

Book Review

Wheat Flour

William A. Atwell; The American Association of Cereal Chemists, Inc, St Paul, USA, 2001, vii + 134 pages, ISBN 1-891127-25-X, US\$ 69

Wheat flour is a fundamental ingredient in many food products, including: cakes, doughnuts, crackers, cookies, biscuits, piecrusts, pasta, and noodles. As the major ingredient in such products flour exerts a major effect on their quality. There are two types of wheat products, namely, hard wheat flour and soft wheat flour. Hard wheat flour is usually used in the production of yeast-leavened, dough-based products. The diverse products made with soft wheat flour, unlike hard wheat products, which are typically breads or bread-related products, each soft wheat product is a unique system. In addition, one commonality of soft wheat products is that most of them are chemically leavened, unlike hard wheat products, which are usually yeast leavened.

Wheat Flour brings together essential information that is currently unavailable in a single source. This accessible guide presents the basic facts about wheat flour as well as giving practical advice on its uses in many foods, including cakes, doughnuts, etc. There are 8 sections in this book. The first two sections introduce the basic knowledge about wheat and milling. In the third section, composition of commercial flour is presented, including fundamental composition, functionality of the flour components, flour

enzymes, flour additives and nutritional aspects. Then, the fourth section discusses the procedures most commonly used in the testing of wheat and in the documents written to specify flour for end-user needs, as well as the quality and consistency of wheat flour which are discussed in the fifth section. The next two sections talk about the products from soft and hard wheat flour in terms of ingredients, formulation, processing, product and processing problems and troubleshooting. Finally, durum-based products, such as pasta and noodles, are discussed in respect of problems, causes and resolutions.

To make technical topics understandable to a broader audience, the handbook features clearly written text filled with many easy-to-use tables and illustrations. Concise troubleshooting guides are available for those dealing with product quality or production issues. Everyone from new product developers to technical sales personnel will find answers to wheat flour questions in this one-stop, practical ingredient handbook.

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