

## Recipes and notes on the Rutgers Snyder Farm grain tasting (8/29/18)

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Thanks to all of you who stopped by the tent—and many thanks to Small Valley Milling for donating the ancient wheat kernels for the tasting and to Bobolink Bakery for providing the baguette loaves at a wholesale price. Dr. Joseph Heckman of Rutgers, who works with me on grains research at Snyder Farm, also donated to help purchase supplies for the tasting—thanks, Joe!

(Also, and I hate to even mention this, if you enjoyed the tasting and information provided by OGRIN, maybe consider a small donation while you are on the website. Like many small not-for-profits, OGRIN has modest resources and a multitude of expenses to get its work done.)

### Recipes

#### Blueberry buckwheat bundt cake



(Note: Buckwheat is one of the most sustainable crops we can grow in the Northeast. Every time you eat locally grown buckwheat, you are striking a blow for regional food security—not to mention truth, justice, and the American Way! Plus, buckwheat has great health benefits—it is gluten free and a good source of fiber, minerals, and antioxidants. Studies have shown that it may lower blood sugar and improve heart health. Moreover, bees love it—and we need those bees!)

You can find the recipe I use here:

<http://orangette.net/2006/07/the-leftovers-business> at Molly Wizenberg's blog. But I am worried that that posting may disappear so I have recreated the recipe below with some notes/suggested changes based on my experience.

Dry

1 cup buckwheat flour (check out Farmer Ground Flour [listed in sources below] for this ingredient)

1 cup all-purpose flour

$\frac{3}{4}$  cup brown sugar (I think dark is best for appearance)

4 tsp baking powder

$\frac{1}{2}$  tsp salt (I use  $\frac{1}{4}$  tsp)

$\frac{1}{2}$  tsp orange zest--optional (I've never used this, but it could be good.)

Wet

2 large eggs

2 cups buttermilk

6 tbs unsalted butter, melted and cooled

$\frac{1}{4}$  cup honey

$\frac{1}{2}$  tsp vanilla extract

1 cup fresh blueberries (I find that previously frozen, thawed blueberries work well.)

Preheat oven to 375. Grease a standard-size bundt pan and set aside.

Combine (I also sift together) the flours, brown sugar, salt, and baking powder (and orange zest if using). In a separate bowl, whisk the eggs, then add the buttermilk, butter, honey and vanilla, whisking to mix well. (The butter and honey may harden a bit when added to the cold buttermilk, but vigorous whisking takes care of this—or set out the eggs and buttermilk to warm up before starting the recipe). Pour the wet ingredients into the dry and stir to just combine. Do not overmix. Pour 1/3 of the batter into the bundt cake, top with ½ the blueberries. Pour in another 1/3 of the batter and top with remaining blueberries. Then add the remaining batter. Bake for 25-30 minutes until the cake rises and pulls away from the edges of the pan. (In my experience, the cake often takes 30-40 minutes. I always insert a thin knife or toothpick to test for doneness.) Cool for 10-15 minutes before upending on a wire rack. This cake often tastes best after 24 or more hours.

### Rye berry salad

(Note: Rye grows superbly in our region. It is planted in the fall and grows good roots and top growth that over fall, winter and early spring 1) protect the soil from erosion and 2) suck up nutrients that might otherwise end up polluting our drinking water—so another great grain to eat to sustain the world!)

You can find the recipe I used here:

<https://www.serious-eats.com/recipes/2014/02/carrot-rye-berry-salad-celery-cilantro-marcona-almond.html>

Some notes from my experience:

- Check out Small Valley Milling for rye berries (listed under sources below)
- Other grain berries, such as wheat, barley, einkorn, emmer, and spelt can be substituted.
- The recipe calls for 1.5 cups of rye berries, but for a lighter salad, you may want to reduce to 1.25 or even 1 cup.
- Rinse the berries under running water in a colander before cooking—this is a good idea with any grain you buy.
- Whenever I have cooked rye, it takes much longer than the 30 minutes mentioned in the recipe—often 45 minutes or more. To reduce cooking time, soak overnight in water.
- I used whatever salt and almonds I had on hand.
- In my version, I increased the mustard, balsamic vinegar, lemon juice, and cilantro in relation to the olive oil, but you can vary this to suit your taste.
- Parsley would work instead of cilantro as well.

### Heritage Red Fife and modern Glenn wheat baguettes



These were the two breads in the blind tasting. They are both available from Bobolink Dairy and Bakehouse (see source list below). I like to include this comparison in a blind tasting to show that 1) both heritage and modern wheat varieties can make excellent bread and 2) people differ in their preferences. In this tasting, out of 101 completed questionnaires, 56 preferred the Red Fife, while 42 preferred the Glenn.

### Amish einkorn bread

For those of you who loved this bread, I have encouraging news: The Beiler family, in conjunction with a local bakery, is looking to make this bread more widely available. Please email me ([edyck@ogrin.org](mailto:edyck@ogrin.org)) if you'd like to get information on how you can buy this bread.

### Einkorn, spelt, and emmer berries



These were the three ancient wheats in the blind cooked grain tasting (P=emmer, K=einkorn, and T=Spelt). Tasters' preferences were almost equally split among the three grains. Almost a third of the tasters liked all three grains enough to buy them.

These grains are cooked as you would brown rice (2:1 water to grain ratio). Also, be sure to rinse the grain first under running water.

You'll need to keep testing the grain for the desired texture. I like my grains to be a bit crunchy. Bearing that in mind, approximate cooking times (after bringing to a boil) for me are ~20-25 minutes for einkorn and ~45-50 minutes for emmer and spelt. If you soak the grain overnight, the cooking times will be reduced. The grains you tasted were from Small Valley Milling. Flours made from these grains are available at Small Valley Milling, Beiler's Heritage Acres, Castle Valley Mill, and Farmer Ground Flour. See the sources list below.

#### **Sources of local and regional grains and grain products**

Bobolink Dairy and Bakehouse, Milford, NJ: Breads and baked goods.

<http://www.cowsoutside.com>

Morganics Family Farm, Hillsborough, NJ: Organic oatmeal and other grains and pulses.

<http://morganicsfamilyfarm.com>

River Valley Community Grains: Flour from grains grown and milled in Northwestern, NJ.

<https://www.rivervalleycommunitygrains.com>

Brick Farm Market, Hopewell, NJ: Breads.

<https://www.brickfarmmarket.com>

LoRe Pasta, Monmouth Junction, NJ: Pasta made from ancient wheats.

<https://www.lorepasta.com>

Beiler's Heritage Acres, Kinzers (Lancaster County), PA: Grains and flours.

717-768-7159

Castle Valley Mill, Doylestown, PA: Grains, flours, and meals.  
<http://castlevalleymill.com>

Small Valley Milling, Halifax, PA: Grains, flours, snacks.  
<http://smallvalleymilling.com>

Farmer Ground Flour, Trumansburg, NY: Flours and meals (retail locations in NJ).  
<http://www.farmergroundflour.com>