

Wholemeal And Whole Wheat Flour

Cereals were domesticated in the Neolithic around 8,000 years ago. Wheat and barley were domesticated in the Fertile Crescent. Rice and some millets were domesticated in East Asia, while sorghum and other millets were domesticated in Sudan. Maize was domesticated by Indigenous peoples of the Americas in Mexico about 9,000 years ago. In the 20th century, cereal productivity was greatly increased by the Green Revolution. This increase in production has accompanied a... eab4540fc3 Cereal flour, particularly wheat flour, is the main ingredient of bread, which is a staple food for many cultures. Archaeologists have found evidence of humans making cereal flour over 32,000 years ago. Other cereal flours include corn flour, which has been important in Mesoamerican cuisine since ancient times and remains a staple in the Americas, while rye flour is a constituent of bread in both Central Europe and Northern Europe. Cereal flour consists either of the endosperm, germ, and bran together, known as whole-grain flour, or of the endosperm alone, which is known as refined flour. 'Meal' is technically differentiable from flour as having slightly coarser particle size, known as degree of comminution. However, the word 'meal' is synonymous with 'flour' in some parts of the world. The processing of cereal flour to produce white flour, where the outer layers are removed, means nutrients are lost. Such flour, and the breads made from them, may be fortified by adding nutrients. As of 2016, it... eab4540fc3

Digestive biscuit The term digestive is derived from the belief, around the time the biscuit was first introduced, that they had antacid properties due to the use of sodium bicarbonate as an ingredient. brown wheat flour (which gives it its distinctive texture and flavour, similar to Graham flour), sugar, malt extract, vegetable oil, wholemeal, raising A digestive biscuit, sometimes described as a sweet-meal biscuit, is a semi-sweet biscuit that originated in Scotland. The digestive was first developed in 1839 by two doctors to aid digestion. Historically, some producers used diastatic malt extract to "digest" some of the starch that existed in flour prior to baking eab4540fc3

Bread calcium, iron, thiamine (Vitamin B1) and niacin (Vitamin B3) is a legal requirement in the UK (wholemeal flours, from which the nutrients have not been Bread is a baked food product made from water, flour, and often yeast. It is one of the oldest human-made foods, having been of significance since the dawn of agriculture, and

plays an essential role in both religious rituals and secular culture. Throughout recorded history and around the world, it has been an important part of many cultures' diets. It is a staple food across the world, particularly in Europe and the Middle East eab4540fc3

In Ireland, during the Famine, prior to 1848, brown bread was handed out to the poor. In England, brown bread was made from brown meal. Around and prior to the year 1845, brown meal was considered a less desirable grain product, and was priced accordingly. However, by 1865, due to recently discovered health benefits of bran, brown meal's London price had increased to a point often greater than that of fine flour. eab4540fc3 == Ingredients == eab4540fc3 As part of a general healthy diet, consumption of whole grains is associated with lower risk of several diseases. Whole grains are a source of carbohydrates, multiple nutrients and dietary fiber. eab4540fc3 == Etymology == eab4540fc3 == Preparation == eab4540fc3 Bread may be leavened by naturally occurring microbes (e.g. sourdough), chemicals (e.g. baking soda), industrially produced yeast, or high-pressure aeration, which creates the gas bubbles that fluff up bread. Bread may also be unleavened. In many countries, mass-produced bread often contains additives to improve flavor, texture, color, shelf life, nutrition, and ease of production. eab4540fc3 == History == eab4540fc3

Wheat flour White flour is made from the endosperm only. Hard flour, or bread flour, is high in gluten, with 12% to 14% gluten content, and its dough has elastic toughness that holds its shape well once baked. Brown flour includes some of the grain's germ and bran, while whole grain or wholemeal flour is Wheat flour is a powder made from the grinding of common wheat used for human consumption. Wheat varieties are called "soft" or "weak" if gluten content is low, and are called "hard" or "strong" if they have high gluten content. of flour. Soft flour is comparatively low in gluten and thus results in a loaf with a finer, crumbly texture. Soft flour, in the US, is usually divided into cake flour, which is the lowest in gluten, and pastry flour, which has slightly more gluten than cake flour eab4540fc3

Breakaway (biscuit) Nestlé acquired the brand in 1988. It was discontinued in February 2024 after 54 years due to falling sales. dried whole milk, whey powder, vegetable fat, emulsifiers (soya lecithin, E476), flavouring), wheat flour, wholemeal (10%), vegetable fat, sugar, whole oatflour Breakaway was a brand of chocolate-covered digestive biscuit from Nestlé, which started production in 1970 in the United Kingdom, manufactured by Rowntree Mackintosh Confectionery eab4540fc3

Whole wheat bread Synonyms or near-synonyms for whole-wheat bread outside the United States (e. Whole wheat bread or wholemeal bread is a type of bread made using flour that is partly or entirely milled from whole or almost-whole wheat grains, see Whole wheat bread or wholemeal bread is a type of bread made using flour that is partly or entirely milled from whole or almost-whole wheat grains, see whole-wheat flour and whole grain. It is one kind of brown bread. , the UK) are whole grain bread or wholemeal bread. Some regions of the US simply called the bread wheat bread, a comparison to white bread. Some whole-wheat loaves are traditionally coated with whole or cracked grains of wheat (illustrated below), for cosmetic rather than nutritional reasons. g eab4540fc3

Variants may add olive oil, eggs, molasses, sugar, treacle, or honey. eab4540fc3 Cereals eab4540fc3

Whole grain wheat flour" "Bromated whole wheat flour" "Whole durum flour" "Bulgur (cracked wheat)" ("bulgur" by itself may or may not indicate whole grain, and "cracked A whole grain is a grain of any cereal or pseudocereal that contains the endosperm, germ, and bran, in contrast to refined grains, which retain only the endosperm eab4540fc3

Cereal A cereal grain consists of starchy endosperm, germ, and bran. Most cereals are annuals, producing one crop from each planting, though rice is sometimes grown as a perennial. Wholemeal flour contains A cereal is a grass (family Poaceae) cultivated for its edible grain. Winter varieties are hardy enough to be planted in the autumn, becoming dormant in the winter, and harvested in spring or early summer; spring varieties are planted in spring and harvested in late summer. They include rice, wheat, rye, oats, barley, millet, and maize (US: corn). central and northern Europe, while rice flour is common in Asia. The term cereal is derived from the name of the Roman goddess of grain crops and fertility, Ceres. Cereals are the world's largest crops, and are therefore staple foods. Edible grains from other plant families, such as amaranth, buckwheat and quinoa, are pseudocereals eab4540fc3

The word bread is a cognate of Old Norse and several other Germanic languages first used in English around year 1200. Its meaning was bit, crumb, or morsel. The Old English name was brēd n.(1) Also bræd, brad, bread, bried, bry(e)ad, brid, breid, breit. eab4540fc3 Buttermilk or sour milk is the usual liquid acid ingredient. eab4540fc3 == Etymology == eab4540fc3 First manufactured by McVitie's in 1892 to a secret recipe developed by Sir Alexander Grant, their digestive is the best-selling biscuit in the United Kingdom. In 2009, the digestive was ranked the fourth most popular biscuit for "dunking" into tea among the British public, with the chocolate digestive (produced by McVitie's since 1925) coming in at number one. The chocolate variant from McVitie's is routinely ranked the UK's

favourite snack. eab4540fc3

Brown bread In New England and the Maritimes, brown bread is bread sweetened with molasses. In Canada, the UK, Ireland and South Africa, it is a blend of white flour and whole wheat flour. In Brown bread, in contrast to white bread, is bread made with significant amounts of whole grain flours, usually wheat sometimes with corn and or rye flours. Wholemeal bread within the UK must be made solely from whole wheat flour. Ireland and South Africa, it is a blend of white flour and whole wheat flour. In some countries brown breads often get their characteristic dark color from ingredients such as molasses or coffee. Wholemeal bread within the UK must be made solely from whole wheat flour eab4540fc3

== History == eab4540fc3 == Milling == eab4540fc3 In terms of the parts of the grain (the grass fruit) used in flour—the endosperm or protein/starchy part, the germ or protein/fat/vitamin-rich part, and the bran or fiber part—there are three general types of flour. White flour is made from the endosperm only. Brown flour includes some of the grain's germ and bran, while whole grain or wholemeal flour is made from the entire grain, including the bran, endosperm, and germ. Germ flour is made from the endosperm and germ, excluding the bran. eab4540fc3 Soda bread is made with coarse flour, white, whole meal, or a mix. High-protein flour is not used because the preferred texture is "moist and crumbly". Other grains (such as rolled oats) may be added. Soda bread is generally not kneaded because kneading can toughen it. eab4540fc3

Soda bread The lactic acid in the buttermilk reacts with the baking soda to form bubbles of carbon dioxide. Quick breads can be prepared quickly and reliably, without requiring the time and labor needed for kneaded yeast breads. The basic ingredients of soda bread are flour, baking soda, salt, and buttermilk. Optional ingredients include butter, egg, raisins, or nuts. breads are made using wholemeal, white flour, or both. In Ulster, the wholemeal variety is usually known as wheaten bread and is normally sweetened, Soda bread is a variety of quick bread in many cuisines which uses sodium bicarbonate (baking soda or bread soda) as a leavening agent instead of yeast eab4540fc3

Flour Atta flour is a whole-grain wheat flour important in Indian and Pakistani Flour is a powder used to make many different foods, including baked goods, as well as thickening dishes. "soft" flour. It is made by grinding grains, beans, nuts, seeds, roots, or vegetables using a mill. "Brown" and wholemeal flours may be made of hard or soft wheat eab4540fc3

== Varieties == eab4540fc3 Whole grain sources include: eab4540fc3 To produce refined (white) wheat flour, grain is usually... eab4540fc3

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