

Einkorn

a taste of ancient days



Recipes from
Sephardic Mediterranean Cuisine
and more

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growseed.org

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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, since it has not been bred for high gluten by industrial breeders. Consult with your doctor to test if einkorn if 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.

From 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. Wild einkorn was harvested in the late Paleolithic Ages ~15,000 BCE, and has never been 'bred-up' for modern agrochemical-based farming. Einkorn has survived in remote mountain villages from the Balkans and Pyrenees to the Caucasus Mountains, beloved by peasants through the ages for its rich flavor, digestibility, and resilient ability to thrive in organic soils.

Almost forgotten einkorn is being rediscovered today as a nutrient-rich whole grain, higher in protein, beta-carotene, antioxidants and easier to digest than modern wheat because it has not been genetically altered for industrial foods (1). Einkorn's gluten makes superior artisan breads but it lacks the celiac disease epitopes found in modern wheats. 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'.

Note: Contrary to wide spread misinformation, einkorn is not an ancestor of modern wheat. Einkorn is not genetically related to modern wheat. All modern wheat evolved from wild emmer wheat.



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 it quality nutrition and ease of digestibility make it worth the dehulling!

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



EINKORN GRAIN 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 Chamín

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 sauteed onions, raisins, water chestnuts, drizzle of honey, salt and lemon in olive oil. Place over 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 "Yehi 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)

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 in place of flour.

Tabouleh Eínkorn Salad



A refreshing main dish for a hot summer day - 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.

Zuppa di Farro Piccolo (Eínkorn Soup)



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

Eínkorn Dolmas

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



Einkorn Pudding



Grain Pudding - harmoniousbelly.com

1/2 c. einkorn grain
1 c. water
1 qt. milk (4 cups)
1/2 stick unsalted butter (1/4 cup)
3 eggs
1/4 c. honey or maple syrup
1 c. raisins (optional)
1/2 tsp vanilla extract
cinnamon

Boil einkorn in salted water. Add milk and butter. Stir. Bring mixture to a boil, cover and cook slowly over a low flame for 1 hour. 5 minutes before the hour is up, beat eggs, add sweetener and vanilla. Temper egg mixture by mixing a little bit of the hot milk and einkorn in with the eggs. Pour mixture into einkorn, stirring slowly until it thickens. Add cinnamon to taste. Can be enjoyed either warm or cold.

Einkorn Risotto

Risotto is a classic Italian grain dish, usually rice, made by sauteeing the grain then cooking in a rich broth to a creamy consistency but with bite: al dente.

Prepare a rich fish or chicken soup and keep hot on the back burner. Sautee the einkorn in olive oil with onions and garlic. Add the hot soup in small amounts while stirring. Remove the pot from the heat to slow cook with the cover on for half an hour. Serve the soup, delicately ladling in the grain in the center of the plate, topping with the fish and vegetables. Garnish with spring greens. The complex intermingling of the smooth grain with the savory seafood or chicken with fresh crunch of greens makes for a delightful, satisfying main dish.



Einkorn Vegetable Risotto



Einkorn Seafood Risotto

To make Einkorn Pilaf, cook the grain in savory broth with herbs and vegetables, but do not sauteed.

Einkorn Stuffing

Combine cooked einkorn with water chestnuts, sautéed onions and mushrooms. Add cranberries, dates, apricots and herbs after they have been lightly boiled in apple cider.





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.



Einkorn Egg Challah

Ingredients: 2 cups einkorn flour, 2 cups bread or white flour, 3/4 cup warm water, 4 eggs, 4 tablespoons olive oil, 1/2 cup maple syrup or honey, tsp yeast, 1/2 tsp salt.

Mix all ingredients together in the evening. Place in oiled bowl. Brush with olive oil and cover with plastic wrap. Refrigerate over night for a slow rising process that deepens the flavor. In the morning, turn out dough onto floured board and knead, adding more flour as needed. Dough is ready if it springs back after being poked with a finger. Put back into bowl.

Blessing the Challah Portion: Place both hands over the dough. Imagine the full journey of the grain from the earth to your dough and bless the creative forces that invite you to be part of the regenerative cycle of life. Take a small portion of the dough and bury it in your compost or put it in the oven to burn.

Cover remaining dough with plastic wrap and refrigerate over night. Take out next morning. Turn out onto floured board and divide dough into thirds.

Form into snakes for braid. Pinch ends of snakes together and begin braiding. Pinch ends together when done. Place in floured pan. Brush top gently with egg. Bake for about 40 minutes at 350 degrees. Times will vary. Watch for moderate gentle on top.



Einkorn Pizza Dough



Ingredients

1 tsp. active dry yeast
1 cup water
1tsp. sea salt
2 cups einkorn flour, 2 cups high gluten pizza flour
1 tablespoon. olive oil

Instructions

Mix the yeast in the warm water till well dissolved. Mix together the einkorn and white flours and salt. Add a cup of flour at a time into the yeasty water until the dough is smooth and not sticky. Knead about 10 minutes. Save back 1/2 cup of flour, and only add if needed for a smooth firm dough. Shape the dough into a ball and place in a lightly oiled bowl, coating all sides with oil. Cover with plastic wrap and put in the refrigerator over night to slow rise. Take out when you are ready to bake. Divide the dough into 8 balls weighing about 6 oz. each. Place the balls on a baking peel dusted with rice flour or corn meal. Roll out the dough as flat as you like. Let rise for 45 minutes. Add tomato sauce or pesto, and toppings. Bake at 400.

Shavuot Ricotta Cheesecake

A festive Spring dish traditionally baked by Italian Jews



PIE CRUST

2½ cups (220g) einkorn flour

2 sticks (227g) butter

1 tsp (8g) sea salt

¼ cup (59g) ice water

FILLING

1 cup cooked einkorn

1 cup ricotta cheese

3 eggs

maple syrup or honey to taste

tsp salt

lemon and spices

INSTRUCTIONS

Combine the flour, salt, and sugar in a large mixing bowl. Add the butter and mix with a pastry blender or your hands until the mixture resembles coarse crumbs. Beat the egg yolk and ice water in a small bowl to blend, add it to the pastry. Work it in to bind the dough until it holds together without being too wet or sticky. Squeeze a small amount together, if it is crumbly, add more ice water, 1 tablespoon at a time. Form the dough into a disk and wrap in plastic wrap; refrigerate for at least 30 minutes.

Sprinkle the counter and a rolling pin lightly with flour. Roll the dough out into a 14-inch circle about 1/4-inch thick. Carefully roll the dough up onto the pin and lay it inside a 9-inch springform pan. Press the dough firmly into the bottom and sides so it fits tightly; trim the excess dough around the rim. Place the pan on a sturdy cookie sheet so it will be easier to move in and out of the oven, this quiche is pretty heavy. 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 til golden.

JERUSALEM FLATBREAD

Mix 2 cups einkorn flour, pinch of yeast, 1/2 tsp salt and tablespoon of honey or maple syrup with just enough water to hold together. Cover with a plastic bag and place in fridge overnight. Take out the next day and roll paper thin on a floured surface. Parchment paper works great. Place on floured baking tray. Brush with a mixture of olive oil, honey or maple syrup and worcester sauce. Sprinkle on zataar (Mideastern spice with thyme, salt, sesame seeds), sesame seeds or rosemary. Bake at 350 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 all ingredients well, but do not knead. Shape. Place on floured pan. Cover with a plastic bag. Refrigerate overnight to slow-ferment. Next day boil in water 3 minutes on each side. Remove. Add toppings. Bake at 350.

