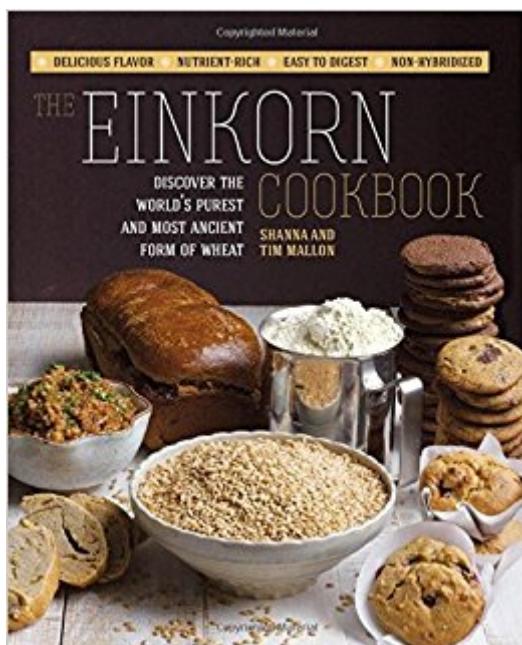


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The Einkorn Cookbook: Discover The World's Purest And Most Ancient Form Of Wheat: Delicious Flavor - Nutrient-Rich - Easy To Digest - Non-Hybridized



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 1/2 teaspoon turmeric powder 1 bunch of kale, roughly chopped 1 1/2 cups (12 ounces) vegetable or chicken stock Generous sea salt and black pepper to taste 1/2 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.

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