



EINKORN

RECIPES FOR NATURE'S ORIGINAL WHEAT

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Photographs by Clay McLachlan



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First Edition

TO MY GIRLS, GIULIA AND LIVIA—
ALWAYS REMEMBER THAT
ON THE OTHER SIDE OF
EACH CHALLENGE IN LIFE
THERE LIES SOMETHING BEAUTIFUL
AND UNEXPECTED



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BREADS & CRACKERS



DAIRY-FREE BROWN BREAD

TWO-HOUR DAIRY-FREE
SANDWICH LOAF

CLASSIC FRENCH BOULE

NO-KNEAD OVERNIGHT
ARTISAN LOAF

SEMI-WHOLE GRAIN EINKORN
BREAD RING

FRENCH BAGUETTES

KEFIR SOURDOUGH BREAD

CLASSIC SANDWICH LOAF

WHOLE WHEAT
SANDWICH LOAF

WHOLE GRAIN BATARD

RAISIN AND WALNUT MICHE

CIABATTA

SPROUTED COUNTRY LOAF

FOCACCIA GENOVESE

TOMATO AND ROSEMARY
WHOLE GRAIN FOCACCIA
ROUNDS

PANE TOSCANO

SEMI-WHOLE GRAIN
KAISER ROLLS

BRAIDED EGG BREAD

EINKORN CORN BREAD

BAGELS

SWEET POTATO ROLLS

HAMBURGER AND
HOT DOG BUNS

PITA BREAD

DELI-STYLE EINKORN
RYE BREAD

FLOUR TORTILLAS

THIN GRISSINI

SEA SALT CRACKERS

PARMIGIANO-REGGIANO
CHEESE CRACKERS

WHOLE WHEAT THINS

Kefir Sourdough Bread, page 36



QUICK BREADS & BREAKFAST

CLASSIC CREAM SCONES

FRESH STRAWBERRY
MASCARPONE SCONES

WHOLE GRAIN PEANUT BUTTER
& JELLY SCONES

SAVORY ANTIPASTO
QUICK BREAD

BACON & CHEDDAR
BUTTERMILK BISCUITS

YOGURT BLUEBERRY MUFFINS

CINNAMON WALNUT
STREUSEL MUFFINS

HONEY-GLAZED WHOLE GRAIN
RAISIN MUFFINS

OVERNIGHT KEFIR
COFFEE CAKE

WHOLE GRAIN CARAMELIZED
BANANA BREAD

ZUCCHINI BREAD

WHOLE GRAIN EINKORN
PANCAKES

GOLDEN BUTTERMILK
PANCAKES

SLOW-FERMENTED
BELGIAN WAFFLES

PROTEIN-PACKED SOFT
GRANOLA BARS

BREAKFAST PORRIDGE



WHEN YOUR KITCHEN FILLS with the aroma of bananas simmering in coconut oil and brown sugar, everyone in your house will know it's time for banana bread. What makes this bread even better is that we can benefit from the sweetness of the ripe bananas and reduce the amount of added sugar. My mom made delicious banana bread when I was a child, but I can't help but think about how lucky my children are that they get to eat theirs made with einkorn. I hope you feel the same excitement about baking this quick bread for your loved ones. **MAKES 1 LOAF**

WHOLE GRAIN CARAMELIZED BANANA BREAD

FOR THE BREAD

2½ cups (240 g) whole grain einkorn flour
1 teaspoon baking soda
½ teaspoon fine sea salt
5 tablespoons (65 g) extra-virgin coconut oil, plus more for greasing the pan

3 very ripe bananas, cut into ½-inch slices
½ cup (105 g) (packed) dark brown sugar
3 large eggs

FOR THE GLAZE

½ cup (60 g) powdered sugar
Pinch of ground cinnamon
Pinch of ground ginger

- 1 Preheat the oven to 350°F. Grease a 4½ × 8½-inch loaf pan.
- 2 **MAKE THE BREAD:** In a large bowl, sift together the flour, baking soda, and salt.
- 3 In a medium skillet, heat the coconut oil until it melts. Add the bananas and brown sugar. Simmer on medium-low heat for 5 minutes, stirring occasionally, until the bananas have softened and the sugar begins to caramelize. Allow the bananas to cool for 10 minutes.
- 4 Combine the bananas and eggs in a blender or food processor, and process to a smooth purée. Fold the banana mixture into the flour with a spatula until just combined. Pour the batter into the loaf pan.
- 5 Bake the bread for 42 minutes until a toothpick comes away clean when inserted in the center of the bread. Let the bread cool in the pan for 10 minutes, then unmold the loaf and let cool on a rack for 30 minutes before glazing.
- 6 **MAKE THE GLAZE:** Combine the powdered sugar, cinnamon, and ginger in a small bowl. Add 2 teaspoons water and mix until the sugar dissolves. Spread on the top of the bread.
- 7 Store at room temperature, covered with plastic wrap, for up to 3 days.



FOR THOSE NEW TO bread baking, this is a recipe you should try first because it requires no kneading or shaping skills and yet it looks like it came from an artisan bakery. The only catch is that you really need a 5- to 7-quart Dutch oven for baking. Simply mix together the ingredients in the evening before you go to bed. In the morning, you will fold the dough into a rough round, and your fresh loaf will be out of the oven in less than an hour. **MAKES ONE 8-INCH ROUND LOAF**

NO-KNEAD OVERNIGHT ARTISAN LOAF

2 cups (472 g) warm water, at 100°F

¼ cup (60 g) refreshed Einkorn Sourdough Starter (page 13) or ¼ teaspoon active dry yeast

6 cups (720 g) all-purpose einkorn flour, or 7¼ cups (696 g) whole grain einkorn flour, plus more for dusting
1½ teaspoons fine sea salt

- 1** In a large bowl, mix together the water and yeast or starter until dissolved and creamy. Add the flour and salt and mix until all of the flour is absorbed and you have a sticky dough. Cover the bowl with plastic wrap and let rise in a dark place for 10 to 15 hours until the dough has doubled in size.
- 2** Generously flour a work surface and transfer the dough to it. Use a dough scraper to fold the dough in thirds, dusting with flour as you go, then cup the dough with both hands and rotate in a circular motion between your hands until you have a tight, round loaf. Dust the top of the dough generously with flour.
- 3** Place a linen couche in a colander, heavily dusted with flour. Place the loaf seam side up in the colander, then fold over the linen to cover. Let proof at room temperature for 30 minutes.
- 4** Place a Dutch oven with the lid on in the oven. Preheat the oven to 500°F for 30 minutes.
- 5** Remove the pot from the oven and take off the lid. Invert the loaf and place it in the pot seam side down. Shake to center it, but if it sticks to the side leave it. Cover and place in the oven.
- 6** Reduce the oven temperature to 450°F and bake for 40 minutes. At this point, you can remove the pot from the oven and take off the lid. If you like your loaf darker, return the uncovered pot to the oven for 5 minutes.
- 7** Lift the loaf out of the pot with oven mitts. Place on a wire rack to cool for 2 hours before slicing. Wrap the loaf in a clean cotton or linen kitchen towel for up to 3 days, or freeze in a sealed plastic bag for up to 1 month.

KEFIR IS A FERMENTED milk product similar to yogurt but with the consistency of a thinner liquid; it contains three times more healthful probiotics than regular yogurt. The beneficial yeasts in kefir will work slowly in the refrigerator overnight to leaven the batter, so this lovely coffee cake will have a deliciously light crumb. This recipe turned out great the first time I made it and has been perfect every time since. **MAKES ONE 9 × 13-INCH CAKE**

OVERNIGHT KEFIR COFFEE CAKE

FOR THE CAKE

2½ cups (300 g) all-purpose einkorn flour, plus more for dusting

2 teaspoons baking powder

½ teaspoon baking soda

½ teaspoon fine sea salt

10 tablespoons (140 g) unsalted butter, at room temperature, plus more for greasing the baking dish

½ cup (100 g) granulated sugar

½ cup (110 g) (packed) dark brown sugar

3 large eggs

½ teaspoon pure vanilla extract

1 cup (240 g) kefir

FOR THE CRUMB TOPPING

¾ cup (90 g) all-purpose einkorn flour

¼ cup (50 g) granulated sugar

¼ teaspoon fine sea salt

6 tablespoons (84 g) cold unsalted butter, cut into ¼-inch cubes

¼ teaspoon ground cinnamon

¼ teaspoon unsweetened cocoa powder

Powdered sugar, for dusting

- 1 MAKE THE CAKE:** Sift together the flour, baking powder, baking soda, and salt in a medium bowl.
- 2** In the bowl of a standing mixer fitted with the paddle attachment, cream the butter on medium-low speed for 2 to 3 minutes. Add the sugars and mix on medium-low for 1 to 2 minutes until the butter is fluffy and whipped. Add the eggs and vanilla and mix on medium-low until just combined, scraping down the sides and bottom of the bowl. Detach the bowl from the mixer.
- 3** Use a spatula to fold half of the flour mixture into the egg mixture. Fold in ½ cup of the kefir, then repeat with the remaining flour mixture and kefir until everything is just combined. (Do not overwork the batter.) Cover the bowl with plastic wrap and store in the refrigerator all night or up to 8 hours.
- 4** When you are ready to bake, butter and flour a 9 × 13-inch baking dish. Preheat the oven to 350°F.
- 5** Remove the batter from the refrigerator and spread it out into the prepared dish. Set aside.



- 6 MAKE THE TOPPING:** Mix together the flour, granulated sugar, and salt in a medium bowl. Cut the butter into the flour mixture with a pastry blender until the butter is completely incorporated into the flour in small chunks. The topping can be made at night and stored in the refrigerator with the cake batter.
- 7** Sprinkle half of the mixture on top of the cake. In a small bowl, combine the cinnamon and cocoa powder and sprinkle evenly over the topping. Sprinkle the remaining topping over the cinnamon and cocoa. Bake for 42 minutes until the middle springs back when pressed with your finger.
- 8** Let the cake sit in the pan for 1 hour until completely cooled. Dust with powdered sugar and serve.



THE REASON FOR USING melted butter instead of creamed butter in a cookie is to release the small amount of water in the butter into the flour quickly. This helps develop the flour's gluten and gives a chewier rather than crispy texture to the cookie. This technique works perfectly with einkorn flour, since the flour is slower to absorb fats, and the wonderfully soft texture of these ginger cookies is proof of that. The cookies come out of the oven really soft and although they might look underbaked, they set up perfectly after cooling. **MAKES 16 LARGE COOKIES**

SOFT & CHEWY GINGER COOKIES

2½ cups (300 g) all-purpose
einkorn flour
1 teaspoon baking soda
½ teaspoon fine sea salt
10 tablespoons (138 g)
unsalted butter, melted and
cooled slightly

½ cup (100 g) granulated
sugar, plus 3 tablespoons for
dusting
⅓ cup (73 g) (packed) dark
brown sugar
2 tablespoons unsulphured
molasses

2 teaspoons ground ginger
½ teaspoon ground cinnamon
1 large egg

- 1 Preheat the oven to 350°F.
- 2 In a medium bowl, stir together the flour, baking soda, and salt.
- 3 In a second bowl, stir together the butter, the ½ cup granulated sugar, the brown sugar, molasses, ginger, and cinnamon. Add the egg and whisk together until well combined. Add the flour mixture and mix with a spatula until the dry ingredients are no longer visible. Let stand for 15 minutes to give the flour time to absorb the wet ingredients.
- 4 Spread the remaining 3 tablespoons granulated sugar on a small plate. Roll 1½-inch (45 g) balls of dough between your hands and roll them in the sugar to dust completely.
- 5 Place the balls 2 inches apart on an ungreased baking sheet. Bake for 16 minutes until the cookies have spread and are barely firm to the touch. Let the cookies cool on the baking sheet for 10 minutes, then transfer to a rack to cool completely. The cookies can be stored in an airtight container for up to 3 days.

