



BEGINNER'S GUIDE TO BAKING WITH STONEGROUND FLOUR

How to choose, use & fall in Love
with real flour again



WELCOME!

If you've ever dreamed of baking nourishing food from scratch, of knowing exactly what's in your kitchen and on your plate then this guide is for you.

At Sieda Milling, we believe great food starts with simple, honest ingredients. And our stoneground flour is just that: flour the way it used to be. Rich in flavour. Full of nutrients. Made with care.

Whether you're a seasoned baker or starting your from-scratch journey, this guide will help you bake with confidence.

Warmly,
Shiane
Founder, Sieda Milling



WHAT IS STONEGROUND FLOUR?



Unlike modern roller-milled flour, stoneground flour is milled slowly and gently using traditional stone mills. This method preserves the natural oils, bran, and germ of the grain - meaning more flavour and better nutrition.

Why it matters:

- Retains essential nutrients and natural oils
- Has a fuller, richer flavour
- Is free from bleaching
- Supports real food baking that nourishes from the inside out

Stoneground flour performs beautifully in everything from sourdough and muffins to pancakes and pies.









NOURISHMENT STARTS HERE



When you bake with stoneground flour, you're feeding your family more than just food—you're giving them nourishment. The benefits:

-  Higher in fibre and natural minerals
-  Contains vitamins like B₁, B₃, and E
-  Better texture and flavour in baking
-  Supports gut health with its wholegrain profile

GETTING STARTED WITH SIEDA MILLING FLOUR

Baking with Confidence

You don't need to be an expert baker to get great results with our flour.

FAQ

Can I use it 1:1 in recipes?

For our All Purpose Flour, Yes!
But for our Bread Flour we
recommend using 20% more
liquid in recipes which call for
white bread flour.

Why is my dough dense?

Stoneground flour
absorbs water
differently. A little
extra resting time
will help.

Does it work in bread makers?

Absolutely! Just adjust
the liquid as
recommended above.

Pro Tip: For dough recipes, let your dough rest for 30 minutes before kneading. This helps it hydrate and form better structure.



YOUR BACK-TO-BASICS PANTRY

You don't need a fancy kitchen or a full pantry to start baking from scratch. Just a few staples:

- Sieda Milling Stoneground Flour
- Fresh eggs
- Natural sweeteners (like honey or maple)
- Butter or good-quality oils (olive, ghee, coconut)
- Salt (sea salt or pink salt)
- Baking powder/bicarb soda
- Milk or a milk alternative
- Herbs, fresh or dried

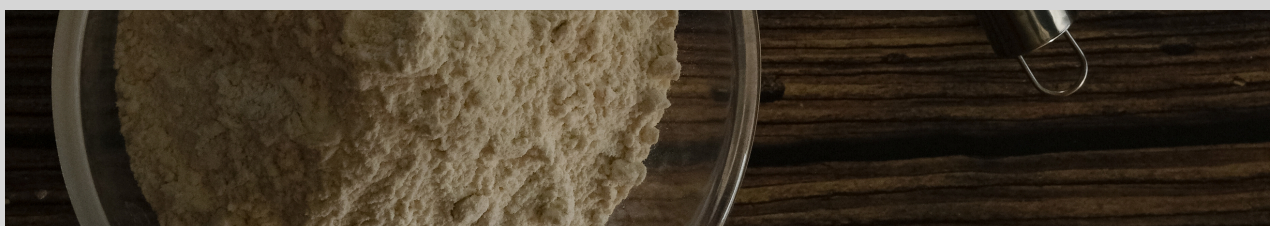
Start simple. Build slowly. Bake with love





3 BEGINNER-FRIENDLY RECIPES

These are the ones we come back to again and again.
Delicious, reliable, and made with real ingredients.





SIMPLE FOCACCIA

Easy No Knead Bread

Its sure to become your new favourite bake!

Ingredients

500g luke warm water

2 tsp dried yeast

1tsp sugar or honey

500g Sieda Milling Bread Flour

2 tsp salt

15g olive oil (plus extra for topping)

Optional: rosemary, garlic, flaky salt
for topping



Directions

- 1 Place water, sugar/honey and yeast in a bowl and mix
- 2 Add remaining ingredients, and mix together into a shaggy dough, making sure all the flour is mixed in
- 3 Cover and let rest for 30 mins in a warm spot.
- 4 Stretch and fold dough about 10 times until dough feels stronger, it's a rather wet sticky dough, so wet or oil your hands first.
- 5 Let rest for 15 mins, and do another set of 4 stretch and folds. Repeat 2 more times.
- 6 Add 1/4 cup oil to a non-stick pan, place dough in the pan and turn to coat with oil. Let rest for 15 mins
- 7 Stretch out dough to the edges of the pan, cover and let rise until doubles, approx 40 mins
- 8 While the dough is rising, prepare whichever toppings you would like
- 9 When the dough is ready, spread toppings out over the top. Gently use your fingers to press dimples into the dough.
- 10 Bake in a preheated 220c oven for 22-25 mins until slightly golden
- 11 Remove from oven and transfer straight to a cooling rack, otherwise the bottom will go soggy. Let rest for 10 minutes before cutting into it.



EVERYDAY PIKELETS

Great for Sunday breakfast
or a mid arvo snack

Ingredients

2 cup Sieda Milling All Purpose flour

4 tsp baking powder

¼ tsp salt

⅓ cup raw sugar

1 egg, lightly whisked

1 ¼ cups milk



Directions

- 1 Preheat frying pan to medium heat
- 2 Combine all ingredients into a bowl, stir until just combined
- 3 Place spoonful's of mixture into the frying pan
- 4 Cook until bubbles start to pop, flip and cook for another minute.
- 5 Remove from frying pan and repeat until all the batter is cooked.
- 6 Serve warm by itself or with desired toppings.



COTTAGE MUFFINS

Great for Sunday breakfast
or a mid arvo snack

Ingredients

2 cups Sieda Milling All Purpose flour

3 tsp baking powder

$\frac{1}{2}$ tsp salt

$\frac{3}{4}$ cup raw sugar

1 egg, lightly whisked

1 cup milk

$\frac{1}{4}$ cup oil or melted butter

Optional: fruit, nuts, or choc chips



Directions

- 1 Combine dry ingredients in a bowl.
- 2 Make a well and add in wet ingredients.
- 3 Combine and stir gently. Spoon into lined muffin tins.
- 4 Bake at 200°C for 20–25 mins.
- 5 Let cool on a rack for a few minutes before eating.



TIPS FOR SUCCESS

Don't overmix: Stoneground flour loves a gentle hand.

Use fresh flour: Store in a cool, dry place or fridge for longer shelf life.

Practice patience: From-scratch baking is about rhythm, not rush.

LET'S BAKE TOGETHER

Tag us in your bakes @siedamilling or use #SiedaMilling to share your creations. We can't wait to see your cozy, from-scratch kitchen come to life.

Warmly, Shiane & the Sieda Milling Team

