

BREAD OF HAUTE PROVENCE EINKORN

Mix 4 kgs of flour of Haute Provence Einkorn, two packets of Baker's Yeast, 1 teaspoonful of fine sea salt with 2 litres of warm water.

Knead by hand and leave to rise, in a warm place, for 1 hour. Knock back and leave to rise again; shape into loaves and place in bread tins

Cook in oven at 200-250°. Cook 10 minutes in the bread tins, then turn out onto a baking sheet for 10 minutes. During the cooking time put a bowl of water in the corner of the oven.

PANCAKES

Prepare a batter with 200 grms of flour of Haute Provence Einkorn, 2 whole eggs, 0.50 litre mineral water or beer (or a mixture of milk and water), and 1 tablespoon of olive oil. The batter should be fluid. Leave it to rest for half an hour; if it is too thick when you start to cook the pancakes add more liquid.

Cook the pancakes in clarified butter in a small thick bottomed frying pan. Serve with a variety of fillings, sweet or savoury.

The pancakes can be kept warm, before being filled, covered in foil, in a very low oven at 50°.

HAUTE PROVENCE EINKORN WITH MILK

Bring to the boil 0.5 litres water, throw 100 grms of washed grains of Haute Provence Einkorn into the pan let it boil for five minutes

Bring 0.7 litre of milk to the boil with a split vanilla pod or a teaspoon of vanilla essence. Drain the grains thoroughly and put them into the milk.

Let them simmer on a low heat for 45 minutes, stirring occasionally to prevent sticking. Add 50grms sugar, cook for a further 15 minutes, and then cool. Once the grains are cool, add one egg yolk; mix well without crushing the grains.

Put into a serving dish and serve cold.

HAUTE PROVENCE EINKORN



THE RECIPES

Rediscover a cereal of grand quality, grown in the traditional way in respect of the environment.

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FIRST COURSE

A SOUPE OF HAUTE PROVENCE EINKORN

In a big saucepan put a piece of leg of lamb weighing about one kilo. Cover with 2 or 3 litres water, place over a low heat and bring slowly to the boil, skimming from time to time with a big spoon. Add one onion stuck with 2 cloves, a big clove of garlic, a leek, a stick of celery, 2 carrots and 1 turnip, all cut into small squares, 2 big pinches of salt, plus four "handfuls" of Haute Provence Einkorn. Let this simmer slowly for about three hours.

A CREAM SOUP OF HAUTE PROVENCE EINKORN

In a big, thick-bottomed saucepan, brown gently in olive oil or sunflower oil a big soup spoonful of Haute Provence Einkorn flour for each person. Thin with cold-water one litre for four people, and bring to the boil, stirring all the time. Allow to cook gently for about 5 minutes, remove from the heat and add a big lump of butter, a handful of finely chopped herbs (parsley, basil, celery leaves and leek), a big clove of garlic, crushed, salt and pepper to taste, and reheat gently to serve.

GALETTES OF HAUTE PROVENCE EINKORN

Place 200 grms of Haute Provence Einkorn, roughly crushed, in a bowl and fill with enough cold water to reach 3 cm higher than the grain.

Leave to soak for 2 to 5 hours. Drain.

Add one carrot grated, one leek cut into thin strips, one onion chopped, one egg beaten, a handful of aromatic herbs, pinch salt, and if necessary more vegetables to make a smooth paste.

Well grease a metal baking sheet and put spoonfuls of the mixture, smoothed into the shape of escalopes (not too big) and cook in a moderate oven till brown, turning over to colour both sides.

MAIN COURSE

THE COOKING OF HAUTE PROVENCE EINKORN

Allow 50 grms per person. Throw into a pan of cold salted water, add some pepper, bring to the boil and simmer for 20 to 35 minutes, depending on the grain, till 'al dente' tender. Take it off the heat and allow swelling for about ten minutes in the water. Drain very well, and use as accompaniments to meat or fish, or use in a salad.

All recipes for rice are well adapted for use with Haute Provence Einkorn (Paella, stuffed vegetables, risotto) etc.

POULET AU PETIT ÉPEAUTRE

In a big casserole fry several lardoons of fat smoked bacon, a handful of little onions (or two big onions sliced finely) in unsalted butter or oil, or chicken fat, add 2 carrots and 1 leek cut into fine julienne strips. Once golden, remove from casserole, add the chicken cut up into pieces and cook till golden, add 3 glasses of Haute Provence Einkorn and continue to fry, adding the lardoons and vegetables stir well and add 7 glasses of water, salt pepper and a 'bouquet garni' (a small bunch of persil, thyme, and a bay leaf tied together with fine string). Bring to the boil and allow simmering gently on a low heat for about 1 hour. Once tender, correct the seasoning and serve very hot.

RISOTTO DE PETIT ÉPEAUTRE

In a very big thick bottomed saucepan fry together in oil 2 chopped onions and 400 grms of Haute Provence Einkorn. Add 1 kg of ripe tomatoes, peeled, seeded and chopped, 1.5 litres water, salt, pepper and a bunch of flavouring herbs (parsley, thyme and laurel, tied with fine string). Cook for about 30 minutes on a low heat, then add 100 grms lardoons of fat bacon, 3 carrots, 1 big leek and 2 big garlic cloves, all cut into small cubes. Leave to simmer for about 1 more hour, stirring from time to time to prevent the mixture sticking to the pan.