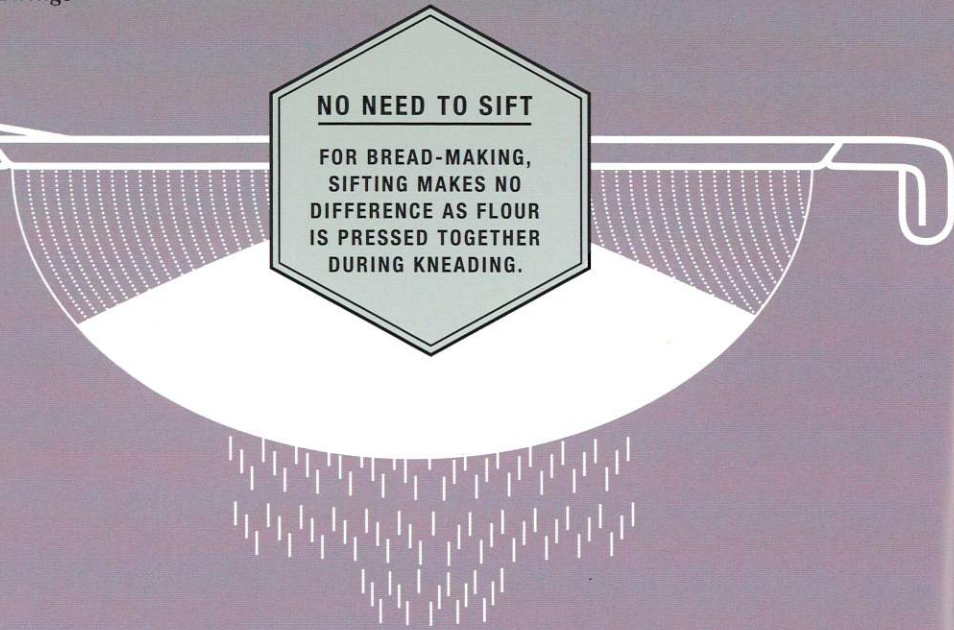


# Why do I need to SIFT FLOUR?

*Sifting flour was traditionally done to turn milled flour into a fine powder.*

Today, flour particles have been milled and sifted to less than a quarter of a millimetre. However, sifting is still important for cake making, not to break wheat starch down, but to aerate it by separating out the particles that have clumped together by settling or being squashed in a packet. Sifting powdered ingredients into a cake mixture disperses them and actually increases flour's volume. If unsifted, then the small clumps of powder will stick together in dense clusters when moistened and will be hard to break up with stirring and whisking. These clumps thicken the walls of the tiny bubbles that you are beating into the batter, weighing them down and resulting in a denser sponge.

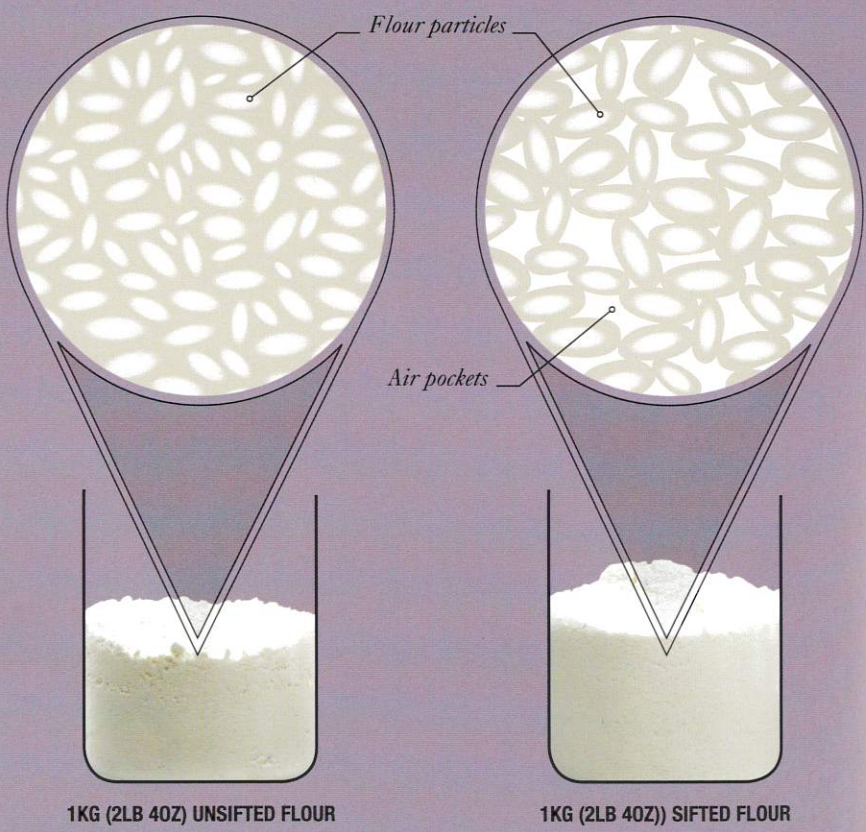
**NO NEED TO SIFT**  
FOR BREAD-MAKING, SIFTING MAKES NO DIFFERENCE AS FLOUR IS PRESSED TOGETHER DURING KNEADING.



**Flour added without sifting**  
When poured from the packet into a container, without sifting, particles are packed together into a fairly dense, compact mass.

**Flour added after sifting**  
The same amount of flour passed through a fine sieve has about 50 per cent more volume, as particles that clumped together are separated.

**HIGH-SPEED MIXING**  
A FOOD PROCESSOR HELPS TO DISPERSE FLOUR FOR CAKES, MAKING SIFTING LESS CRITICAL, THOUGH STILL IMPORTANT.



“Sifting aerates flour, breaking up the clumps of flour particles that form when the flour is in the packet.”