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Preparation. Gluten is a protein complex that accounts for 75â€“85% of the total protein in bread wheat. In home or restaurant cooking, gluten is prepared from flour by kneading the flour under water, agglomerating the gluten into an elastic network known as a dough, and then washing out the starch. Starch granules disperse in low-temperature water, and the dispersed starch is sedimented and ...

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