



Perfect doughs and batters. The "Pure Flour from Europe" programme presents the best way to use organic wheat flours and semolina.

Bake into the New Year with Pure Flour from Europe!

Toronto, 27 December 2024 - Do you need to prepare **perfect cakes, biscuits, pizza or fresh pasta**? The **"Pure Flour from Europe"** programme supported by **ITALMOPA** (the Italian Milling Industry Association) and co-funded by the **European Union**, which promotes the export of **organic soft wheat and semolina produced in Europe to Canada**, can help out.

Organic flour produced by milling soft wheat is suitable for making **cakes, bread, fresh pasta and egg pasta**, and is classified as follows: **type 0, 00, 1, 2 and whole grain whole wheat flour**. **Type 00 flour** is white with a neutral flavour and is the most refined; it is perfect for making leavened products such as **focaccia and cakes, fresh pasta, biscuits** and as a thickener for sauces. **Type 0** flour is less refined and good for preparing bread, pizza and **cakes**. **Type 1** flour is perfect for baking **rustic breads**. **Type 2** flour is mainly used in **bread-making**, often mixed with white flours. **Whole grain whole wheat flour** is mostly used to make **bread**.

Milled durum wheat produces **organic semolina**. It is yellowish in colour and has higher levels of protein, such as gluten, and is suited to the production of industrial dry pasta, cakes, biscuits, breads and breadcrumbs. Depending on how coarsely it is ground, it is possible to obtain **"semola" - semolina** for the preparation of fresh pasta; **"semolino" - coarse durum wheat semolina**, excellent for custards and Roman-style gnocchi or **"semola rimacinata" or re-milled semolina**, used for leavened products.

Organic wheat flours and semolina are the main ingredient for most leavened products, from desserts to pizzas, but for perfect results you also need to know **the differences between the "strength" of flours**, something which is dictated by the amount of gluten a flour contains.

The strength of durum wheat flour is generally high, and it is used for baked goods requiring a firmer texture and more resistant gluten, such as dry **packaged pasta**. **The strength of soft wheat flour** is classified as weak, medium, and strong, depending on the protein content and "strength" of the gluten.

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