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# The Einkorn Cookbook: Discover The World's Purest And Most Ancient Form Of Wheat: Delicious Flavor - Nutrient-Rich - Easy To Digest - Non-Hybridized



## Synopsis

If you haven't heard of einkorn yet, get ready to get excited. Easy to digest, less likely to cause gut inflammation, tolerable for those with gluten sensitivity these are just a few reasons why the ancient grain known as einkorn is quickly becoming one of the most popular grains/flours on the market--not to mention its sweet flavor and silky texture. How does one prepare this ancient grain? Popular food bloggers, Tim and Shanna Mallon of Food Loves Writing, bring einkorn right to your table with this beautiful whole food cookbook that includes over 100 recipes, all featuring the world's most ancient grain. Recipes are broken into sections including breakfast, appetizers, breads, main dishes, and desserts, and include such hits as: Vegetable Quiche with an Einkorn Crust, Kale Salad with Einkorn Berries, Einkorn Cranberry Walnut Bread, Einkorn Cinnamon Buns, Acorn Squash and Caramelized Onion, Einkorn Salad, and Mexican Chocolate Einkorn Cookies. Get ready to embrace einkorn, not only for its health benefits, but its wonderful taste. Once you try *The Einkorn Cookbook*, you'll never go back.

## Book Information

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## Customer Reviews

**Kale and Cremini Vegetable Pot Pie** In this vegetarian spin on pot pie, a rich and hearty turmeric colored stew of vegetables and spices cooks beneath a flaky, buttery pie crust topping. Sliced and served in bowls or on plates, each sloppy piece is the definition of comfort food: hot, creamy, and delicious. **Ingredients** For the vegetable filling: 1 tablespoon (13 g) coconut oil 4 carrots, peeled and diced 1 large onion, peeled and diced 8 baby bella cremini mushrooms, sliced 1 teaspoon

coriander 1 teaspoon chili powder ½ ½ teaspoon turmeric powder 1 bunch of kale, roughly chopped 1 ½ ½ cups (12 ounces) vegetable or chicken stock Generous sea salt and black pepperto taste ½ ½ cup (120 ml) milk, plus more for brushing pie crust 2 tablespoons (16 g) all-purpose flour For the pie crust: Pie crust dough (page 156), rolled out onto floured surface Yield: 6 to 8 servings Directions Warm coconut oil in a 3- or 4-quart (3 or 4 L) stockpot over medium heat. Add diced carrots, onion, mushrooms, coriander, chili powder, and turmeric powder, and stir together to coat everything evenly with oil and spices. Let this mixture cook for 10 to 15 minutes, until onions are translucent. Add kale and toss to coat; cook until kale wilts and reduces dramatically in size. Add stock. Taste mixture and add salt and pepper to taste (amount will vary based on type and saltiness of stock). Remove pot from heat and add milk and flour. Preheat oven to 350° F (180° C, or gas mark 4). Pour vegetable mixture into a 9-inch (23 cm) pie plate (if you have excess leftover, it may be warmed on the stove and eaten as soup). Top with the prepared pie crust, forming and cutting it around the edges in order to fit the plate. Slash the top in the middle, to allow air to escape while the pie bakes. Brush the top of the dough with milk. Bake for 45 to 50 minutes, until crust is golden. Let cool slightly before slicing. Serve warm.

"The Einkorn Cookbook is beautifully written and photographed. I absolutely cannot wait to cook and eat the simple, nutritious, and delicious food that is found within these pages." - Winnie Abramson, N.D., founder, [healthygreenkitchen.com](http://healthygreenkitchen.com)"Shanna and Tim's recipes highlight the wonderful uses for einkorn through creative and approachable recipes. This book is great for anyone wanting to dive into using einkorn throughout all their meals!" - Erin Alderson, author of *The Homemade Flour Cookbook*

Shanna and Tim Mallon run <http://foodloveswriting.com>, a food blog that includes personal essays and recipes. They have been writing extensively about einkorn for the past year, and have been featured in *Bon Appetit*, *Travel and Leisure*, *The Kitchn*, *Food52*, *BlogHer Food*, and more. They live in Nashville, Tennessee. <http://www.foodloveswriting.com> Shanna and Tim Mallon run <http://foodloveswriting.com>, a food blog that includes personal essays and recipes. They have been writing extensively about einkorn for the past year, and have been featured in *Bon Appetit*, *Travel and Leisure*, *The Kitchn*, *Food52*, *BlogHer Food*, and more.<http://www.foodloveswriting.com>

It seems as if every time you buy something, you are bombarded with requests to complete an online survey or to review the product, and I dislike this so much that I almost never review products

I buy, even if I truly would like to recommend it to others. Well, after buying The Einkorn Cookbook, I have decided that I just have to mend my ways. I have followed Shanna Mallon's blog, Food Loves Writing, off and on for a few years. I first heard about einkorn flour on Food Loves Writing, and I really wanted to try it since I knew that my body was having reactions to modern wheat, but I just couldn't justify spending that much money on a bag of flour. It took another year for me to impulsively buy a bag of einkorn flour at Whole Foods. I justified it as a one-time extravagance to satisfy my curiosity. After baking with einkorn, I was completely blown away by the depth and complexity of flavor. Einkorn flour is incredibly delicious. I already knew that it was more nutritious and easier to digest, but the wonderful flavor is what really hooked me. I decided right then and there that I just could not cook with any other flour. I've only been cooking with einkorn for two months. It is somewhat trickier to cook with (at least for a newcomer like me) because the dough tends to be stickier. It was hard for me to convert regular flour recipes to einkorn flour. I really needed help. I decided to buy The Einkorn Cookbook, and I am so thankful that I did. It truly is a wonderful resource. I have only tried two recipes from the book and they were both easy and delicious. The Soft Sandwich Loaf was incredible. The combination of milk, coconut oil, and butter makes this such a moist and utterly delightful bread. This is now my go-to bread. If you only bake with a sourdough starter as I do, it's very easy to convert this recipe to a sourdough bread. The Sourdough Pizza Crust was also delicious. I am looking forward to trying the Basic Pasta Dough recipe, as my previous attempt at einkorn pasta ended in disaster. If you are using Einkorn flour, then The Einkorn Cookbook is a wonderful resource for you, and I highly recommend that you buy it. If you are not currently using Einkorn flour and know that your body is having negative reactions to modern wheat, then you really should buy a bag of einkorn flour (Tropical Traditions has the lowest price I've seen so far - \$5.75) and The Einkorn Cookbook. It will change the way you look at wheat forever.

I've been using Einkorn flour for several years and am pleased that there is now a book of great recipes. I do wonder if the Soft Bread Recipe on page 45 has a misprint for the amount of salt. It calls for 1 tablespoon of sea salt---bread is way too salty when finished. Should that be 1 teaspoon? The bread was great in every other way. I think I will use 1 tsp of salt next time and see what happens. Unfortunately I made 2 loaves this first try. Still love the cookbook!

Love this cookbook. All the recipes I've tried so far have been great. The one-bowl Butter Bread is really good and awesome toasted. Nice to have a cookbook just using Einkorn flour so you don't

have to experiment with the recipes. Would recommend this book to friends.

I have made several recipes and they have all turned out great. The Apple Dumplings are wonderful. The Pita Pockets and Currant Honey Scones, Yum! Yum! For anyone interested in Einkorn, a non-hybridized wheat, this cookbook is a must.

excellent book. I wish I had bought hard copy instead of Kindle for ease of use. This is a good cookbook and I have made several recipes. The pita bread is great and easy to make. The Einkorn wheat berries (I buy from Jovial here on ) are so good and the Mallons have recipes for them in this book.

I love this book! The recipes are easy to follow and very health-conscious. I just made the dinner rolls- my first time making bread ever!- and they came out so delicious they got eaten up right away. I'm so relieved I've found a healthier option than regular bleached processed bread!

The pictures entice you to want to get started right away and I did. My grandkids ate the cookies right away. We have several people who have gluten problems and this book is great for ideas.

Thanks

I love this cookbook! I really needed it specifically for the Einkorn flour/berries that I purchased as well. Why not take someone's expertise and research and use it to make perfect breads and products. This is the best!!

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