

LENTZ CAMELINA MUFFINS

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

Ingredients:

400 grams Lentz Emmer Flour
100 grams Rye Flour
2.5 grams Thyme
7 grams Dry Instant Yeast
10 grams Salt
30 grams Camelina seed/meal
600 grams Water
5.5 grams Lemon Zest

Preheat oven to 350° (325° convection). Grease standard muffin tins or line with muffin papers.

Combine flours, camelina seed/meal and yeast with water; let rest (autolyse) for 20 minutes.

Add thyme, lemon zest and salt.

Using a #12 scoop (1/3 cup), fill prepared muffin tins. Proof for ~ 1 hour.

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

Yield: 12 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:

Emmer Flour-----	80
Rye Flour -----	20
Thyme-----	0.5
Dry Instant Yeast-----	1.4
Salt-----	0.02
Camelina seed/meal -----	7.5
Water-----	120
Lemon Zest-----	1.1

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 500g of total flours. The water is 120%, so 120% of 500g is 600g.