

MARCH 2019; EMMER

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Emmerging from the Nile

Jamie Cohen

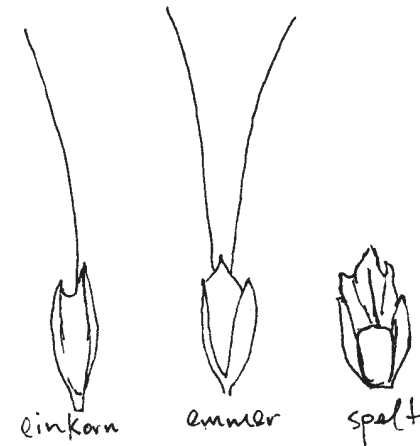
The flood patterns of the Nile River allowed for sophisticated agriculture in Ancient Egypt, which for a time relied heavily on the production of emmer wheat. Scientific name *Triticum dicoccum*, also known as *Olyra* in ancient Greek, and *Boti* or *Corn* in Demotic Egyptian, is native to the Mediterranean. This ancient cereal served various forms of economic importance in prehistoric Egypt through Graeco-Roman times.

Emmer wheat was used for payment, beer, porridge, and for baking loaves they called *Kyllestis*. In comparison to modern wheat, emmer has a much lower gluten content, which results in bread that more closely resembles pita or flatbread.

This flatbread was a dietary staple until the conquest by Alexander the Great in

332 B.C.E., and so began the next three centuries of Egypt under Greek rule. With the Greeks came Greek culture, customs, and of course: agriculture. As crops increased in variety, emmer decreased in use and value until its eventual replacement by Durum Wheat, which requires less labor to process.

Still much confusion and mystery surround the utilization and ultimate abandonment of emmer wheat in Ancient Egypt. Archaeologists often find it tricky to distinguish emmer from einkorn, its older sibling, and perhaps the term *corn* described several types of grain. Today, it's still widely eaten in Italy (where it's known as farro) and health nuts in the U.S. are using Ancient Grain branding to push it back into the spotlight.



Farro Emmergency

You might think emmer is an obscure grain you've maybe never tasted, until you realize it's also called farro. Here's the tricky thing: so are spelt and einkorn.

Let us explain.

Farro is an Italian term with three classifications: *farro piccolo* (little farro), *farro medio* (medium farro), and *farro grande* (big farro) – what we know as einkorn, emmer, and spelt respectively. If

you head to an Italian food shop to pick up farro, what you will most likely find is emmer, which is also known as 'true farro' in Italy. But since the Italians stuck them all under one umbrella, we got confused – U.S. products labeled 'Farro,' are sometimes actually spelt or einkorn.

Emmer is a German word dating back to the High Middle Ages, and the word we adopted here in the U.S. in the early 20th century. So, say you're using Google

Translate to get all this straight. From German to Italian, emmer translates to farro. But if you translate from Italian to German, farro translates to spelt. And from English to Italian, emmer translates to farro in Italian, but try the reverse and you get ‘spelled.’ That’s not even a grain!!

The (mostly) foolproof way to know what you’re buying is to look for the scientific name. The three grains are different species in the genus, *Triticum* (Latin for wheat), *Triticum monococcum* (Einkorn), *Triticum dicoccum* (Emmer) and *Triticum spelta* (Spelt).

All three are hulled wheats, meaning the grains are enclosed by glumes (husks) that must be pounded or milled after harvest (other wheats, like hard red and durum are free-threshing, which means the grains lose their hull in the combine).

And they are distinctly characterized grains, best suited for different purposes. Of the three, spelt has been most hybridized with modern wheats (no, we don’t mean GMO--just a simple cross-pollination in the fields), and so it has the most variety in its base baking properties. Some spelts are quite fragile and delicate, great for biscuits and scones, while others are hardy enough to use as a primary bread flour.

Einkorn has soft flavors, sweet and redolent of stone fruit that is particularly evident in its aroma when baked. It

remains the most prized of the farros by laymen, in part due to its scarcity and tentative reputation as ‘the oldest wheat’.

Emmer can be tricky to work with, but when milled finely and adequately hydrated makes a deceptively strong bread, pizza, or pasta base imbued with the sweet toasty flavor we love before it even hits the oven.

Opinion is divided at the bakery about which farro has the best appeal, but we deeply appreciate the agricultural adaptability that keep emmer and spelt high-yielding and lucrative for our farmer friends and affordable and plentiful for us!

Small Valley Milling

Joel Steigman, farmer at Small Valley Milling in Halifax, PA, is growing more emmer than usual this year. Come April, he’ll be planting a spring variety across 30 acres -- land that should have been sown with spelt last fall.

“Emmer is great for when we get a year like this,” Steigman says -- a year with particularly high rainfall, he means. Last October, most of his fields were too soggy to sow spelt; he usually grows 70 acres, but this year he was only able to plant about 40.

“If it’s too wet [in the fall], you let the ground open until spring and then you plant the emmer,” he says.

Steigman understands the value of a fall back plan – he and his wife, Elaine, have been farming for about 50 years. They raised conventional hay, corn and livestock until the late 1990s when Steigman decided to switch to organic farming practices and grow specialty grains.

He started growing Lucille organic emmer about 10 years ago, around the time demand in the U.S. for farro (and “ancient grains”) spiked. Since it’s grown in the spring, it strengthens his crop rotation and, in particularly wet years like 2018, he can plant it in place of spelt.

Emmer has lower average yields, which

is why it's more expensive than spelt (Small Valley's emmer is about double the price of their spelt). "We have to figure profit per acre," Steigman says.

He's hoping to get his emmer in the ground in April and harvest around the beginning of July, but there's always a chance things won't go according to plan.

*"When you're in agriculture,"
Steigman says,
"You're at the weather's mercy."*

We first encountered the Steigman's spelt and emmer, unknowingly, 5+ years ago in the form of Castle Valley Mill flour, and have since learned that they are one of the primary suppliers of these grains in the mid-Atlantic. The honeyed, grassy notes of the spelt allured us, and we found it easy to incorporate the flour into our repertoire. Emmer's deep, roasted nut and dark caramel notes were intoxicating, but the flour was beyond our skill level at the time. We were thrilled to rediscover it more recently, and to find that the Steigmans have been working diligently to make this wonderful grain more accessible.

Like all of their whole grains, their emmer arrives immaculately cleaned and packaged in vacuum-seal bags,

brimming with the plumpest, most beautiful kernels we've seen. It is this combination of quality product, commitment to service, and respect of proper storage and handling that have made Small Valley Milling our primary supplier of grains at Lost Bread Co.



White Rose Miso

Isaiah Billington & Sarah Conezio

We started making our emmer farro miso when we were first learning about miso fermentation. We didn't know that miso is almost always made from koji, grown on a grain like rice or barley, and soybeans. We were also unaware that most grains for miso production are highly polished -- the bran is removed so that the mold can grow freely, unimpeded by seed armor. We did know that we had a ton of whole grain emmer farro from Small Valley Milling, an organic grain outfit just north of Harrisburg.

Miso fermentation is the process of growing a specific mold on a grain (the previously mentioned koji), which creates enzymes that break down complex starches into sugar and proteins into amino acids. Those sugars and aminos

are responsible, respectively, for the sweet and umami flavors for which miso is prized. Since we didn't know, at the time, what we didn't know, we omitted the beans entirely. This left us with a miso concentrated fully on sweetness -- syrupy with a tawny caramel aroma from the bran.

Drop the miso into broth, just like you would with any white miso, or get creative! The chefs that order it from us currently use it folded into bread dough, whipped into butter to accompany bread, or incorporate it into any wet rub or glaze for roasting or broiling fish, squash, or carrots. We like to use it in dressings and sauces as well, to add depth of flavor to simple meals.

EMMER FARRO MISO NOODLES

Keep in mind this is the ultra basic version of this recipe, presented just to highlight the marriage of miso and butter, as well as miso's sauce-binding capabilities. There's no reason not to involve some chile flake, sage leaf, black pepper, good hard grating cheese, citrus or vinegar, or any other embellishments to tailor for your palate and occasion!

Makes two servings (for light eaters)

You'll Need:

8 oz. Short noodles (farfalle is ideal)	1 Bunch adult spinach, washed and rough chopped
1-2 Tablespoons butter	1-2 Tablespoons Emmer Farro Miso
1/4 Medium sweet onion, julienne	Salt & pepper to taste
8 Cremini mushrooms, cleaned and quartered	

In a large pot, boil water for the pasta. Preheat a 9" frying pan over medium low heat. If using dry (not fresh) pasta, the sauce should be ready for the noodles at the same time the noodles are ready for the sauce.

Drop the noodles in the pot of boiling water. Add 1 tablespoon butter, onions, and mushrooms into the frying pan. You don't have to disturb them too much, just shake the pan and turn everything over every two minutes or so. Continue to cook everything until the noodles are done to your satisfaction; strain them, but take care not to dry them thoroughly. The water that hides in the farfalle's folds is crucial to your next step.

Drop the dripping pasta into your frying pan, along with the spinach and miso.

After a few seconds you should have some serious steam, wilting the spinach. Start to shake the pan with vigor, flipping and folding its contents over back on themselves many times. The miso will emulsify the butter and pasta water; add a little more miso and/or butter here to taste. You may not need to salt at all if you put enough miso in. Once your sauce is a little creamy, you're done! Eat it!



Chris Wright

When the crew over at Lost Bread presented us with a bag of superfine whole grain emmer flour we quickly scrambled home and turned this into a silky dough for fresh pasta. We don't typically make whole grain pasta simply because most flour is not milled fine enough. The emmer flour that we were given was milled so incredibly fine that we felt obligated to use it without any further sifting or refining. This was a wise decision; the resulting pasta had incredible flavor as we conceded to eating bowls of it with little more than a light coating of olive oil and salt. What better way to enjoy the flavor of this ancient grain?

EMMER TAGLIATELLE

Makes four servings

You'll Need:

Gram scale (or measuring cups if you must)	A few small bowls for mise en place
Fork	Spray bottle filled w/ water
Bench scraper	Whole grain Emmer flour 300g, about 3 cups
Plastic wrap	Whole eggs 171g, 3 Large
Pasta rollers or rolling pin	
Sharp knife	

Pour emmer flour onto your work surface and make a well in the center using your fingers or the bottom of a measuring cup. Crack eggs into this well and carefully begin mixing with a fork. Your objective is to slowly incorporate the wall of

emmer flour into the eggs. Make an effort to keep the wall of flour intact to prevent the eggs from running all over your work surface.

The mixture will eventually thicken to

the point where your fork will no longer be useful. At this point switch to your bench scraper and start cutting in as you would when making a pie crust.

Continuously turn the flour and egg mixture onto itself while chopping with your bench scraper to encourage an even distribution of egg. When the flour and water mixture eventually forms an evenly shaggy consistency - ditch the tools and bring the dough together by hand. Knead for about 5 minutes, or until a smooth ball of dough forms. Use your spray bottle to introduce a tiny amount of moisture if and when you feel it's needed. Be sure there are no perceptible dry pieces of unhydrated dough throughout this process. If you find any, keep kneading.

Wrap the dough tightly in plastic wrap and rest at room temp for at least 1 hour. During this hour, prep the rest of your meal, clean your kitchen, watch some Netflix (you get the idea). Although you likely won't see much of a physical transformation, the flour in your dough will continue to hydrate (absorb moisture) and the gluten will relax after a long period of kneading. While you can roll this out immediately after kneading, the 1 hour rest will make the process much easier on you and the dough.

For long cut noodles (tagliatelle, pappardelle, fettuccine) roll the dough to the thickness of a dime. The sheets may need to air dry slightly before cutting. If this is the case, flip every 5 or

so minutes until the surface is no longer tacky. If left too long, the dough will easily crack when folded. At this point you can roll the sheet into a small bundle and cut noodles that measure 8mm in width. The noodles should be cooked in heavily salted boiling water for 2-4 minutes and sauced as desired.

WINTER TABBOULEH

Alex Bois

This dish lends itself well to substitutions, as long as you keep it full of good oil, fresh herbs, plenty of acid, and both juicy and crunchy veggies or fruits.

Serves two

You'll Need:

6oz Emmer "Bulgur"

2x Grapefruit

1x Lemon, juiced

1 Small onion, very finely diced

2-3 Assorted winter radishes, very thinly sliced

(Green Meat, Watermelon, Purple Daikon, Spanish Black are all tasty and beautiful varieties of winter radishes that work well)

1 Medium celery root, peeled & diced into ¼" cubes

1 Bunch cilantro, washed

½ Cup good oil of choice (great with either olive or sunflower)

1 Tablespoon emmer miso OR ¼ teaspoon salt

1/4 Cup chopped Sage

Using a microplane, zest 1 grapefruit into bowl. Add juice of 1 lemon. Drizzle in (while whisking) ¼ cup Good Oil and 1 tablespoon emmer miso OR ¼ tsp salt. Cut grapefruits in half and extract segments into bowl using knife. Squeeze out all juice remaining in grapefruits after extracting most of the flesh. Chill dressing/grapefruit segments in refrigerator.

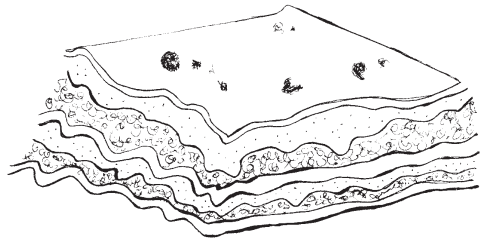
Toss cubed celery root with two tablespoons oil and a generous pinch of salt. Roast in 450°F oven until just soft, approximately 12 minutes.

Bring 2.4oz water to boil and add 1 heaping teaspoon salt. Add emmer "bulgur" and simmer for as little as 15 (for al dente texture) and up to 18 minutes. When cooked, strain and rinse

with cold water until grain is warm but not hot.

While emmer is still barely warm, combine with onion, radishes, celery root, grapefruit, and citrus/oil dressing in a large bowl and toss well to combine.

Rough-chop cilantro and add to tabbouleh to taste. Garnish with a glug of oil, more cilantro, coarsely cracked spices (coriander is nice), and flake salt. Serve chilled or at room temp.



JAMIE'S FAVORITE LASAGNA

Patrick Shafer

My family doesn't have any identifiable heritage more than "American" - our contributions to cultural potlucks were corn casserole and apple pie. So I apologize if you were hoping for a lasagna recipe passed down through generations of fat-wristed nonnas who fed sprawling families after Sunday mass.

Then again, "traditional" lasagna would be made with semolina-flour pasta. Semolina flour - a product of Durum wheat - makes a great noodle. Springy, chewy, and light. It's the Italian standard. (Literally. A 1967 law requires all Italian commercially-produced dried pasta to be made of semolina.) But the popularity of Durum wheat is owed to the nonna of all hard mediterranean wheats - Emmer wheat. Emmer was the grain of choice for thousands of years before selective breeding - or natural mutation - gave rise to the cultivation of Durum, which was preferred for its ease of processing and superiority in most practical uses. While the cultural use of Emmer has dramatically subsided, it's significance as a dietary staple of our ancestors - and thus, a crucial factor in the success of our species - cannot be overstated.

Makes four servings

For Mushroom Ragu:

170 g Firm mushrooms (portobello, cremini, button, shiitake, etc), washed and dried	395 g Whole tomatoes, peeled (good quality canned will work best in winter)
85 g Leek, finely chopped	113 g Vegetable broth
85 g Carrot, finely chopped	Olive oil
85 g Celery, finely chopped	Salt, black pepper, dried basil
30 g Garlic, finely chopped	
25 g Tomato paste	
85 g Dry white wine	

For Emmer Bechamel:

1 Bunch broccoli rabe
50 g Unsalted butter
35 g Emmer flour
700 g Whole milk
55 g Grated parmesan
Salt, black pepper, cayenne,
grated nutmeg

Also

220 g dried emmer lasagna noodles
Olive oil
Salt

TO MAKE THE MUSHROOM RAGU

Preheat oven to 410F. Cut mushrooms into large chunks. Cut apart the broccoli rabe at the base of the stems, resulting in long florets (Use the stems and leaves, too!). Add mushrooms and broccoli rabe to separate bowls. Toss both with two tablespoons olive oil and a generous dash of salt. Arrange on separate baking sheets and roast for 15 minutes. Remove from oven, toss, and return to oven for 10-15 minutes. Mushrooms should be crisp and golden brown, and broccoli rabe should be crispy and brown in some areas, but still vibrant green and tender. Remove both trays from oven and let cool. Finely chop mushrooms (to same size as leeks, carrots, and celery) and roughly chop broccoli rabe (to pieces about 1/2" in length). Keep broccoli rabe separate for later use.

Heat large saucepan with two tablespoons olive oil over medium-high heat. Add mushrooms, leek, carrot, celery, garlic, and dash of salt and pepper. Saute until softened, 6-8 minutes. Add tomato paste and cook, stirring constantly, until

paste darkens, 2-3 minutes. Add wine and basil to taste and cook, stirring constantly, until most liquid evaporates, 5-6 minutes. Add tomatoes and cook, stirring and crushing tomatoes with back of spoon until sauce thickens, 10-12 minutes. Stir in broth and bring to low simmer. Move pot to back burner over low heat and stir occasionally while preparing bechamel. Cook until very thick, 30-40 minutes, then remove from heat and cool.

TO MAKE THE EMMER BECHAMEL

Tips: Don't stop whisking! Try to scrape the bottom of the pan as you whisk, and be ready to set timers for each step. Preparation and technique will ensure you have a smooth, creamy sauce.

Melt butter in medium saucepan over medium heat. Add flour, salt, pepper, and cayenne and whisk constantly until flour darkens and is fragrant and nutty, 4-5 minutes. Whisking quickly, add milk and

increase heat to medium-high. Whisking steadily, cook until sauce thickens, 4-5 minutes. Reduce heat to medium-low and cook, whisking steadily, until sauce is smooth and coats the back of a spoon, 10-12 minutes. Remove from heat, whisk in parmesan and chopped broccoli rabe, taste and adjust seasoning. Transfer to bowl, press plastic wrap to surface, and allow to set at room temp for 30 minutes.

TO ASSEMBLE

Bring large pot of salted water to boil. Working in batches of 3-4, cook emmer pasta until just flexible, 2-3 minutes. Remove from pot and lay flat on drying sheet. Douse with Olive oil and loosely cover with parchment paper.

Preheat oven to 325°F. Oil a 8"x8" baking dish. 'Evenly spread 5 oz. bechamel over pasta. Evenly spread 5 oz. ragu over bechamel. Evenly spread 10 oz. ragu over bechamel. Cover with single layer of pasta. Repeat until you've used all noodles and sauce, finishing with a layer of bechamel. Cover dish with aluminum foil and place dish on baking sheet, then bake in center rack of oven for 1 hour. Raise heat to 425°F and move to top rack of oven for 15-20 minutes, or until top layer is brown and crispy. Remove from oven and allow to rest for 20 minutes.

Serve with fresh basil, pesto, and/or ricotta.

EMMER SHORTIES

Lex Miller

Ah, the miracle of shortbread! One of the simplest cookies to make, its tender but crumbly texture is great for dipping in coffee or, dare we say, tossed over ice cream. Although traditionally made with oat or white flour, we found emmer's toasty flavor brought our love of shortbread to a whole new level.

Two important tips for making great shortbread: all of your ingredients should be room temperature (between 60 and 70°F); do not over-mix the dough.

Makes about a dozen 3" square cookies

You'll Need:

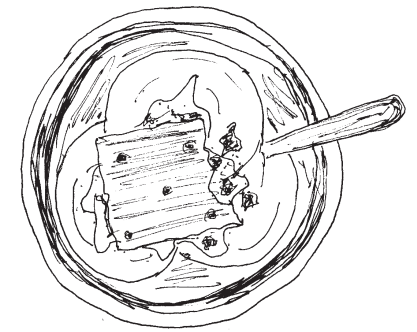
408 g. Butter (room temp.)
100 g. Sugar

510 g. Emmer flour
5 g. Salt

In an electric mixer with a paddle attachment, lightly cream butter and sugar together just until incorporated. Combine emmer flour and salt in a bowl. Add dry ingredients to the mixer in thirds, mixing just until combined. If there are any sandy bits at the bottom of the bowl, gently knead them into the dough by hand.

Roll out shortbread evenly on parchment paper, dock (prick) with a fork or a pastry docker, and either cut into shapes now, or you can bake the sheet as is and cut squares with a chef's knife immediately after baking. I like to freeze my shortbread for 20 minutes before baking to ensure less spreading. Bake at 300°F for 30 minutes and try to let cool completely before devouring.

Add-in ideas for a bit more oomph:
Lemon or Orange Zest, Toasted Pecans, Cinnamon, Allspice, or Nutmeg, Sea Salt sprinkled on top



Finire a tarallucci e vino

Sam DeGennaro



In English, we like to throw around the idiom of “breaking bread” with someone to preserve peace and maintain friendships. Generally, this seems like a universal concept. To invite someone to eat with you is a sign of trust, of amicable relationships.

The Italians have a similar phrase, with a more haughty implication. “*Finire a tarallucci e vino*”, or “*to finish with taralli and wine*,” refers to the power of good snacks and good booze to solidify relationships. After an argument with a friend or partner, one can literally and figuratively solve outstanding issues with some wine and taralli.

Luckily, I’ve never had to use them as a relationship salve, as most of the taralli I’ve made are already eaten within an hour of baking (*here’s looking at you, Lost Bread crew*), but I’ll be damned if they don’t make me feel like all is right with the world. We made them with emmer flour and added fennel seeds and black pepper, as is traditional. Whether solo or shared with your jilted lover, enjoy them with a glass of Puglian Negroamaro or an Aperol Spritz to get the full euphoric effect of *la dolce vita*.

Edited by Katherine Rapin, Cover Art by Kat Freeman

Tips & Recipes by the Lost Bread Team;
Allison Carafa, Sam DeGennaro, Lex Miller, Anna Rekowski, Sydney
Dempsey, Deb Bentzel, Alex Bois, Patrick Shafer
and our dedicated support staff

Lost Bread Co.
Grain Share Zine N^o 03
March 2019; Emmer

SHORTBREAD

Butter, sugar, emmer flour, salt

LASAGNA NOODLES

Emmer flour, egg yolk, salt, whole emmer

EMMER “BULGUR” (*TOASTED AND CRACKED GRAIN*)

Emmer

TARALLI

Emmer flour, all purpose flour, sunflower oil,
black pepper, fennel seed, mustard seed, salt

FLATBREAD

Wheat flour, emmer flour, malt, salt, yeast

VEGGIE GALLETE

Emmer flour, All purpose flour, butter, sour cream, cider
vinegar, kabocha squash, onion, lemons, sea salt, pumpkin
seeds, cardamom, cayenne, black pepper, maple syrup, mace,
canola oil, rosemary

FARRO MISO

Farro, water, salt, koji spore

MAPLE CANNELE

Milk, butter, sugar, maple syrup, egg yolks,
emmer flour, rum, salt