

Fresh-Milled Grains: Quick Reference

For: Sandwich Loaf • Biscuits • Pizza • Pancakes

Legend: ✓ great • ● works in small % / with notes • ✗ not ideal

Grain	Sandwich	Biscuits	Pizza	Pancakes	Best for	Not good for
Hard white wheat	✓	●	✓	✓	everyday loaves, pizza/rolls, sturdy pancakes	ultra-tender pastry/cake as only flour
Hard red wheat	✓	✗	✓	●	chewy breads, hearty loaves, pizza	biscuits/pastry; delicate pancakes alone
Soft white wheat	●	✓	●	✓	biscuits/scones, tender pancakes	chewy breads/pizza alone
Soft red wheat	●	✓	●	✓	tender biscuits, pancakes	tall sandwich loaves; chewy pizza alone
Spelt	●	●	●	✓	pancakes; rustic breads in blends	100% sandwich/pizza (fragile gluten)
Rolled oats (not flour)	●	●	✗	✓	pancakes; softened loaf add-in (soaked)	replacing much flour in yeast dough
Barley	●	●	●	●	sweetness/softness in small %	main yeast flour (dense/gummy)
Buckwheat	●	●	✗	✓	pancakes/waffles/crepes	lofty yeast dough; light-flavor bakes
Millet	●	●	✗	✓	pancakes/quick breads in blends	yeast dough structure alone

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Grain	Sandwich	Biscuits	Pizza	Pancakes	Best for	Not good for
White rice	◐	◐	✗	◐	small % tenderness/crispness	yeast bread alone (no gluten)
Cornmeal	✗	✗	✗	✓	hoecakes/johnnycakes, corn pancakes	sandwich/pizza structure
Grits	✗	✗	✗	◐	spoonbread/corn bakes; soaked add-in	smooth, tender bakes
Quinoa (rinsed)	◐	◐	✗	◐	small % pancakes/quick breads	main yeast flour; can taste bitter
Lentils	✗	✗	✗	◐	savory pancakes/flatbreads (small %)	airy yeast bread; tender biscuits
Bulgur (cracked wheat)	◐	✗	◐	✗	soaker for breads (chew + moisture)	biscuits/pancakes (grainy)
Couscous (usually pasta)	◐	✗	◐	✗	soaked add-in for breads	flour swap; pancakes/biscuits
Amaranth	◐	◐	✗	◐	small % pancakes; popped topping	large % yeast dough (dense/gummy)

House Blend Cheats (fresh-milled)

Sandwich Loaf (reliable):

- 70% Hard white + 30% Hard red
- Optional: replace 5-10% with barley or soaked oats

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House Blend Cheats (fresh-milled)

Biscuits (tender):

- 100% Soft white or 100% Soft red (mix just to “shaggy”)

Pizza (chewy):

- 80-100% Hard white (or hard red for more chew)
- Optional: 10-20% spelt (don't overmix)

Pancakes (balanced):

- 60% Soft wheat + 20% Hard white + 20% spelt OR buckwheat OR millet
- New to buckwheat: start at 10% of total flour

Fresh-Milled Reminders (tiny but mighty)

- Rest 20-40 min after mixing flour + water before judging texture.
- Fresh-milled often needs more water and less mixing.

Grain Guide - Cooking vs. Baking

Grain (short definition)	COOK (best uses)	BAKE (best uses)
Amaranth (GF) tiny seed; earthy, can turn creamy	Porridge; soup thickener; pop as topping	Small % in pancakes/quick breads; popped garnish
Barley (gluten, weak rise) chewy, mild grain	Soups/stews; pilafs	5-15% in wheat breads; muffins/cookies
Buckwheat (GF) bold, nutty pseudograin	Goats for bowls; hearty sides	Pancakes/crepes/galettes; chocolate bakes in blends
Bulgur (gluten) parboiled cracked wheat; quick	Tabbouleh; pilafs; stuffings	Soaker/add-in for multigrain bread (moist chew)
Corn (GF) maize; meal/grits/polenta	Grits/polenta; soups/sides	Cornbread/muffins/hoecakes; dust pizza peel
Einkorn (gluten, fragile) ancient wheat; sweet/nutty	Berries in salads/soups	Cookies/muffins/pancakes; tender breads in blends
Farro/Emmer (gluten) ancient wheat, very chewy	Grain bowls; soups	Cooked berries folded into dough; rustic flour blends
Fonio (GF) tiny West African grain; light	Fluffy "couscous" pilaf; porridge	Small % in GF blends for tenderness/lightness
Freekeh (gluten) young roasted durum; smoky	Pilafs; soups/stews	Cooked add-in for breads; rustic blends
Kamut® Khorasan (gluten) big wheat; buttery	Berries for salads/soups	Breads/pancakes/quick breads in blends (great flavor)
Kaniwa (GF) quinoa cousin; earthy	Porridge; bowls	Small % in GF blends; pancakes/quick breads
Millet (GF) mild small grain; toasty when toasted	Porridge; pilaf	Pancakes/quick breads in blends; toasted crunch
Oats (GF often cross-contact)* creamy, comforting grain	Oatmeal; savory oats; granola	Cookies/muffins/pancakes; small % in bread (soak)

Grain Guide - Cooking vs. Baking

Grain (short definition)	COOK (best uses)	BAKE (best uses)
Quinoa (GF) rinse; can taste bitter	Bowls/salads; soups	Small % in pancakes/quick breads; cooked fold-ins
Rice (GF) mild staple; rice flour is crisp	Pilaf; congee/sides	Rice flour for crisp/tender cookies/cakes; sweet rice for mochi
Rye (gluten, different structure) bold, moist grain	Rye berries in soups/salads	Rye breads (often blended); crackers; dense loaves
Sorghum/Milo (GF) mild, slightly sweet	Whole grain pilaf; soups	GF blends; pancakes/quick breads
Spelt (gluten, fragile) sweet/nutty wheat; overmixing hurts	Berries in bowls/soups	Pancakes/muffins/cookies; rustic breads/pizza in blends
Teff (GF) tiny grain; cocoa/nutty notes	Porridge; stew thickener	Injera-style flatbread; small % in pancakes/quick breads
Triticale (gluten) wheat-rye hybrid; mild rye vibe	Berries as chewy side	Sandwich breads in blends; pancakes/quick breads; crackers
Wheat (gluten) hard = strong; soft = tender	Wheat berries in bowls/soups	Hard wheat for loaf/pizza; soft wheat for biscuits/pastry
Wild rice (GF) aromatic aquatic seed; chewy	Pilafs; soups; stuffing	Cooked add-in for breads/muffins (texture)