



Einkorn: Recipes for Nature's Original Wheat

By Carla Bartolucci

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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.

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Editorial Review

Review

2016 Nominee for best Health & Special Diet Cookbook by the International Association Of Culinary Professionals. iacp.com/awards/cookbook/winners/

“Einkorn is hot, ancient though it be, and the grain world is abuzz in fact, fiction, and myth about it. Thank you, Carla Bartolucci, for giving us the real story, as well as dozens of fabulous recipes for great bread and more so that we can properly enjoy this beautiful, nutritious grain the way it was meant to be enjoyed. You have made the old new, all over again.”

—Peter Reinhart, author of *Bread Revolution*

“How deliciously exciting that einkorn wheat, the ancient grain of myth and legend, has been reborn—pristine and unhybridized—offering cooks a whole new range of tantalizing flavors and textures. Carla Bartolucci’s recipes using the whole grain and the flour are irresistible. Watch out quinoa!”

—Lorna Sass, award-winning author of *Whole Grains Every Day, Every Way* and *Whole Grains for Busy People*

"Carla Bartolucci delivers an absolutely beautiful array of stunning, approachable recipes using one of my favorite ancient grains. Her work brings einkorn back to its rightful place at the table of any whole foods kitchen. "

—Jennifer McGruther, author of *The Nourished Kitchen*

“For anyone curious about einkorn, the smallest of the ancient wheats, Carla’s book is an inspiration. She has embraced this marvelous grain with a passion and shows us how to best use it in cooking and in baking. From tabbouleh to pizza and pie, her recipes will make you swoon.”

—Maria Speck, author of *Simply Ancient Grains* and the award-winning *Ancient Grains for Modern Meals*

About the Author

CARLA BARTOLUCCI and her husband, Rodolfo, first started growing einkorn near their home in Northern Italy in 2009. With twenty years of experience in the organic food industry as owners of the Bionaturæ and Jovial brands, they work directly with a special group of farmers and are now the largest growers of einkorn wheat in the world. Carla and her family divide their time between Connecticut and Modena, Italy.

Users Review

From reader reviews:

Sharon Gaines:

Why don't make it to be your habit? Right now, try to ready your time to do the important behave, like looking for your favorite publication and reading a reserve. Beside you can solve your long lasting problem; you can add your knowledge by the e-book entitled Einkorn: Recipes for Nature's Original Wheat. Try to make book Einkorn: Recipes for Nature's Original Wheat as your friend. It means that it can to get your friend when you really feel alone and beside that course make you smarter than previously. Yeah, it is very fortunated for yourself. The book makes you far more confidence because you can know everything by the

book. So , let's make new experience as well as knowledge with this book.

James Alvarez:

A lot of people always spent their particular free time to vacation or perhaps go to the outside with them friends and family or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read a book. It is really fun for you. If you enjoy the book you read you can spent the whole day to reading a reserve. The book Einkorn: Recipes for Nature's Original Wheat it is quite good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. When you did not have enough space bringing this book you can buy the e-book. You can m0ore simply to read this book through your smart phone. The price is not to fund but this book possesses high quality.

Helen Williams:

Your reading sixth sense will not betray anyone, why because this Einkorn: Recipes for Nature's Original Wheat publication written by well-known writer who knows well how to make book which might be understand by anyone who all read the book. Written in good manner for you, leaking every ideas and creating skill only for eliminate your current hunger then you still uncertainty Einkorn: Recipes for Nature's Original Wheat as good book not only by the cover but also by content. This is one e-book that can break don't assess book by its include, so do you still needing one more sixth sense to pick this!? Oh come on your examining sixth sense already said so why you have to listening to one more sixth sense.

Willie Bergeron:

With this era which is the greater man or woman or who has ability in doing something more are more important than other. Do you want to become among it? It is just simple solution to have that. What you have to do is just spending your time almost no but quite enough to experience a look at some books. One of the books in the top checklist in your reading list is definitely Einkorn: Recipes for Nature's Original Wheat. This book that is certainly qualified as The Hungry Hillside can get you closer in getting precious person. By looking upward and review this publication you can get many advantages.

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