

Welcome to The Farmers Lamp: Sharing Old-Timey Wisdom For Today!



Modern Big AG wheat has many differences from the original wheat our ancestors ate. Einkorn is known as the original wheat and the only wheat that has never even been hybridized.

Over the last 20 years, Einkorn has been making a comeback across the world because of the epidemic numbers of gastrointestinal disorders in people. These numbers are attributed to more and more people no longer being able to digest the more complex gluten found in modern big AG wheat varieties.

Einkorn is a powerhouse of nutrition which is one of the reasons I fell in love with this ancient grain.

I love to introduce people to the pleasure and benefit of substituting this ancient grain in every recipe that uses flour.

Safe and Happy Journey,

Rhonda

[TheFarmersLamp](http://TheFarmersLamp.com)

Before You Get Started

First, you'll need to determine if you are going to be using the same type of flour the original recipe calls for. For instance, say your recipe calls for modern All-Purpose Flour, are you going to be using Einkorn All-Purpose Flour or Einkorn Whole Wheat Flour?

Once you've determined which Einkorn flour you'll be using, you can find it in the chart below.

Secondly, if your recipe calls for yeast or sourdough, you'll need different conversions which you'll find listed first.



Einkorn Conversion Chart

If the recipe calls for yeast or sourdough:

Modern All-Purpose Flour Substituting **Einkorn All-Purpose Flour:**

Reduce the amount of liquid by 20%

20% Water Reduction Examples:

1 Cup instead use 6.4 ounces (0.19L)

2 Cups instead use 13 ounces (0.38L)

3 Cups instead use 19.2 ounces or 2 $\frac{1}{4}$ Cups + 2 TBS (0.57L)

Modern Whole Wheat Flour Substituting **Einkorn Whole Wheat Flour:**

Reduce the amount of liquid by 20%

20% Water Reduction Examples:

1 Cup instead use 6.4 ounces (0.19L)

2 Cups instead use 13 ounces (0.38L)

3 Cups instead use 19.2 ounces or 2 $\frac{1}{4}$ cups + 2 TBS (0.57L)

Modern All-Purpose Flour Substituting **Einkorn Whole Wheat Flour:**

Reduce the amount of liquid by 20% AND reduce the amount of flour by 25%.

20% Water Reduction Examples:

1 Cup instead use 6.4 ounces (0.19L)

2 Cups instead use 13 ounces (0.38L)

3 Cups instead use 19.2 ounces or 2 $\frac{1}{4}$ cups + 2 TBS (0.57L)

25% Flour Reduction Examples:

1 Cup instead use $\frac{3}{4}$ cup (94 grams)

2 Cups instead use 1 $\frac{1}{2}$ Cups (188 grams)

3 Cups instead use 2 $\frac{1}{4}$ Cups (281 grams)

Modern Whole Wheat Flour Substituting **Einkorn All-Purpose Flour:**

Increase the amount of liquid by 20% AND increase the flour by 25%.

20% Water Increase Examples:

1 Cup instead use 1 $\frac{1}{4}$ - 2 TBS (0.29L)

2 Cups instead use 2 $\frac{1}{4}$ cups (0.57L)

3 Cups instead use 3 $\frac{1}{2}$ cups + 2 TBS (0.86L)

25% Flour Increase Examples:

1 Cup instead use 1 $\frac{1}{4}$ Cup (156.44 grams)

2 Cups instead use 2 $\frac{1}{2}$ cups (312.89 grams)

Pro Tips:

1. Add $\frac{1}{4}$ tsp of powdered ginger to the yeast mixture. This will not affect the taste, but it will help with the expansion of the dough keeping your bread from becoming too dense, giving it a lighter fluffier texture.
2. Add salt and yeast on opposite sides of the bowl. Salt can retard yeast growth if touching before you add liquid. So keep them separate until you're ready to add the liquid and combine ingredients.

For Non-Yeast/Non-Sourdough Recipes:

Modern All-Purpose Flour Substituting **Einkorn All-Purpose Flour:**

1:1 Substitution
1 Cup For 1 Cup

Modern Whole Wheat Flour Substituting **Einkorn Whole Wheat Flour:**

1:1 Substitution
1 Cup For 1 Cup

Modern All-Purpose Flour Substituting **Einkorn Whole Wheat Flour:**

Reduce the flour amount by 25%.

1 Cup instead use $\frac{3}{4}$ Cup (94 grams)
2 Cups instead use 1 $\frac{1}{2}$ Cups (188 grams)
3 Cups instead use 2 $\frac{1}{4}$ Cups (281 grams)

Modern Whole Wheat Flour Substituting **Einkorn All-Purpose Flour:**

Increase the flour amount by 25%.

1 Cup instead use 1 $\frac{1}{4}$ Cup (156.44 grams)
2 Cups instead use 2 $\frac{1}{2}$ cups (313 grams)