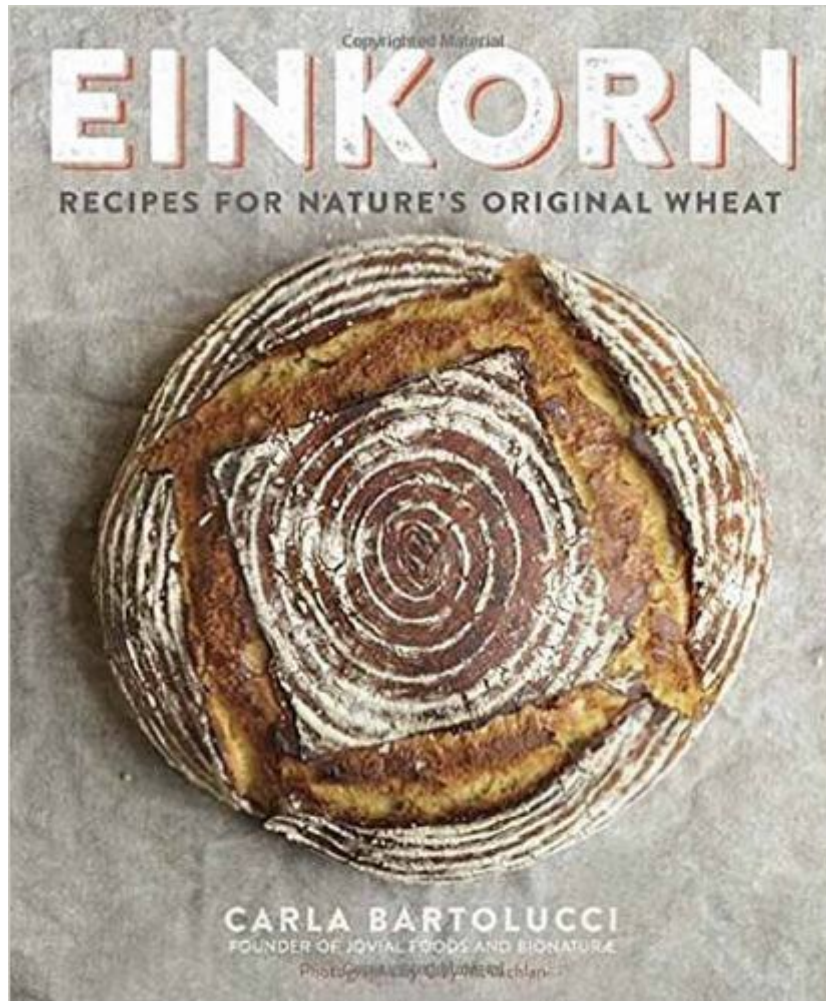


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# Einkorn: Recipes For Nature's Original Wheat



## 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

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.

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