

Admonition # 3

Don't use any ole flour. Choose one of the high-quality flours recommended in our Wild Bread book.

When selecting the flours for *Wild Bread*, our goal was to suggest a wide variety of flours to suit just about every taste. Each of the flours we recommend are tried-and-true. To put it simply, we want to be able to help and offer advice throughout your breadmaking journey. I'm familiar with the ins and outs of each flour we recommend because my hands have been in more batches of breads made using each of these flours than I care to count.

I can tell you that einkorn flour wants to stretch into long strands as you're working with it, as does Einkorn, to a lesser degree. I can tell you that if you put too much water into brown rice breads the dough will turn into a liquid pool as it proofs. I can tell you that I view white and sprouted wheat flours as "control flours"—meaning that when I'm developing a new recipe, I always like to start with one of these because they set a great standard of how a bread *should* look/feel/taste. For more details on the flours we recommend, see Section 4, Let's Talk Flour, pp. 190–199.

The flours recommended in our book are chartered territory. If you decide to go off the map and use a flour other than the ones we recommend, you are treading into the unknown. Sure, the process will be more or less the same, but the recipes will need to be adapted to suit whichever flour you are using and if you run into a roadblock, it will be more difficult for us to guide you around it.