



Traditional Cooking for the Modern Pioneer

# SIFTING FRESH-MILLED WHOLE GRAIN FLOUR



*Preserve the Goodness — Remove Some Bran*

Sifting fresh-milled flour with a #30 mesh sifter, often similar to a standard household mesh strainer, gently removes some of the larger bran particles while allowing the majority of the nutrient-rich germ and endosperm to remain.

**USE A #30 MESH SIFTER**  
Standard household mesh strainer

## EXPECTED YIELD AFTER SIFTING OUT SOME BRAN

*Using a #30 mesh sifter to remove some of the bran while preserving the majority of the germ.*

AMOUNT OF FRESH-MILLED FLOUR BEFORE SIFTING	APPROXIMATE YIELD AFTER SIFTING	APPROXIMATE BRAN REMOVED	WHAT REMAINS IN THE SIFTED FLOUR
1 cup	about 3/4 cup (12 tablespoons)	about 1/4 cup (4 tablespoons)	Most of the endosperm and germ remain, with a lighter texture.
2 cups	about 1 1/2 cups (24 tablespoons)	about 1/2 cup (8 tablespoons)	Most of the endosperm and germ remain, with a lighter texture.
3 cups	about 2 1/4 cups (36 tablespoons)	about 3/4 cup (12 tablespoons)	Most of the endosperm and germ remain, with a lighter texture.
4 cups	about 3 cups (48 tablespoons)	about 1 cup (16 tablespoons)	Most of the endosperm and germ remain, with a lighter texture.

### HOW TO USE

1. Place your fresh-milled flour in a large bowl.
2. Hold the #30 mesh sifter over another bowl.
3. Spoon the flour into the sifter and gently shake or tap.
4. Save the coarser bran for heartier baking or other uses.

### UNDERSTANDING MESH SIZES

- #30 mesh: Removes some larger bran flakes. Best everyday choice for most home bakers.
- #40 mesh: Finer than #30. Removes more bran, but may also remove more germ.
- #50 mesh: Very fine. Produces lighter flour, but the most germ is likely to be lost.

### NOTES

- Yields vary by grain, grind setting, and how vigorously the flour is sifted.
- A #30 mesh removes some larger bran flakes while keeping much of the germ.
- For more bran removal, use a finer mesh, but expect more germ to be lost.

### A Gentle Reminder

Fresh-milled flour is most nutritious when as much of the germ as possible is kept in your flour.

*Learn more about The Maslin Method at [marysnest.com/category/home-baker/the-maslin-method/](http://marysnest.com/category/home-baker/the-maslin-method/)*