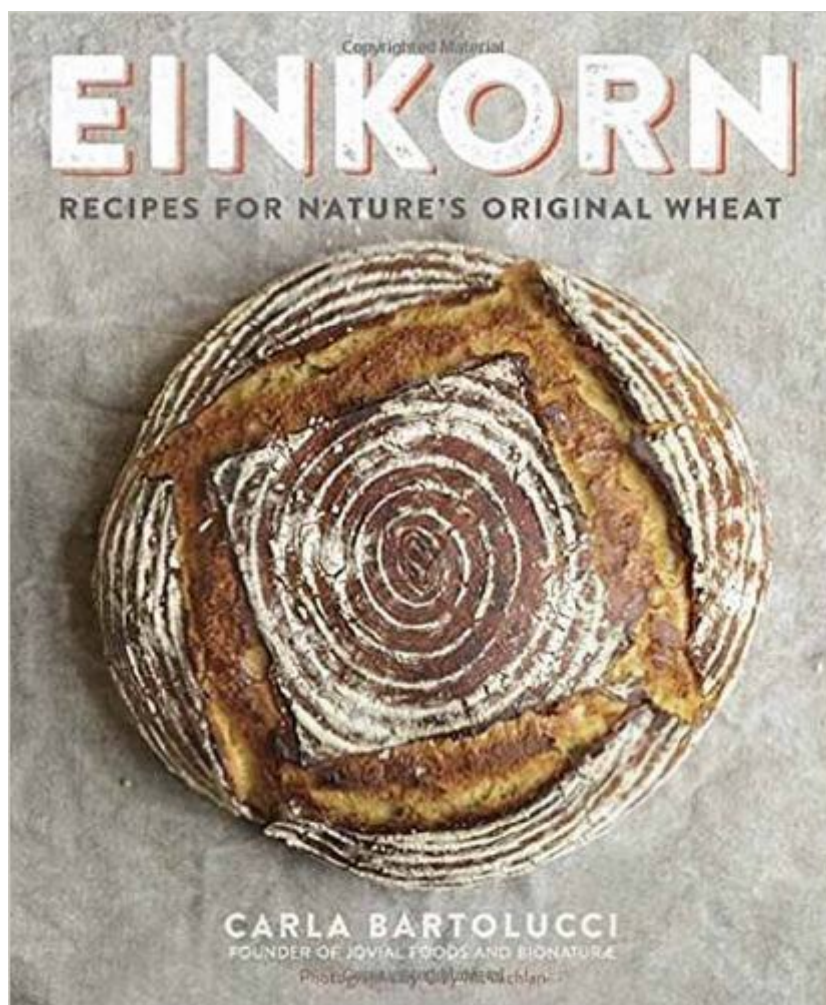


The book was found

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

Paperback: 240 pages

Publisher: Clarkson Potter; 1st edition (August 4, 2015)

Language: English

ISBN-10: 0804186472

ISBN-13: 978-0804186476

Product Dimensions: 7.4 x 0.6 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars See all reviews (128 customer reviews)

Best Sellers Rank: #18,317 in Books (See Top 100 in Books) #4 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains #51 in Books > Cookbooks, Food & Wine > Baking #55 in Books > Cookbooks, Food & Wine > Special Diet > Allergies

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.

[Download to continue reading...](#)

Einkorn: Recipes for Nature's Original Wheat
Wheat Belly: Top Slow Cooker Recipes: 230+ Grain & Gluten-Free Slow Cooker Recipes for Rapid Weight Loss with The Revolutionary Wheat Belly Diet (The Wheat-Free Cookbook)
Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1)
The Einkorn Cookbook: Discover the World's Purest and Most Ancient Form of Wheat: Delicious Flavor - Nutrient-Rich - Easy to Digest - Non-Hybridized
Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners
Wheat Belly 30-Minute (Or Less!) Cookbook: 200 Quick and Simple Recipes to Lose the Wheat, Lose the Weight, and Find Your Path Back to Health
The Everything Wheat-Free Diet Cookbook: Simple, Healthy Recipes for Your Wheat-Free Lifestyle
Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health
The Process of Creating Life: Nature of Order, Book 2: An Essay on the Art of Building and the Nature of the Universe (The Nature of Order)(Flexible)
Stir Fry Cooking: Over 40 Wheat Free, Heart Healthy, Quick & Easy, Low Cholesterol, Whole Foods Stir Fry Recipes, Antioxidants & Phytochemicals: ... & Easy-Low Cholesterol) (Volume 45)
Sophie-Safe Cooking: A Collection of Family Friendly Recipes that are Free of Milk, Eggs, Wheat, Soy, Peanuts, Tree Nuts, Fish and Shellfish
Ancient Grains for Modern Meals: Mediterranean Whole Grain Recipes for Barley, Farro, Kamut, Polenta, Wheat Berries &

More SPOOKtacular Gluten-Free Halloween Desserts: A cookbook of delicious, wheat-free, dairy free, all natural organic recipes that will dazzle your guests at your scary party Gluten-Free Italian: Over 150 Irresistible Recipes without Wheat--from Crostini to Tiramisu From Tea Cakes to Tamales: Third-Generation Texas Recipes (Clayton Wheat Williams Texas Life Series) Life Just Got Real: A Live Original Novel (Live Original Fiction) Preparatory Piano Literature: Developing Artist Original Keyboard Classics Original Keyboard Classics with opt. Teacher Duets Lone Star Steeples: Historic Places of Worship in Texas (Clayton Wheat Williams Texas Life Series) Bread Comes to Life: A Garden of Wheat and a Loaf to Eat From Wheat to Bread (Start to Finish, Second Series: Food)

[Dmca](#)