Working with Freshly Milled Flour

Baking with freshly milled flour is an exciting and delicious way to take your bakes to the next level. It offers numerous benefits, including enhanced flavor and aroma, increased nutritional value, and better keeping qualities.

Plus, milling your own flour allows you to retain all the nutrients of the whole grain and mill only what you need—ensuring maximum freshness. As you begin working with freshly milled flours, you'll notice some key differences in your outcomes: a darker, caramelized crust, tighter crumb, less height, toasty flavor notes, and a pillowy, chewy texture.

There are also a few important adjustments to keep in mind when using freshly milled flour in your recipes, which I've outlined in the chart below:

Higher Hydration	Higher hydration is needed to achieve the same consistency.
Longer Mixing	Longer mixing times will help oxidize the dough and make it more elastic.
Quicker Fermentation	Faster fermentation will take place with freshly milled flour due to the high enzyme content.
Recommended Autolyse	This is encouraged to help reduce mixing time.

I highly recommend starting with Maurizio Leo's recipe for 100% Whole Wheat Sourdough (**linked here**) and substituting in your freshly milled flour. Depending on the wheat variety you choose, you may need to make some adjustments. Be sure to take notes and repeat the recipe a few times to dial in the best method for your flour and environment.

Personally, I've had great results using hard white wheat, with no sifting or scalding. I used slap and folds to improve dough strength and allowed my dough to cold proof for 2 days.