



Freshly Milled Flour Conversion Chart



Store-Bought Flour	Freshly Milled Equivalent	Grain to Mill	Sieve (Optional)	Measurement Tip	Texture Note
All-Purpose Flour (AP)	Hard white wheat or 75% hard white + 25% soft white	Hard white wheat	#40 sieve	Add ¼ cup per cup if measuring by volume; use 120g if weighing	Medium-soft crumb, mild flavor
Cake Flour	Sifted soft white wheat	Soft white wheat	#60 sieve	Add ¼ cup per cup if measuring by volume; use 120g if weighing	Very tender, soft texture
Pastry Flour	Soft white wheat or blend with soft red	Soft white wheat or Soft Red Wheat or blended	#60 sieve	Add ¼ cup per cup if using cups; use 120g if weighing	Crumbly, ideal for cookies/pie crust
Bread Flour	Hard red or hard white wheat	Hard red or hard white	#40 sieve	Add ¼ cup per cup if using cups; use 120g if weighing	Chewy, hearty, great for rise
Whole Wheat Flour	Keep all the bran in freshly milled hard red or white	Hard red or hard white	No sifting	Add ¼ cup per cup if using cups; use 120g if weighing	Full-bodied, rustic, earthy
Self-Rising Flour	Soft white wheat + leavening	Soft white wheat	#60 or #40 sieve	Add ¼ cup per cup if using cups, plus 1½ tsp baking powder + ¼ tsp salt; use 120g if weighing	Soft, fluffy bakes like biscuits