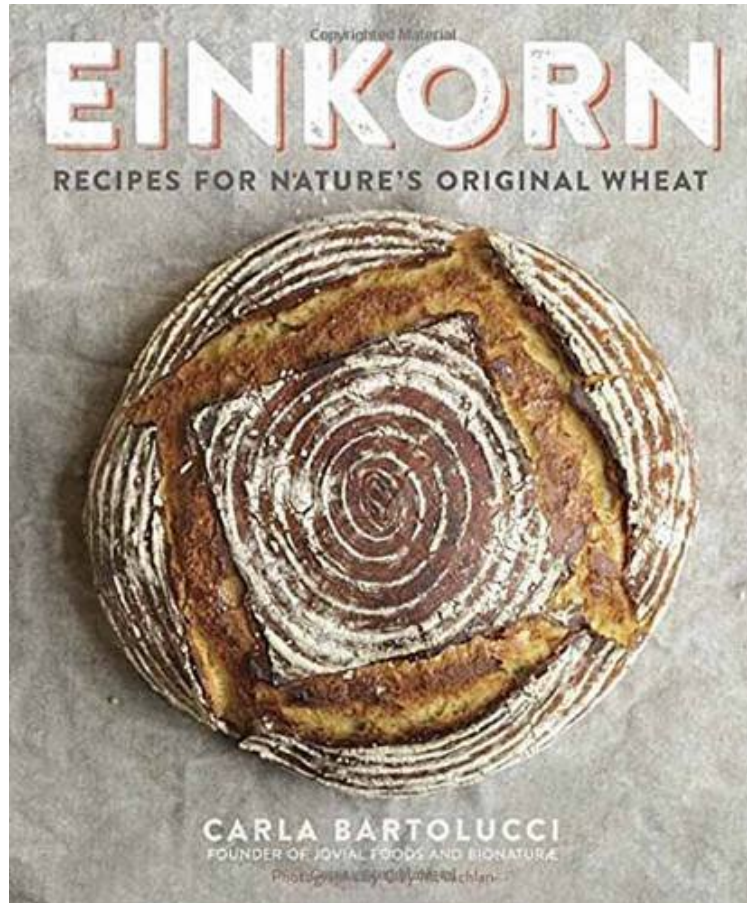


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Einkorn: Recipes for Nature's Original Wheat

Carla Bartolucci

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#25742 in Books Clarkson Potter 2015-08-04 2015-08-04 Original language: English PDF # 1 9.00 x .70 x 7.411, .81 #File Name: 0804186472240 pages Clarkson Potter | File size: 64.Mb

Carla Bartolucci : Einkorn: Recipes for Nature's Original Wheat before purchasing it in order to gage whether or not it would be worth my time, and all praised Einkorn: Recipes for Nature's Original Wheat:

94 of 95 people found the following review helpful. Possible alternative for those who are gluten sensitive?By AdrienneI 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. 49 of 49 people found the following review helpful. Love Einkorn cooking! By ECMD 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! 2 of 2 people found the following review helpful. Great all around cookbook for einkorn flour use. By batyah 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.

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.

2016 Nominee for best Health Special Diet Cookbook by the International Association Of Culinary Professionals. iacp.com/awards/cookbook/winners/About the Author 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 Bionaturæ 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.