

LENTZ SPELT OR EMMER APPLE MUFFINS

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

Ingredients:

315 grams (~3 cups) Lentz Emmer Farro Flour
315 grams (~2 ½ cups) Lentz Spelt Farro Flour
110.2 grams (~½ cup) Sugar
15.7 grams (~1 tbsp) Baking Powder
2.8 grams (~½ tsp) Salt
1.3 grams (~¾ tsp) Cardamom Powder
2.2 grams (~1 ¼ tsp) Coriander
59.9 grams (~¼ cup) Oil
126 grams Flax Gel
 25.2 grams (~4 ¼ tsp) Flax Meal
 100.8 grams (~3 ½ oz) Water
349.7 grams (~11 oz) Apple Juice (for Emmer Flour)
299.3 grams (~9 ½ oz) Apple Juice (For Spelt Flour)
144.9 grams (~½ cup) diced apple (one small)
Yellow “D” sugar for topping(brown sugar)

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. 126 grams of eggs would be about 2 extra large eggs.

Whisk together flour, sugar, baking powder, salt, cardamom and coriander.
Combine oil, apple juice and flax gel.

Fold dry ingredients into the juice mixture. Fold in diced apple.

Using a #12 scoop (~¼ cup), fill prepared muffin tins. Sprinkle with Yellow “D” sugar.

Bake about 20 minutes (internal temperature of 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:

Emmer/Spelt Flour -----	100
Sugar -----	35
Baking Powder-----	5
Salt -----	0.9
Cardamom Powder -----	0.4
Coriander -----	0.7
Oil-----	19
Apple Juice (Emmer) -----	111
Apple Juice (Spelt)-----	95
Flax Gel -----	40
[Golden Flax Meal] -----	[8]
[Water] -----	[32]
Apple (small diced) -----	46

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 630 grams of flour. The sugar is 35%, so 35% of 630g is 220.5g.