

LENTZ BLACK NILE BARLEY MUFFINS

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

Ingredients:

400 grams (~4 cups) Black Nile Barley Flour
60 grams (~1/4 cup) Organic Sugar
20 grams (1 tbsp + 1 tsp) Baking Powder
3.6 grams (~3/4 tsp) Salt
400 grams (~1 3/4 cup) Soy or Nut Milk
140 grams (~1/2 cup) Agave Nectar
80 grams (~1/3 cup) Cooking Oil
120 grams Flax gel
 24 grams (~4 tsp) Golden Flax Meal
 96 grams (~1/3 cup) water

Preheat oven to 350°. Grease standard muffin tins or line with muffin papers.

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. 120 grams of eggs would be 1 large egg plus 1 extra-large egg.

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

Combine milk, agave, oil, and flax gel.

Fold Dry ingredients into the milk mixture.

Using a #10 scoop (3/8 cup), fill prepared muffin tins.

Bake about 20 minutes (internal temperature of 200°).

Yield: 16 standard-size muffins

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:

Black Nile Barley Flour -----100
Organic Sugar----- 15
Baking Powder ----- 5
Salt-----0.9
Soy or Nut Milk-----100
Agave Nectar----- 35
Oil ----- 20
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 400g of flour. The oil is 20%, so 20% of 400g is 80g.

Courtesy of *Lentz Spelt Farms and Resurgent Grains*, www.resurgentgrains.com