



## Einkorn: Recipes for Nature's Original Wheat

By Carla Bartolucci

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**Einkorn: Recipes for Nature's Original Wheat** By Carla Bartolucci

**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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## **Einkorn: Recipes for Nature's Original Wheat** By Carla Bartolucci Bibliography

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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/](http://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.

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