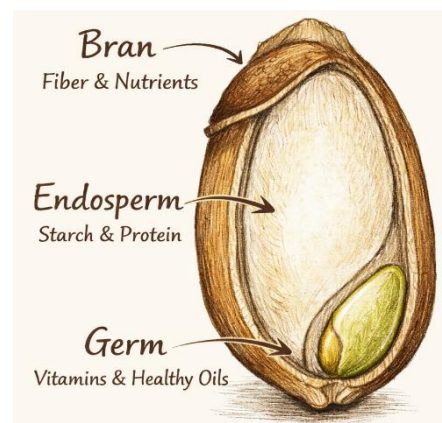
This guide is here to walk you through that beginning—step by step, in a way that feels simple, doable, and encouraging.

1. A Quick Overview of Fresh Grains

For thousands of years, grains were a foundational part of daily life. Families would grind wheat using stones, often just before baking, ensuring the flour was as fresh as possible. The grain itself is made up of three parts:

- The bran (fiber-rich outer layer)
- The germ (nutrient-dense core)
- The endosperm (starchy interior)

Traditionally, all three parts were used together.



However, with the rise of industrial milling in the late 1800s, things began to change. Roller mills were introduced, allowing flour to be produced more quickly and in larger quantities. To extend shelf life, the bran and germ were removed—leaving only the endosperm.

This is how modern all-purpose flour was created.

While this made flour more convenient and shelf-stable, it also removed much of the nutrition and flavor that whole grains naturally provide.

Freshly milled flour simply returns us to what grain was always meant to be—whole, complete, and full of nourishment.

2. Why You Should Mill Your Own Flour

When you begin milling your own flour, you will likely notice two things almost immediately: the difference in nutrition and the difference in taste.

Because nothing has been removed, freshly milled flour contains:

- Natural fiber
- Essential vitamins and minerals
- Healthy oils from the germ

These oils, while incredibly beneficial, are also what cause flour to lose freshness over time. This is why store-bought flour removes them—but also why fresh flour is so valuable.

Beyond nutrition, there is the taste.

Freshly milled flour has a depth and richness that is difficult to describe until you experience it. Even simple recipes—pancakes, muffins, bread—take on a more satisfying, full flavor.

And then there is something less tangible, but just as important.

There is a quiet satisfaction in knowing exactly what is in your food... and in taking part in the process of preparing it.

3. Types of Grains

When you first begin, grain types can feel overwhelming—but it truly doesn't need to be complicated.

The simplest way to understand wheat is this:

Hard Wheat

- Higher protein

- Best for yeast breads
- Creates structure and chew

Soft Wheat

- Lower protein
- Best for muffins, cookies, pancakes
- Creates a softer texture

You may also hear about:

Ancient Grains

Such as einkorn, spelt, and kamut. These are less modified and can offer unique flavors and textures.

Modern (Hybrid) Wheat

More commonly available and widely used, with consistent baking results.

👉 Simple starting point:

Begin with **hard white wheat** and **soft white wheat**.

These are mild in flavor and very versatile.

4. Types of Grain Mills

Grain mills allow you to turn whole wheat berries into flour in just minutes.

There are two main types:

Manual Mills

- Hand-powered
- More affordable
- Slower and require effort

Electric Mills

- Fast and convenient
- Ideal for regular use
- Consistent texture

Most mills use either:

- **Stone burrs** (traditional, fine flour)

- **Steel burrs** (durable, slightly coarser)

👉 If you don't have a mill yet:

You can start with a high-powered blender or even a coffee grinder for small batches.

It may not be perfect—but it is enough to begin.



5. Grain Storage & Fresh Flour Storage

One of the most practical benefits of whole grains is their shelf life.

Storing Wheat Berries

- Keep in airtight containers
- Store in a cool, dry place
- Can last for years when stored properly

Storing Freshly Milled Flour

- Best used immediately
- Can be stored short-term in fridge or freezer
- Use within a few days for best quality

👉 A helpful rhythm:

Mill what you need, when you need it.



6. Cooking and Baking Tips

Freshly milled flour behaves differently—and understanding this will make all the difference.

Key Tips:

- ✓ It absorbs more liquid
→ You may need to add a little extra water or milk
- ✓ Let batter or dough rest
→ 5–10 minutes helps hydrate the flour
- ✓ Do not overmix
→ Gentle mixing gives better texture

✓ Expect a heartier result
→ This is part of its beauty

7. How to Convert Any Recipe

You don't need all new recipes to begin.

Start here:

Step 1:

Replace **50% of the flour** with freshly milled flour

Step 2:

Observe the texture

Step 3:

Adjust liquid slightly if needed

Step 4:

Work up to 100% over time

👉 Practical example:

If a recipe calls for:

- 2 cups all-purpose flour

Start with:

- 1 cup all-purpose
- 1 cup freshly milled

8. Troubleshooting

Every new skill comes with a learning curve—this is completely normal.

Dense Bread

- Needs more hydration
- May need longer kneading

Dry or Crumbly Texture

- Add more liquid
- Let dough rest longer

Flat Baked Goods

- Check leavening (baking powder/yeast)

Strong or Bitter Flavor

- Check freshness of grains

👉 Remember:

Each attempt teaches you something new.



9. Five Easy Beginner Recipes



Pancakes

Ingredients:

- 1 cup (120 g) freshly milled flour soft white wheat
- 1 cup (240 ml) milk
- 1 egg
- 1 tablespoon (15 ml) oil
- 1 teaspoon baking powder
- Pinch of salt

Instructions:

1. In a bowl, combine all ingredients.
2. Stir gently until just combined (do not overmix).
3. Let batter rest for 5 minutes.
4. Pour onto a hot griddle and cook until bubbles form.
5. Flip and cook until golden.

👉 If batter feels too thick, add a splash of milk.



Muffins

Ingredients:

- 2 cups (240 g) freshly milled flour soft white wheat
- 1/2 cup (100 g) sugar
- 1 cup (240 ml) milk
- 1 egg
- 1/3 cup (80 ml) oil
- 2 teaspoons baking powder

Instructions:

1. Mix dry ingredients in a bowl.
 2. Add wet ingredients and stir gently.
 3. Let batter rest 5–10 minutes.
 4. Scoop into muffin tins.
 5. Bake at 350°F (175°C) for 18–22 minutes.
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Pizza Dough

Ingredients:

- 2 cups (240 g) freshly milled flour hard white wheat
- 3/4 cup (180 ml) warm water
- 1 teaspoon yeast
- 1 teaspoon salt

Instructions:

1. Mix all ingredients until a dough forms.
 2. Knead for 8–10 minutes until smooth.
 3. Let rise for 1 hour.
 4. Roll out and shape.
 5. Add toppings and bake at 425°F (220°C) for 12–15 minutes.
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Sandwich Bread

Ingredients:

- 3 cups (360 g) freshly milled flour hard white wheat
- 1 1/4 cups (300 ml) warm water
- 2 teaspoons yeast
- 1 teaspoon salt

Instructions:

1. Combine ingredients and mix into dough.
 2. Knead until soft and slightly tacky.
 3. Let rise until doubled (about 1 hour).
 4. Shape into loaf and place in pan.
 5. Bake at 350°F (175°C) for 30–35 minutes.
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Chocolate Chip Cookies

Ingredients:

- 2 cups (240 g) freshly milled flour soft white wheat
- 1/2 cup (100 g) sugar
- 1/2 cup (100 g) brown sugar
- 1/2 cup (115 g) butter, softened
- 1 egg
- 1 cup (170 g) chocolate chips

Instructions:

1. Cream butter and sugars together whether by hand or using a stand mixer.
 2. Add egg and mix well.
 3. Stir in flour and chocolate chips.
 4. Scoop onto baking sheet.
 5. Bake at 350°F (175°C) for 10–12 minutes.
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10. A Final Encouragement

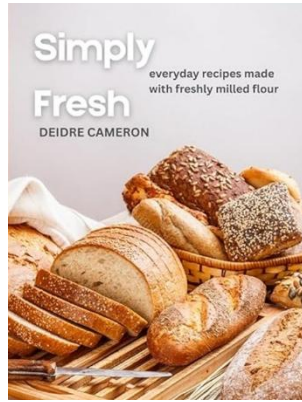
If you take anything from this guide, let it be this:

- You do not have to do everything at once.
- You do not have to get it perfect.
- You simply need to begin.

Maybe that looks like pancakes this week... muffins next week... and bread when you're ready. This is not about perfection—it is about building a rhythm that nourishes your home. Start small. Stay consistent. Enjoy the process.

I hope you found this e-book to be useful. It should serve as a quick guide on your freshly milled flour journey. If you are interested in even more reliable and beginner friendly recipes you can use any of the resources listed below.

My second cookbook is now available on Amazon and it is specifically for using freshly milled flour. My debut cookbook is also available and it is full of recipes designed for scratch cooking! Both would compliment each other and would be an excellent addition to your kitchen.



For more information you can find me at any of the places listed below.

Blog: [FOR YOUR HEART AND HOME](#)

YouTube: [FOR YOUR HEART AND HOME](#)

Simply Fresh Cookbook: [Freshly Milled Flour](#)

Simply Homemade Cookbook: [From Scratch Cooking](#)

Thanks so much for being you!

Graciously, Deidre