

*this beautiful farm life*  
**presents**

**MY 10 BEST TIPS  
FOR WORKING WITH  
EINKORN WHEAT**



*by Julie Michener*



*tip no. ONE*

**Use all-purpose einkorn flour one to one to replace regular all-purpose flour in cookies, muffins, pancakes, waffles and quick breads.**



Using all-purpose einkorn is very similar to regular all-purpose flour when it comes to baked goods that do not have to be shaped. It bakes up nicely with a nice texture and good lift as long as you have fresh baking powder/baking soda.

It also bakes up nice and light like regular all-purpose white flour so it works nicely in things like sugar cookies, pie crusts, shortbreads and any other light colored baked goods. But, you must be careful not to over bake as it will brown quickly.

Get the recipe for the Einkorn Pecan Pie Bars pictured above on my post [Why I Use Einkorn Wheat](#).

*tip no. TWO*

**Sift your packaged einkorn flour through a fine sieve or flour sifter before measuring.**



Just like with all flours, sifting packaged einkorn flour will give you a much more accurate measurement. Using compressed flour from a package will cause you to measure more flour into a recipe than is actually called for and will result in a drier crumb.

Sifting makes the einkorn flour much easier to mix into the other ingredients without lumps forming. This is especially important for einkorn flour because it is slower to absorb the liquids in the recipe than regular all-purpose flour and you can end up with dry flour clumps if not careful.

If you sift the leaveners for quick breads and cookies with the einkorn flour this ensures even distribution of the leavening agent and better lift.



### *tip no. THREE*

#### **Always measure fresh milled einkorn flour with a digital scale.**

Freshly milled einkorn wheat flour is very light and fluffy and will not measure the same as store bought whole grain einkorn flour that has been sifted. For this reason I recommend using a scale for measuring your flour instead of a dry measuring cup.

I use a digital scale and weigh my flours in grams for accuracy. If your recipe does not provide a weight you will have to use the following to calculate the weight of flour in your recipe.

1 cup sifted whole grain store flour = 113 grams

1 cup fresh milled einkorn whole grain flour = 83 grams



### *tip no. FOUR*

#### **When converting a conventional recipe for einkorn it may take more or less liquid than the recipe calls for.**

Because einkorn flours absorb liquids so slowly you will want to add them carefully. With quick breads, cookies, pancakes and such you can generally start with about 3/4 of the liquid called for in the recipe and add from there. With bread dough you may need more liquid than the original recipe. My tip....just add water slowly when converting a recipe until your dough is just a bit sticky.

Do NOT count the fat liquids like melted butter or other oils as part of the liquids...only the actual liquids like water and milk.

Once you have added the liquid and stirred the ingredients together let the batter rest a few minutes before adding more liquid so you can get an accurate idea of further liquid needs, if any.

Einkorn bread doughs will benefit from being wetter/stickier giving them a better texture. If the bread is too dry it will not rise properly...too wet and it will be hard to handle. There is a balance.

The secret to good einkorn bread is getting that balance right. If it feels right in your hands it will bake up dry in the middle because the einkorn absorbs water slowly and after several hours of proofing it will be dry. A wet sticky dough is to be expected for great bread.



## *tip no. FIVE*

**Einkorn bread dough, properly prepared, is essentially a no-knead dough.**



Properly prepared einkorn bread dough should be wet and sticky and not be at all like traditional bread dough. It will want to stick to your hands and the work surface. This is great because you can simply mix it with a stiff spoon and a bread kneading tool until all the flour is absorbed and there is no kneading! It is so quick to make you won't believe the wonderful crusty bread you get when you are done.

After you have added all your ingredients by hand, be sure to allow your bread dough to rest in the bowl (covered with a plate) for 15 minutes to absorb all the liquids in the recipe. Once that is done you will see the change in the dough and how it has softened as it absorbed all the liquids. It will still be sticky and wet if you try to work it with your hands.

Resist the urge to add flour!! If you are planning to shape the dough, just lightly dust your work surface and your hands with flour and work quickly to shape and form the dough using a minimum of flour. Using a dough scraper is a great help.

## *tip no. SIX*

**Einkorn bread dough often benefits from a procedure called 'turning the dough'**



gently stretch dough to 8"x10"

first 1/3rd fold

fold 2nd end over first

fold in half and rest in bowl

After you have let the bread dough rest and absorb all the liquids it may still seem quite rough and shaggy and have a unfinished quality to it. The rustic no-knead artisan loaf I make bakes up just fine like this. Other breads I make like ciabatta bread benefit from a technique called 'turning the dough'. This technique will greatly improve the feel of the dough, smooth it out and give it some form.

Simply turn the dough out of the bowl with a dough scraper onto a lightly floured work surface. With floured hands, gently stretch the dough into an oval by putting your fingers up under the dough and lifting gently and stretching from all sides. Do this until the dough is approximately 8" x 10".





after 1st turn & 15 min. rest

stretch to 8"x10" again

2nd folding of the dough

rest again, then turn again or  
leave to rise

Now simply fold the short edges in by 1/3, first one side, then the next until you have a rectangle of dough 3 layers thick. Gently fold the rectangle in half and quickly scoop it back off the counter and back into the bowl to rest for another 15 minutes.

Repeat this process two to three times until dough appears smoother and holds its shape better. You will notice a change with each turning. Now let the dough rise in the bowl until you are ready to shape and proof.

### *tip no. SEVEN*

**When using yeast in bread dough shorten your rise time by almost half over conventional flours.**

The old rule of 'let your dough rise until double in size' does not work for einkorn yeast bread, because the gluten in einkorn is much weaker. It is generally recommended that you let einkorn bread dough rise by half. Over risen dough will deflate in the oven so you would rather under-proof than over-proof. You want the dough to spring back when you press on it.

### *tip no. EIGHT*

**Use a Danish dough whisk to mix your einkorn bread dough.**



To make einkorn bread properly you will need a lot of moisture in the dough. This creates a very sticky dough that is difficult to mix with your hand or a spoon. I use a [Danish dough whisk](#) that has two wire loops and makes quick work of einkorn dough. And no sticky fingers!



*tip no. NINE*

**When grinding whole grain einkorn flour 1 cup of wheat berries makes 2 cups flour**



Have you ever wondered how much wheat to grind for a recipe and not have too much or too little? I have. This rule of 1 cup wheat makes 2 cups flour is pretty close with einkorn flour and helps you to know how much grain to start with. Remember, as I stated above, when grinding your own flour you may find that it is very light and fluffy and does not measure out well (it will weigh a lot less per cup). In this case it is always best to actually measure the flour using a digital scale when adding your flour to the recipe.

When grinding einkorn for a recipe, for highest nutritional value it is best to only mill what you know you will use in your recipe. It is also best to mill it right before you want to use it. Many studies have shown that nutrients in fresh milled whole grain flour diminish quickly and some experts even recommend using the flour within 15 minutes.

I use my electric [Nutri-mill](#) for grinding my einkorn flour. It is a bit loud, like all mills, so I keep it in the pantry, but it is fast and makes a great fine flour.

*tip no. TEN*

**To substitute whole grain einkorn flour for all-purpose einkorn flour you will need to increase the liquid**



Whole grain einkorn flour and all-purpose einkorn flour are not to be substituted cup for cup. Because whole grain flours absorb more liquids than all-purpose flours you will need to increase the amount of liquids. It is generally recommended to increase the liquids by about 5%.

Conversely, you can sometimes decrease the amount of whole grain flour by about 20 to 40 grams from the called for amount of all-purpose flour. In this case you would generally not need to increase the liquids.

*So there you have it!*

I hope you enjoyed this FREE Ebook of 'My 10 Best Tips for working with Einkorn Wheat!' Now go get some einkorn and bake up something yummy!

And don't forget to join me here at the farm each week as I share exciting new posts with you! Oh... and please let me know if there are other topics you would like to learn more about. Thanks for stopping by the farmhouse!

About the author:



Julie Michener is the founder of the blog: This Beautiful Farm Life. It is her desire to inspire you to live a beautiful life right where you are with farm fresh food, wholesome living and simple farmhouse beauty.

She is 'mom' to nine and 'grandma' to eight. She lives in south central Washington on a 70 acre fruit farm she and her husband own, called Bill's Berry Farm. She and her husband are still raising and schooling their six youngest children at home.