

Einkorn Malt Flatbread growseed.org



Ingredients - Malted Einkorn sourdough, barley malt, maple syrup, raisins, vanilla, sea salt

As gluten allergies and digestive problems burgeon, people are exploring alternatives to the modern diet, especially modern bread and insipid brews. Discover the rich, full bodied flavor of sprouted grain malt breads and brew wild-crafted herb brews. Our ***Einkorn Malt Flatbread*** can be enjoyed as a delicious flatbread, or used as a malt ingredient to brew beer or ale that echoes the first beers in ancient Mesopotamia and the Caucasus Mountains. Our flatbread is baked at 95 F to preserve the vital enzymes.

The first breads were sprouted grain breads. Sprouting grains is a forgotten art from the dawn of agriculture that is being rediscovered today. Early farmers ate grain, lots of it, however they did not eat it as raw milled flour. Not only were the first breads sprouted breads, but sprouted sourdough bread taste incredibly delicious. Why Sprout? Raw grains contains phytic acid that bind nutrients. Sprouting activates enzymes that transform the starch into rich sweetness, and neutralize the phytic acid so that nutrients are bio-available, easier for humans to digest.

Directions to Make Herbal Ale Gruit

Crumble ***Einkorn Malt Flatbread*** into a bowl of pure water. Simmer for an hour and half. It takes malt enzymes an hour to fully convert all the starch into sugar. Keep the temperature above 130F. When cool, filter through a sieve into a squeaky clean pot. Add herbs that you like such as tumeric, ginger and lemon balm, or dandelion, nettle, mugwort, cacao nibs, etc. Simmer another hour. When cool filter into a sterile glass jar. Like sourdough no inoculant is required since it ferments on its own. To enhance fermentation, add 'wine or beer yeast'¹ inoculant. Oatmeal stout yeast is lovely². Cover with cloth. Place in a shady, fresh-airy room to ferment. In hot summer weather let slow-ferment in the fridge. Taste until it reaches the level of tangy fermentation that you like. Refrigerate. Enjoy.

¹ https://www.amazon.com/Lalvin-EC-1118-Wine-Yeast-Pack/dp/B0BG3G246K/ref=sr_1_5?crd=290J2MXRAAS2L&keywords=sweet+wine+yeast&qid=1687829548&rdc=1&srefix=sweet+wine+yeast%2Caps%2C121&sr=8-5

² <https://wyeastlab.com/style/oatmeal-stout>