How to "wash" gluten manually

The sequence of pictures on the side shows how the gluten can be "washed" by isolating it from a small amount of dough that was prepared specifically with the flour (or the semolina) for which we would like to visually evaluate the elasticity and the resistance.

Firstly, the ingredients (flour and water) are placed in a small mortar.

Then the ingredients are mixed and kneaded for a minimum of five minutes using a pestle and making sure not to touch the dough with the fingers. If the fingers were to touch the dough, the grease from the skin would inevitably change its characteristics, thereby altering the test results.

Only after the dough begins to be formed and to get some consistency it can be kneaded by hand. When the dough is finished being made it is allowed to rest for about a quarter of an hour inside the mortar. The dough should be covered so that it does not dry out.

Then it is removed from the mortar and, holding it by hand and kneading it continuously, it is rinsed under a very thin stream of tap water. The saline concentration of this water is most certainly not that prescribed by the official procedures, however it satisfies the purpose.

The water will rinse away the starch and after a few minutes what is left in the hands is just our dear wet gluten. Before it is weighed, it must of course be wrung and squeezed to remove the excess water.

The last photo shows the small mass of gluten obtained from the dough prepared with ten grams of flour. The mass has been placed next to a ball point pen so that its size can be understood just by looking at the picture (*courtesy of Molino Quaglia S.p.a.*).