

LENTZ EINKORN MUFFINS

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

Ingredients:

500 grams Lentz Einkorn Flour
5 grams Dry instant yeast
10 grams Salt
40 grams Agave Nectar
450 grams Water
32.5 grams Oil

If using oil decrease water 32.5 grams Preheat oven to 350° (325° convection oven). Grease standard muffin tins or line with muffin papers.

Combine flour and dry instant yeast, set aside. Add agave nectar to most of the water; then mix together the flour and water mixture; let rest (autolyse) for 20 minutes, then add salt and the remaining water.

Using a #12 scoop (~1/4 cup), fill prepared muffin tins. Proof (let rise) for ~1 hour.

Bake about 20 minutes or until internal temperature is 200°.

Yield: 12 standard sized 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:

Einkorn Flour-----	100
Salt-----	2
Dry Instant Yeast -----	1
Agave Nectar-----	8
Water-----	90
Oil-----	6.5

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 500 grams of flour. The salt is 1%, so 1% of 500g is 5g.