

# Tips for using Fresh Milled Flour in Sourdough

## Soak that Flour!

For best results when using fresh milled flour, soak at least 1/2 of the flour in the water for 30 minutes to an hour to soften the bran and the germ. The bran and germ can act as shards when trying to build gluten, softening them makes for much better results.

## Knead, baby, Knead!

Whether you are using stretch and folds, or kneading with a stand mixer, make sure you knead the doughs you make with fresh milled flour long enough. Properly kneaded dough will be soft, stretchy, and smooth.

## The PROOF is in the dough!

When proofing sourdough made with fresh milled flour, make sure first it is properly kneaded (see above) and keep an eye out for signs of fermentation. These include a domed dough that feels airy to the touch and there may be small bubbles on the surface of the dough.

Don't forget to only mill as much flour as you need for optimal benefits!