The Milling Process
Grain needs to be milled before it can be used to make different foods.

Let’s find out more...
On arrival at the mill, the wheat grain is cleaned to remove dust, straw, stones and other things in the wheat grain that we do not want to eat.

Magnets are used to remove any metal objects!
The grain is then ground through steel rollers with teeth that break the grains open.

This is called the ‘first break’.
The grains are then sieved and ground to separate the **endosperm** (the white flour) from the **bran layers** (outside case of the grain) and the **wheat germ** (part that grows a new plant).
The miller will keep grinding and sieving the flour until it is very smooth.

Here are some machines called smooth rollers which help to create a fine flour.
White flour is created when the bran and wheat germ have been removed.
Brown flour

Brown flour is created when some of the bran and wheat germ are added back to the white flour.
Wholemeal flour is created when all of the bran and wheat germ are added back to the white flour.

The name ‘wholemeal’ is given because the flour is made from the ‘whole’ of the ‘meal’.

‘Meal’ means coarsely ground grain!
Here is a diagram showing how wheat is milled.

Find out what conditioned wheat is and what gristing means.
For more information, go to: www.grainchain.com