

LENTZ EMMER HAWAIIAN SUNRISE MUFFINS

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) Lentz Emmer Farro Flour
110 grams (~½ cup) Organic Sugar
16 grams (~1 tbsp) Baking Powder
3 grams (~½ tsp) Salt
50 grams (~½ cup) Coconut (finely grated, unsweetened)
90 grams (~½ cup) Coconut Milk (cream from top)
3 grams (~½ tsp) Vanilla Extract
200 grams Banana (mashed) ~2 medium-sized bananas
262 grams (~1 cup) Pineapple Juice
125 grams Flax Gel
 25 grams (~4 tsp) Flax Meal
 100 grams (~½ cup) Water
57 grams (~½ cup) Macadamia Nuts (toasted pieces)

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

Stir together flax meal and water. Set aside to thicken for 10 minutes. Seed gel is an emulsifier and is used in place of eggs. Eggs may be used in this recipe with an equivalent weight. 125 grams of eggs would be about 2 extra large eggs.

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

Combine coconut milk, vanilla, banana, juice and flax gel.

Fold dry ingredients into the milk mixture. Fold in nuts.

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

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-----	100
Organic Sugar-----	35
Baking Powder-----	5
Salt-----	0.9
Coconut Milk-----	28.6
Vanilla Extract-----	1
Banana-----	63.5
Pineapple Juice-----	83.3
Flax Gel-----	39.7
[Flax Meal]-----	[8]
[Water]-----	[32]
Macadamia Nuts-----	18

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 315 grams of flour. The sugar is 35%, so 35% of 315g is 110g.