

MALTED WHEAT FLOUR

(enzyme active)

Recommended for use in making barm-leavened breads, cakes, muffins, pies, pizza, and unleavened pasta, tortillas and roti

Net weight 4½ oz

Best if stored in airtight container at 70°F or less, and used before:

Suggested for use in a mash for barm bread: 1 - 4% malt with respect to whole wheat flour for mash.

Ingredient: *Malted wheat flour (enzyme active).*

Or use 1-2 teaspoons malted wheat flour with each 2 cups whole wheat flour for mash.

Distributed by:

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www.barmbaker.com*

*To make a **hard** wheat flour mash, and refresh barm or make a barm sponge, see methods below, but omit the very hot water and treat all the flour with water at 130-138°F.*

Recipes:

www.sustainablegrains.org

Soft Whole Wheat Flour Mash – for 2 cups

<i>Salt</i>	<i>Three quarters teaspoon</i>
<i>Water</i>	<i>One and a half cups</i>
<i>Whole wheat flour</i>	<i>Two cups</i>
<i>Enzyme active malted wheat flour</i>	<i>1-2 teaspoons</i>

Completely dissolve salt in water in a two-and-a-half-quart saucepan. Heat salty water to 150 – 158 °F.

Add half the flour to the hot water in saucepan and stir until evenly mixed.

Temperature of mixture should be 130 – 138 °F. Cover with lid and wait 10 minutes.

In a separate bowl, mix the malt and remainder of flour.

Add rest of flour and malt to saucepan and mix. When fully mixed the temperature should be 113-120 °F.

Cover saucepan and immediately wrap in a blanket, so that cooling is very gradual.

Use mash after 1-3 hours, for barm refreshment (same as making barm sponge). Cool mash to 86°F before using. Store unused mash for later use, at 40°F, for up to 24 hours.

Stock barm refreshment or to make barm sponge

Mix half-cup mature stock barm with two cups mash.

Allow to ferment, covered at 70°F for 24 hours; stir vigorously 2-3 times; check pH 3.5-4 after 12-24 hours. Can be used as *barm sponge* after 12 hours and with pH 3.5-4.

After full 24 hours fermentation time, cover and refrigerate at 40°F, and use as mature *barm*, within one month, preferably within one week.

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