

*How about modern sprouted grain flours?*

Knowing that alpha-amylase appears in grain only after sprouting you can imagine that flour made from lightly sprouted grains, will naturally contain some valuable alpha-amylase, which explains their favorable use in bread-making.

Similarly, rye is often rained on after it has ripened in the field, and so has the chance to slightly sprout before being harvested. The likely presence of small amounts of alpha-amylase in rye explains its observed initial superior fermentation speed when making sourdough.

However, too much time in the field to sprout before harvest can degrade any wheat or rye endosperm enough, that it no longer makes a good textured bread.