

Einkorn

a taste of ancient days



Recipes from
Sephardic Mediterranean Cuisine

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EINKORN



GRAIN OF THE ANCIENTS



HARVESTING EINKORN IN ANCIENT JERICOHO 10,000 YEARS AGO

GLUTEN-SAFE

for some
wheat allergies

Ancient Einkorn is being
rediscovered today for
its robust flavor.
high nutrition &
digestibility for
gluten-sensitivities

As more people become allergic to modern wheat gluten, 'gluten-safe' Einkorn offers a welcome alternative. Einkorn, an ancient species of grain from the dawn of agriculture, is being rediscovered today as a gourmet grain, higher in protein and trace minerals than modern wheat, and safe for some gluten allergies. Consult with your doctor to test if einkorn is safe for you.



Einkorn's delicate, filagree glumes rise up from the grain, imparting a feeling of calm beauty. European biodynamic farmers believe that Einkorn's delicate long awns channel cosmic energy.

Since the dawn of agriculture, Einkorn has a wild plant-like capacity to draw up nutrients from soil depths, then store high quality nutrients in the grain. This trait enables wild seeds to thrive in uncultivated soil, but has gradually been lost in modern wheat over millennia of domestication. Einkorn has survived in remote, inaccessible mountain villages from the Balkans, Pyrenees and Caucasus Mountains to the Ethiopian Highlands, but is yet to be genetically manipulated by the global food goliaths due to its smaller seed than modern bread wheat.

The first wheat mentioned in the Bible in Genesis 30:14, in Jacob's sojourn with Laban in Mesopotamia – was einkorn. Wild einkorn was harvested in the late Paleolithic and early Mesolithic Ages, 16,000-15,000 BC. The domesticated einkorn found in Karacadag Mountains of Turkey where the Euphrates and Tigris rivers spring up are closest to the wild variety. Einkorn gradually spread throughout Asia Minor and Europe, surviving in remote village fields due to its great ability to draw nutrients from stony soils in mountain terraces

Almost forgotten einkorn is being rediscovered today as a nutrient-rich whole grain, higher in protein, beta-carotene, antioxidants, phosphorous, potassium, and easier to digest than modern wheat because it has not been genetically altered for industrial foods. Einkorn has been grown by peasants through the ages for its rich flavor, digestibility, and resilient ability to thrive in organic soils. Einkorn make better bread than modern wheat with a 'light richer, nutty flavor. Breads made from einkorn have been described as a 'rich taste which left common bread wheat products tasteless and insipid by comparison'.



Einkorn growing on Rogosa's Biodiversity Farm in Western Mass

Why was Einkorn replaced by modern wheat? Einkorn has smaller grains than the modern 'green revolution' wonder wheats bred for uniformity and rapid harvest by goliath combines. Einkorn is a hulled grain, like spelt, so it take more work to dehull the grain, but with the burgeoning numbers of people that can no longer tolerate the high gluten modern wheats, it's worth the dehulling!

There are any more neglected heritage grain species waiting to be rediscovered. Einkorn is one of many rare grains that the Heritage Grain Conservancy is restoring.

EINKORN RECIPES



Savory Einkorn

Soak over night. Cook like brown rice till tender but chewy.
Combine with onions, garlic and herbs sautéed in olive oil.

Shabbat Chamin

Slow-cooked dish enjoyed on Shabbat the world over. Combine einkorn, onions, chickpeas, garlic or dates and herbs in a heavy pot. Add lamb or chicken if you like. Cover with water, bring to a boil before the Sabbath candles are lit. Slow simmer till Sabbath Lunch.

Sweet Rosh HaShannah –Yehí Razon

Cook peeled minced apples in a pot with a dash of apple cider. Combine with sautéed onions, raisins, water chestnuts, maple syrup, salt and lemon in olive oil. Place on a bed of cooked einkorn. Top with roasted walnuts or chestnuts. Garnish with a circle of springs of green and bright blood orange slices.

Rosh Hashana, the Jewish New Year, is a time when foods are eaten with blessings to each person, saying "Yehí Razon" (May it be Your will that..) over each food, often with a play on words combining the trait of the food with the blessing. Apples are dipped in honey with a blessing for a sweet year, and baked in a fruit-grain dish with a blessings for... (you decide)

Shavuot Cheesecake

A festive Spring dish from Italian Jews. Prepare your favorite pie crust with einkorn flour and ground walnuts. Combine 1 cup cooked einkorn with 1 cup ricotta cheese, 3 eggs, maple syrup, salt, lemon and spices for the filling. Weave pie crust into a lattice atop the filling. Bake at 350

Tabouleh Einkorn Salad

Mix cool, cooked einkorn with minced garlic, scallions, tomatoes, cucumbers, parsley and fresh squeezed lemon. Place grain on bed of arugula. Garnish with feta, olives, tomatoes and herbs. Drizzle with olive oil. Salt to taste.

Sprouted Einkorn

Soak grain over night then rise twice daily. Use when rootlets just begin to show, use in tabouleh, or blend in a mixer and add 25% to bread dough.

Zuppa di Farro Piccolo (Einkorn Soup)

Soak grain and beans overnight. Simmer in a pot with onions, garlic, vegetables, herbs and a dash of curry.

Einkorn Dolmas

Sautee finely chopped onions, garlic, curry or cumin, salt, currants. Mix with cooked einkorn. Wrap in steamed cabbage or grape leaves. Yogurt with garlic is a tasty sauce for dipping.

Whole Grain Stuffing

Combine cooked grain with water chestnuts, sautéed onions and mushrooms.. Add cranberries, dates, apricots and herbs lightly boiled in apple cider.

Einkorn Egg Challah

Thursday: Mix together 2 cups einkorn flour, 2 cups unbleached white flour, 3/4 cup warm water, 4 eggs, 3 tablespoons olive oil, 1/4 cup maple syrup, tsp yeast, tsp salt. Refrigerate. Take out Friday morning. Flour table. Fold dough and braid. Bake at 350 till golden brown.

Einkorn flour can be substituted for whole wheat or pastry flour in any recipe.





Einkorn Sprout Bread

Stage 1 - GROWTH

Sourdough sprout bread connects us to the nourishing life-processes of growth. Making sourdough: A week before baking, mix a tablespoon of flour and of water, adding more each day. Keep at room temperature. Add a spoonful of buttermilk or fresh lemon juice to encourage fermentation. 2 days before baking: soak einkorn grains overnight. Rinse daily.

Stage 2 - MAKING THE DOUGH

Blend together equal units of sourdough and sprouted grains, leaving the grains partially whole. Mix together in a bowl with 2 units of einkorn flour and seasalt to taste. Adjust amount of flour so dough holds together well. Knead lightly. Add raisins, nuts or maple syrup for a festive sweet bread, or grated carrots, etc. (Add more sprouts for a Bavarian-type bread. More flour for sandwich bread.)

Stage 3 - FORMING THE LOAF

Brush olive oil and sprinkle flour in a bread pan. Flatten and roll or fold dough several times to form a loaf. Place in pan. Slow-ferment in refrigerator overnight. Take out next day, let warm to room temperature, dust top with flour and bake.



JERUSALEM FLATBREAD

Mix einkorn flour, pinch of yeast and salt with just enough water to hold together. Cover with a plastic bag and place in fridge overnight. Next day roll out on a floured surface as flat as possible. Place on baking tray over a light blanket of olive oil and flour. Brush with olive oil. Brush on topping of olive oil, honey and worcester sauce mixed well together. Sprinkle on zataar, sesame seeds or rosemary. Bake till lightly golden.

BAGELS

300 grams flour, 3 grams salt, 10 grams malt powder, 135 grams water, 5 grams olive oil, 5 grams maple syrup, 40 grams sourdough starter. Mix. Shape. Place on floured pan. Cover with a plastic bag. Refrigerate overnight to ferment. Next day cook in rapidly boiling water 3 minutes on each side. Remove. Add toppings. Bake at 350.