

LENTZ EMMER APPLESAUCE COFFEE CAKE

by Stephen Caudill (Baker Steve), Grain Artisan, Kettle Falls, Wash.
Winner of the Washington Wheat Growers Association Baking Award

Ingredients:

315 grams (~2 ½ cups) Emmer Flour
151.8 grams (~2/3 cup) Organic Sugar
15.8 grams (~1 tbsp + ¼ tsp) Baking Powder
2.8 grams (~1/2 tsp) Salt
87.3 grams (~1/2 cup) Cooking Oil
375.8 grams (~1 ½ cups) Applesauce
94.5 grams Flax gel
 18.9 grams (~3 tbsp) Golden Flax Meal
 75.6 grams (1/3 cup) water

Topping:

75 grams (~1/2 cup) Yellow “D” sugar (brown sugar)
35 grams (~1/3 cup) Walnut (meal)
100 grams (~1/4 cup) Earth Balance™ buttery spread

Preheat oven to 350° (convection oven 325°). Grease 9”x 9” cake pan.

For topping, combine walnuts and sugar in food processor and pulse until nuts are a coarse meal, add Earth Balance™.

Stir together Golden Flax Meal and water. Set aside to thicken for 10 minutes. Seed gel is an emulsifier and is used in place of eggs. Eggs can be used in this recipe with an equivalent weight. 94.5 grams of eggs would be 1 medium and 1 large egg.

Whisk together flour, sugar, baking powder, and salt.

Combine oil, applesauce and flax gel.

Fold Dry ingredients into the applesauce mixture.

Pour into prepared cake pan. Top with topping mixture.
Bake about 40 minutes (internal temperature of 200°).

Cool slightly and cut into 16 squares.

Note: Baker Steve advocates baking by weights rather than measuring cups to get consistent results. His recommendation for a source of kitchen scales is Oldwillknotscales.com

Baker’s Formula:

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|-------------------------|-------|
| Emmer Flour----- | 100 |
| Organic Sugar----- | 48.2 |
| Baking Powder ----- | 5 |
| Salt----- | 0.9 |
| Applesauce ----- | 119.3 |
| Oil ----- | 27.7 |
| Flax Gel ----- | 30 |
| [Golden Flax Meal]----- | [6] |
| [Water]----- | [24] |

A Baker’s Formula comes as close to a standardized product as is possible with land-race grains. The measurements are based on the amount of flour used in the recipe as the 100%. For example, in our recipe, we used 315g of flour. The Flax Gel is 30%, so 30% of 315g is 94.5g.