

Auchinairn Early Years Centre



Use of Raw Flour

Rationale

The wellbeing and safety of all stakeholders is paramount.

Definition

All flour is raw. This means it hasn't been treated to kill germs such as E.coli. In line with The Food Standards Agency (May 2024) and The Care Inspectorate flour must be heat treated.

It's not safe to eat raw wheat flour.

Wheat flour, also known as all-purpose flour, is made of raw grains of wheat grind into a fine powder. The grains don't get a high-temperature treatment before being turned into flour.

It means that wheat flour can contain bacteria like salmonella or E. coli.

Procedure

- Always bake raw dough, such as cookie dough, and batter or cake mix, before eating
- Keep raw foods, such as flour, separate from ready-to-eat foods - because flour is a powder, it can spread easily
- Do not taste or eat raw (unbaked) dough or batter.
- Follow storage instructions carefully for food containing raw dough until they are baked or cooked (for example, ready to eat cookie dough or ready rolled pastry)
- Always clean up thoroughly after handling flour, eggs, or raw dough
- Wash hands with soap and warm water after handling flour or any surfaces they have touched
- Wash bowls, utensils, and other surfaces with warm, soapy water or a suitable cleaning agent after handling raw flour, eggs, or dough.
- Make sure countertops are cleaned thoroughly

Heat treating the flour –

Using an oven – the microwave must not be used:

- The member of staff in snack will be responsible for the heat treating flour, this must be done at 8am on Monday morning to ensure core provision is available
- Pre-heat the oven to 200°C/fan 180°C/gas mark 4
- Spread the flour out evenly on a lined baking tray and bake for approximately 7-10 minutes or until the temperature of the flour reaches 160°C. Stir flour once or twice to help break it up.
- Do not overbake. If the flour is overbaked, it will be toasted and in which the flavour of the flour will be altered.
- Once cooled, heat treated flour can be stored in an airtight container and kept in a dry cool location.
- Add the flour to the air tight containers – clearly label and date.
- AS long as the heat treated flour is correctly stored there will be no shelf life other than the standard shelf life of the flour.

There are some raw flours that you can eat without worrying about bacteria infection. The most common raw flours that are safe for raw baking are nut flours or some seed flours. Below is a list of the most common questions about raw flours for raw baking.

Almond flour

Almond flour, also known as almond meal or ground almonds, is a gluten-free flour made of raw almonds ground into a powder.

While Almond meal is made with whole almonds, almond meal is made with blanched almonds. Blanched almonds are peeled, meaning that their skin is removed. This makes almond flour lighter in color than almond meal.

Almond meal and almond flour are most of the time interchangeable in recipes. For cookies, scones, brownies, bread, you can use either. However, when the texture is essential, you need to follow what the recipe requires. Cakes, for instance, will most probably always call for almond flour. You can eat almond flour without heat treating. Unlike wheat flour, the raw almonds used to form the almond flour are not raw. Almonds used in almond flour are heat-pasteurized at 165F/73C.

This process ensures that almonds don't carry bacteria. As a result, almond flour made of ground, heat-pasteurized almonds and sold in sealed bags is safe for raw baking.

Coconut flour

Coconut flour is a low-carb keto flour often used in raw vegan dessert recipes to add texture. It's made of dried coconut meat ground in ultra-fine powder. You can eat coconut flour without heat treating. As for almond flour, the coconut meat used to make coconut flour is dried, heated above 170F/ 77C, killing all possible bacteria in the product.

Other seed or cereal flours

Some other flours are safe to use in raw baking.

- Buckwheat is a grain-like seed that can be eaten raw. **Buckwheat flour** is, therefore, good for raw baking but comes with a strong taste.
- **Chickpea flour** or Garbanzo flour is ok for raw baking though it has a bitter taste.
- **Corn flour** is safe raw but doesn't have a particularly pleasant taste and texture.
- **Quinoa flour** made from raw, sprouted, and soaked grains is safe to eat but not commonly used.
- **Oat flour** is another safe-to-eat-raw flour.

Nut-free raw flour

There are some nut-free raw flour options as well, including:

Pumpkin seed flour

Sunflower seed flour

Sesame seed flour

Flaxseed meal

A quality framework for daycare of children, childminding and school-aged childcare

3.3

UNCRC 36

Food Standard Agency – Raw Flour

<https://www.food.gov.uk/safety-hygiene/raw-flour#:~:text=Flour%20doesn't%20look%20like,flour%20while%20it's%20being%20processed.>

The Conscious Planet Kitchen

<https://www.theconsciousplantkitchen.com/can-you-eat-raw-flours/>

This policy has been reviewed and updated in consultation with staff and parent/carers

Signed

Review May 2024