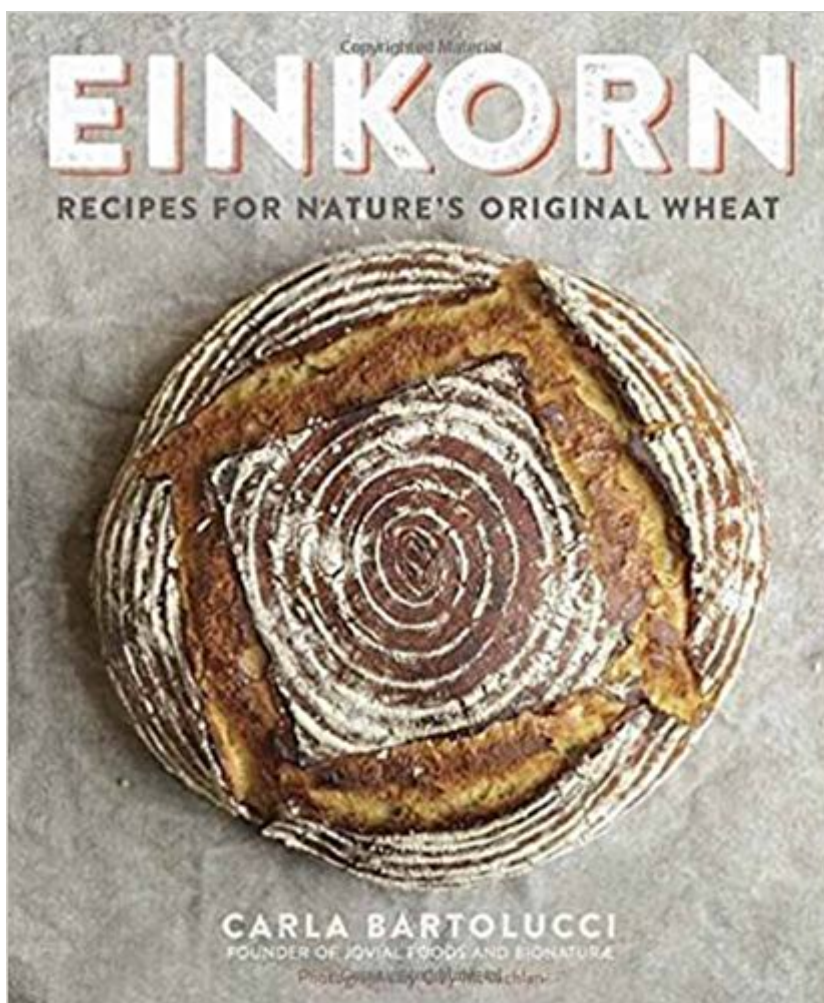


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# Einkorn: Recipes For Nature's Original Wheat



## Synopsis

Discover the ancient grain with tremendous flavor that is a true gift for many who suffer from gluten sensitivity. The only wheat in existence that has never been hybridized or modified, einkorn grew thousands of years ago in the Fertile Crescent. Carla Bartolucci came across it when searching for an alternative grain for her daughter Giulia, who was diagnosed with gluten sensitivity in 2008. Einkorn has remained unaltered for thousands of years, which allows many, including Giulia "who suffered from mood swings, asthma, and digestive problems" to eat wheat without symptoms. Amazed by her daughter's health transformation, Carla became a champion of this little-known, nutrient-packed grain. Einkorn shares 100 delicious recipes for working with the grain and its flour in a wide variety of flavorful dishes, such as Yogurt Blueberry Muffins, Spinach Lasagna Bolognese, Neapolitan Pizza Margherita, and Soft & Chewy Ginger Cookies as well as sourdough and yeasted breads like Classic French Boule and buttery Sweet Potato Rolls. This book also explores einkorn's history, unique genetics, and superior nutrient content, while sharing Carla's tips for using it to its full baking and cooking potential. With eighty-five beautiful color photographs, Einkorn will introduce home cooks to a delicious ancient grain that can transform the way they eat for the better by adding more nutrition and flavor to the foods they love.

## Book Information

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## Customer Reviews

2016 Nominee for best Health & Special Diet Cookbook by the International Association Of Culinary Professionals. iacp.com/awards/cookbook/winners/ Einkorn is hot, ancient though it be, and the grain world is abuzz in fact, fiction, and myth about it. Thank you, Carla Bartolucci, for

giving us the real story, as well as dozens of fabulous recipes for great bread and more so that we can properly enjoy this beautiful, nutritious grain the way it was meant to be enjoyed. You have made the old new, all over again.âPeter Reinhart, author of Bread Revolution

How deliciously exciting that einkorn wheat, the ancient grain of myth and legend, has been rebornâpristine and unhybridizedâoffering cooks a whole new range of tantalizing flavors and textures. Carla Bartolucciâs recipes using the whole grain and the flour are irresistible. Watch out quinoa!âLorna Sass, award-winning author of Whole Grains Every Day, Every Way and Whole Grains for Busy People

Carla Bartolucci delivers an absolutely beautiful array of stunning, approachable recipes using one of my favorite ancient grains. Her work brings einkorn back to its rightful place at the table of any whole foods kitchen.âJennifer McGruther, author of The Nourished Kitchen

For anyone curious about einkorn, the smallest of the ancient wheats, Carlaâs book is an inspiration. She has embraced this marvelous grain with a passion and shows us how to best use it in cooking and in baking. From tabbouleh to pizza and pie, her recipes will make you swoon.âMaria Speck, author of Simply Ancient Grains and the award-winning Ancient Grains for Modern Meals

CARLA BARTOLUCCI and her husband, Rodolfo, first started growing einkorn near their home in Northern Italy in 2009. With twenty years of experience in the organic food industry as owners of the BionaturÃ| and Jovial brands, they work directly with a special group of farmers and are now the largest growers of einkorn wheat in the world. Carla and her family divide their time between Connecticut and Modena, Italy.

I have been trying to understand why so many people in the United States are gluten sensitive. I still don't have the answers; however, here may be a piece to the puzzle. I recently read Einkorn by Carla Bartolucci and found einkorn wheat is an ancient grain "completely untouched" by interbreeding. Carla wrote this book to tell people about the flour and how to use it. Her family owns Jovial Foods and Bionature, the largest growers of einkorn wheat in the world. This grain is missing a group of protein gliadins which our modern wheat has. In addition, the gliadins it does contain are present in a higher ratio to glutenins than in our modern wheat. As a consequence, some gluten sensitive people who do not have celiac disease can tolerate this grain. A bonus: einkorn has over 5% more protein than durum wheat flour. Carla's book is beautifully photographed, with a picture for almost every recipe, inspiring one to try the recipes. Clear directions, prominently displayed ingredients, and chatty remarks add to the desirability of this book. There is quite a variety of

recipes in the book ranging from breads and crackers, cookies and cakes, to pizza and pasta. Included are instructions on how to start a starter for sourdough as well as recipes using it. I was able to find einkorn all purpose flour at Whole Foods; however, I cannot find einkorn whole grain flour anywhere except a place in Europe where postage is prohibitive. One may purchase the grains and mill the flour at home. This is a definite negative about the book as of approximately 93 recipes, about 57 use just the all purpose flour. Thirty-six require whole grain flour and/or grains to complete the recipe. From their website, I understand Jovial foods will soon be offering the whole grain einkorn flour. I tried three recipes, all keepers: 1. Golden Buttermilk Pancakes. My gluten sensitive grandson experienced no difficulties with these. ..yeah!--especially because we all really liked these flavorful cakes. And, surprise, they were great reheated the next day in the toaster. This is now our favorite pancake recipe. An added bonus was that the pancakes did not sit like a weight in our bellies like other pancakes do. 2. Almond Sugar Cookies. These were tasty and passed my grandson's tummy test. However, the almond flavor is very light. I don't have the patience to roll out cookies, so I pinched off walnut sized balls of dough, dipped them in sugar, placed them sugar side up on my Silpat, and pressed them down with a cookie stamp. The cookie held the impression through baking and looked lovely on the plate. I will make these again but call them butter cookies. 3. Classic Cream Scones. I added 1/2 cup of Zante currants. What sticky dough! Messy to work with, so I gave up and instead made drop scones on my pre-heated pizza stone. They had an excellent, buttery flavor even though they were a bit crumbly. Well worth doing again. I will definitely try more recipes from this book as my family really liked the taste of einkorn and Carla's recipes worked well. I received this book from Blogging for Books for this review, and these are my own opinions.

Phenomenal cookbook. I am someone that just can't eliminate bread from my diet, but I truly believe there is a problem with the industrialized wheat that have been living with - I've been using this cookbook to slowly incorporate Einkorn into my diet. Carla has done the hard work of figuring out how to work with this flour and passed all of her wisdom to us in this cookbook. Einkorn flour (which I have been buying through the Jovial website or ) has a great taste, and the recipes in this book are great. I've been baking bread, bagels, pita bread (it puffs right up!!), pancakes, biscuits, cookies and crackers. I also have a pretty good sourdough starter going, still trying to make it stronger. In addition to the cookbook, Carla has a blog on the Jovial website that allows you to post questions or troubleshoot - great support and resource!

Very simple and easy to read and follow recipes except for the few uncommon words that a lay person or non-baker may not understand which are explained somewhere within the cookbook. The only thing that I could not find was at what altitude the author baked her foods at and any adjustments one would need to do if they lived at a higher or lower altitude (I happen to live at a high altitude). So if any of you other customers have some help in that matter, please send me your insights for they would be greatly appreciated.

Einkorn flour is a very misunderstood product. It is difficult to learn to work with this flour and this book is an excellent resource for that learning. I definitely will not call myself a baker (actually I won't call myself a cook either but I survive). The einkorn cheddar biscuits are the best biscuits that I have ever eaten. I have been making breakfast biscuits with them (eggs, sausage, and cheese). The history and current science on einkorn flour is a must for anyone wanting to "eat a bit healthier." Personally I don't seem to have any seriously bad reactions to "normal flour products" but did notice that eating einkorn flour produced products have no ill effects. Like eating grass finished beef or free range eggs, I full with no uncomfortable feelings afterword. This is a well written and interesting book for anyone interested in using einkorn flour and I highly recommend it.

Great recipes, but some measurements are off. Making the sourdough starter with her method did not work, I used a different recipe and it works fine. I like the variety of recipes in her book, and her Kefir Cake is a heaven on earth (this is the most successful recipe that I managed to make from her book). Still working on how to achieve a good bake in bread. They turn out with a dense structure every time. I guess that's what happens to amateur baker lol.

Great lovely book on Einkorn. Recommend it to all with an interest in this wonderful grain. Recipes and history are very helpful to those of us who only have experience with modern wheat. Looking forward to baking again!! Wonderful pictures!

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