

The present invention relates to a method that first involves steeping whole wheat grains in water until the shoots appear, percolating the water not bound by the grains and grinding the grains in order to obtain an aqueous suspension of a grain mass having a particle size not exceeding 500 μm . The steeping process of the wheat flour is carried out using the water from the suspension of the grain mass by gradually pouring the wheat flour into the water during the dough mixing process. Before the grinding step, the wheat grains can be optionally rinsed with water and separated from the rinsing water by the free flow thereof. The wheat may consist of food-grade wheat of the hard or soft types, while the wheat flour may consist of a macaroni or baking flour having a humidity not exceeding 14,5 %. a whiteness of at least 42 specific units and a gluten content of at least 28 %.