



# The Fresh Flour Table

## First Bakes



@thefreshflourtable



## THE FRESH FLOUR TABLE

The moment you open a bag of freshly milled flour, you'll smell the difference—and the moment you taste it, you'll never go back. This is the flour from generations ago: pure, flavorful, and alive with nutrition. Let's get you baking with something better.



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# Welcome to the table!

Freshly milled flour isn't just an ingredient - it's a return to the way bread, biscuits, and cakes were meant to taste. And... you can do it without a full kitchen or lifestyle overhaul. This guide will help you get started, so you can bake confidently from day one.

## Why fresh milled flour?

**Full Nutrition:** Store-bought flour is stripped of the bran and germ, losing essential nutrients and oils. Freshly milled flour retains them all.

**Better Flavor:** Each grain has it's own natural sweetness and complexity - flavors you'll never find in shelf-stable flour.

**No Bleach, No Additives:** Just pure grain, milled fresh, with nothing added or removed.

## You Can Do This!

Whether you're new to baking or have been at it for years, fresh flour fits beautifully into your kitchen. Start simple, follow the steps in this guide, and you'll be amazed at what comes out of your oven.

We are so thankful you are here at the table. Give us a follow on socials and stay tuned for the launch of our upcoming cookbook - *The Fresh Flour Table*.

Becky

# Getting Started

**Store it right:** Freshly milled flour is best used immediately, but you can store it in an airtight container in the fridge or freezer for up to 2 weeks.

**Weight, don't scoop:** Fresh flour is fluffy. For consistent results, measure by weight in grams with a food scale.

**Adjust your liquids:** Add an extra tablespoon or two of liquid if the dough feels dry.

Freshly milled flour is much thirstier than store bought flour.

**Conversions?** No problem. Adjust these recipes to whatever flour you choose. Just add a little less liquid from the start, and adjust based on texture.

## Your First Bakes

Here are six recipes to try at home. They're forgiving, flavorful, and designed to show off the difference fresh milled flour makes.

- The Daily Loaf: Sandwich Bread
- Everyday Cheddar Crackers
- Pizza Night - Basic Crust & Garlic Knots
- Pancake Bites
- Everyone's Favorite Brownies
- Lemon & Thyme Cookies

## What you'll need:

 Digital food scale

 Large mixing bowl

 Stand mixer

 Measuring cups and spoons

 Loaf pans

 Food thermometer





# The Daily Loaf: Sandwich Bread

## INGREDIENTS



2 loaves



2-3 hours

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900g hard white wheat flour	16g instant yeast
520-540g water (start low and add more as needed)	20g salt
74g oil (avocado or olive)	
100g honey	
16g sunflower lecithin (or substitute 2 eggs, and reduce water by 70g)	
37g vital wheat gluten (optional but helps with rise)	

## DIRECTIONS

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1. First, measure your freshly milled flour or mill your own.
2. Add water, oil, honey, flour, vital wheat gluten, and sunflower lecithin into the bowl of an electric mixer. Using the dough hook, mix until well incorporated and a dough ball forms.
3. Cover and let rest for 15 minutes to 1 hour. This helps the gluten develop and will result in a softer loaf.
4. Add in the salt and yeast and knead for 8-10 minutes. The amount of time will vary greatly depending on your mixer. You are looking for an elastic dough that is moist but not sticky.
5. Put the dough into an oiled bowl and cover. Let rise until the dough has risen by about 75%, 30-60 minutes.
6. Once the dough has risen, punch down and divide in two portions. Tightly shape into a log and place into oiled bread pans.
7. Preheat your oven to 350. Let the dough rise until it has risen about 1 inch over the top of the bread pan. This may take 30-45 minutes.
8. Once the dough has risen in the pans, bake for 32-37 minutes until the internal temperature reaches 200.
9. Remove from oven and allow to sit in the pans for about 5 minutes, then move to a cooling rack.
10. Optional - brush with melted butter for a softer crust.
11. Let the bread cool and rest for at least 2 hours before slicing.



# Everyday Cheddar Crackers

## INGREDIENTS



2 cups of  
crackers



1 hour

150 g (1¼ cups) fresh-milled soft white wheat flour

1 cup shredded cheese (we like mostly cheddar with a bit of Parmesan for sharpness)

3 tbsp cold butter, cut into cubes

½ tsp fine sea salt

2–3 Tbsp cold water (as needed)

## DIRECTIONS

1. In a food processor (or by hand), combine flour, cheese, butter, and salt. Pulse or rub together until the mixture resembles coarse crumbs.
2. Add cold water, 1 tablespoon at a time, just until a dough forms. It should hold together but not feel sticky.
3. Roll the dough out between two sheets of parchment to about ¼ inch thick. Cut into 1-inch squares and poke the centers with a skewer or toothpick.
4. Transfer to a parchment-lined sheet and bake at 375°F (190°C) for 12–14 minutes, or until golden and crisp at the edges.
5. Let cool completely before storing in an airtight container. They'll stay crisp for up to a week – if they last that long.



# Pizza Night - Basic Dough

## INGREDIENTS

350g fresh milled hard white wheat (about 2 ½ cups)	1 tsp salt
	2 tsp instant yeast
300 grams water	
1 tsp honey	
2 tbsp neutral oil (olive or avocado)	

## DIRECTIONS

1. First, measure your freshly milled flour or mill your own.
2. Add water, honey, and oil to the bowl of your stand mixer. Gradually add your flour and knead with the dough hook until combined.
3. Cover and allow to rest for at least 15 minutes, up to a few hours. The longer you have to allow your dough to rest before adding yeast, the easier it will be to knead and the softer and chewier your crust will be.
4. When you are ready, add the salt and yeast and knead until the dough is soft and stretchy, ideally windowpane (when you stretch the dough it becomes thin enough to see light through it).
5. Place the dough in an oiled bowl and cover. Let rise for 20-40 minutes until almost doubled.

### **Pizza crust:**

1. While your dough rises, preheat your oven to 500 and place your pizza stone inside (optional but results in a crispier bottom).
2. When your dough has almost doubled in size, roll out and add sauce and toppings. (Tip: roll your dough onto parchment paper so you can slide it off directly onto the pizza stone. This also saves clean-up.)
3. Place your pizza in the oven and bake for 8-12 minutes - keep a close eye and pull it out when the crust is golden brown and cheese is bubbly.

# Pizza Night - Garlic Knots

## INGREDIENTS

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Follow directions on previous page for basic dough; this recipe can be used for pizza crust AND garlic knots.

### Garlic Butter:

½ stick unsalted butter, melted  
3-4 garlic cloves, finely minced  
1 tbsp Italian seasoning  
Option: 1 tbsp parmesan cheese

## DIRECTIONS

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### Garlic Knots

1. Make your dough as directed on the previous page. Once your dough has risen, separate your dough and roll into 2 ounce balls.
2. Roll: On a lightly floured surface, roll the dough ball into a rope about 6-8 inches long. Try to keep the thickness even from end to end.
3. Tie the Knot: Gently tie the rope into a simple knot, just like tying a shoelace. Don't pull too tightly – you want the dough to stay soft and airy.
4. Tuck the Ends: Take one loose end and tuck it under the knot.
5. Take the other loose end and drape it over the top, pressing lightly so it sticks.
6. Arrange: Place shaped knots on a parchment-lined baking sheet, leaving a little space between each for rising.
7. Final Rise: Cover with a towel and let rise until puffy, about 15-30 minutes, before baking.
8. Bake at 375 for 12-16 minutes.
9. While the garlic knots bake, combine ingredients for garlic butter. Once garlic knots are golden brown and fully baked, brush with garlic butter immediately and enjoy!



# Pancake Bites

Perfect for family breakfast, bulk prep snack, or a cozy brunch grazing board, these poppable pancake bites are a crowd pleaser! Mix and match your mix-ins with fruit, nuts, or our family favorite - chocolate chips.

3 dozen

15 minutes

## INGREDIENTS

425 grams fresh milled flour (our favorite is soft white)

1 tbsp sugar

½ tsp salt

1 tsp vanilla

2 cups milk

4 tsp baking powder

2 eggs

¼ cup oil

Mix-ins - fruit, nuts, chocolate chips

## DIRECTIONS

1. Preheat oven to 375
2. Add all ingredients in a large mixing bowl and mix until well incorporated, but a few lumps remain.
3. Lightly grease a mini muffin tin and fill ½ to ¾ full with batter. Top with additional mix-ins or toppings as desired.
4. Bake in preheated oven for 8 minutes until a toothpick comes out clean.

Alternate directions - these mini bites can also be cooked as traditional pancakes on a skillet or griddle - we especially love pancakes on the Blackstone!



# Everyone's Favorite Brownies

Rich, gooey centers. Shiny, crackly tops. Deep chocolate flavor... and the goodness of whole grain. These are the brownies everyone asks for — fudgy, decadent, and impossibly satisfying. Just the right balance of chewy and soft. They live up to their name and are worth making again and again.

## INGREDIENTS



9 servings



Prep: 15 minutes



Bake: 25–35 minutes

1 cup butter (2 sticks), melted  
1 cup granulated sugar  
1 cup brown sugar, packed  
3/4 cup unsweetened cocoa powder  
1 tsp kosher salt  
1 tbsp vanilla extract

3 eggs  
195 g fresh milled soft white wheat flour  
85g (½ cup) semi-sweet chocolate chips (optional for extra gooey texture)

## DIRECTIONS

1. Preheat oven to 350°F. Grease and line an 8x8-inch square pan with parchment, leaving an overhang.
2. Melt the butter and allow to slightly cool. Stir in the sugars, cocoa powder, and salt until smooth and shiny. Let cool for 2–3 minutes (this is important, or the next step turns into scrambled eggs).
3. Stir in the vanilla and the eggs until fully incorporated and the mixture thickens slightly.
4. Gently fold in the fresh milled flour, cocoa powder, and salt until just combined—do not overmix. Batter will be thick.
5. Fold in chocolate chips, if using.
6. Spread batter evenly into the prepared pan. Bake for 25–35 minutes, until the edges are set and a toothpick inserted 1–2" from the edge comes out with moist crumbs.
7. Cool completely in the pan. For clean slices, refrigerate before cutting.



# Lemon & Thyme Cookies

 3 dozen

 Prep: 15 minutes

 Bake: 13 minutes

Delicately and tender, these cookies bring together the brightness of lemon and the subtle earthiness of fresh thyme. They're simple, elegant, and just sweet enough — perfect for spring gatherings, tea with friends, or an afternoon moment of pause.

## INGREDIENTS

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½ cup (1 stick) butter, room temperature  
2 cups granulated sugar  
2 large eggs  
15 oz ricotta cheese, well drained  
1 tsp vanilla paste or extract  
Zest of 2 lemons  
3 tbsp fresh lemon juice  
1 tsp baking powder  
1 tsp salt

425g soft white wheat flour  
1 tbsp thyme, fresh or dried  
  
GLAZE  
1 cup powdered sugar  
1-2 tbsp lemon juice  
Extra zest and thyme  
Drop of almond extract, optional

## DIRECTIONS

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1. Preheat oven to 375 and mill or measure your fresh flour.
2. Cream together room temperature butter and sugar until light and fluffy.
3. Add the eggs, ricotta, vanilla paste, lemon zest, and lemon juice. Stir to combine.
4. Next, add your dry ingredients - flour, baking powder, salt, and thyme. Stir well to incorporate.
5. Using a medium cookie scoop, drop onto parchment paper and bake for 13 minutes until lightly golden on the edges and just set in the center.
6. Allow to cool on the cookie sheet for at least 15 minutes before transferring to a cooling rack.
7. Once cookies are cool, mix all glaze ingredients until smooth and drizzle over your cookies. Allow glaze to fully dry before storing any extras.