



Einkorn: Recipes for Nature's Original Wheat

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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