

Discover the grains of the ancients

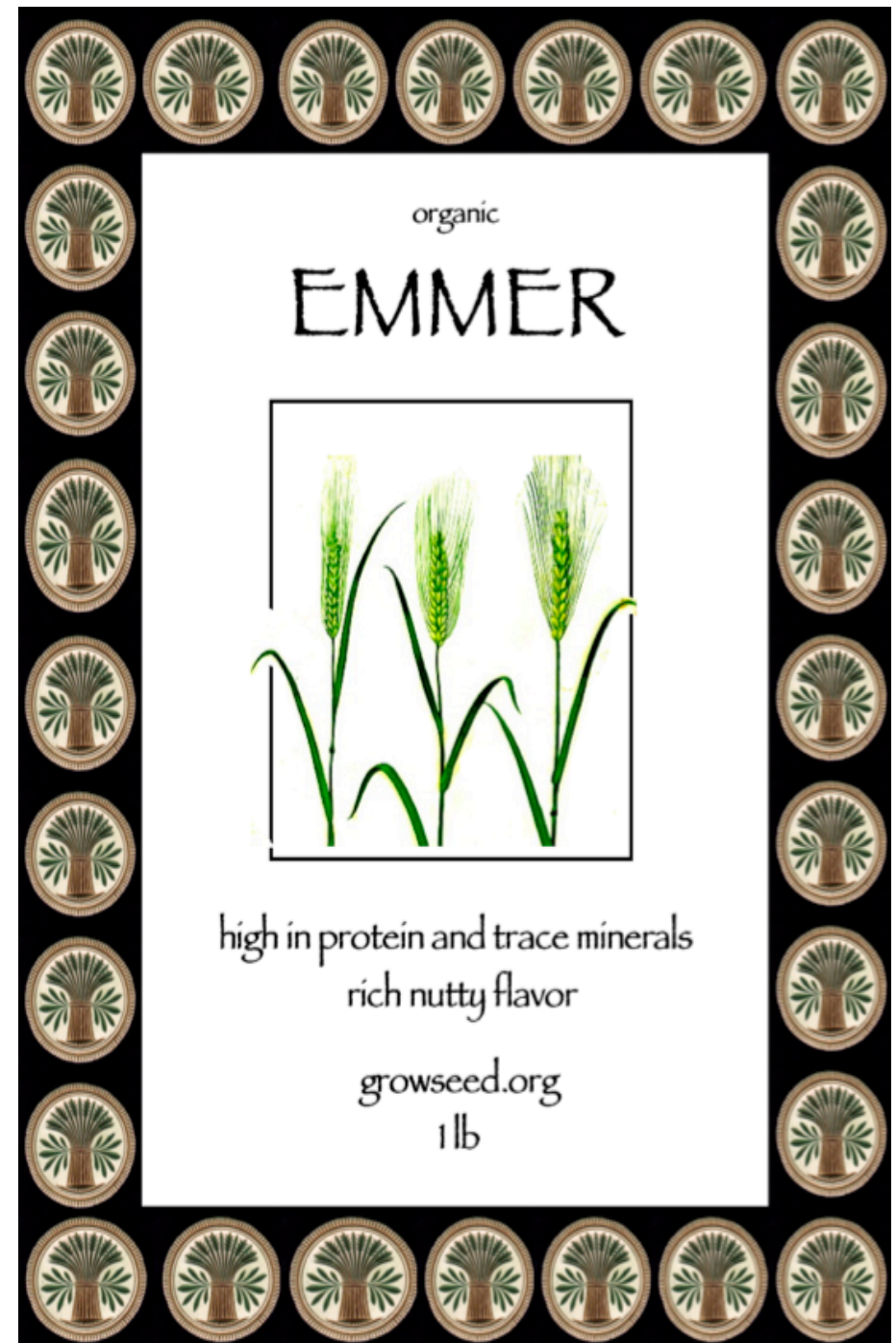


Emmer sustained early peoples since the dawn of agriculture.

In ancient Egypt it was the grain eaten by the Pharohs. It was was used in the original matzah, eaten by ancient Israel and in Old Europe. Beloved as 'farro' in Italy, Emmer is being rediscovered today as a nutrient-rich, gourmet grain with a nutty, substantial flavor.

NUTRITION	
SERVING SIZE – 1/2 cup (94 g)	
Protein – 12 g	
Total Fat – 2g, Total Carb – 68	
Cholesterol – 0, Sodium – 0	

Distributed by the Heritage Wheat Conservancy
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SEPHARDIC - MEDITERRANEAN EMMER RECIPES



copyright Eli Rogosa

Savory Grain

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 emmer, 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 –Yehi Razon

Cook cut apples in a pot with apple cider. Sauté onions, raisins, dash of maple syrup, salt and lemon. Mix with cooked emmer. Top with cooked apples, roasted walnuts and a dash of lemon.

Rosh Hashana, the Jewish New Year, is a time when foods are eaten with blessings to each person, saying "Yehi Ratson" (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 blessing for...(you decide)

Rogosa Shavuot Cheesecake

A festive Spring dish from Italian Jews. Prepare your favorite pie crust mixed with ground walnuts. Combine 1 cup cooked emmer 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 - Grain Salad

Mix cool, cooked emmer with finely minced garlic, chopped scallions, tomatoes, cucumbers, parsley and fresh squeezed lemon. Or Place emmer on bed of arugula. Garnish with feta, olives, minced tomatoes and herbs. Drizzle with olive oil and lemon.

Zuppa di Farro (Emmer Soup)

Soak grain and beans overnight. Simmer in a pot with onions, garlic, your favorite vegetables and herbs.

Dolmas

Sauté finely chopped onions, garlic, curry or cumin, a dash of maple syrup, salt, currants. Mix with cooked emmer. Wrap in steamed cabbage or grape leaves. Yogurt with garlic is a tasty sauce for dipping.

Stuffing

Combine cooked grain with water chestnuts, cranberries, dates, apricots, sautéed onions and herbs. Stuff bird, peppers, zucchini...

Emmer Egg Challah

Thursday: Mix together 2 cups emmer flour, 2 cups unbleached white (or emmer) 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. The traditional blessing is: 'Blessed be the Source of Life that makes us holy through offering challah' Separate a piece of dough. Say: 'Harei ze Hallah' (This is the hallah) and bury in the soil. Flour table. Fold dough and braid. Bake at 350.

