

Hi there! I'm Victoria



Einkorn flour is nothing new – in fact, it's the original grain! It has more protein and less gluten than modern wheat, which makes it suitable for many with gluten sensitivities.

Our family was gluten free for over 15 years before we found einkorn – and we haven't looked back since!

But because of the differences between einkorn flour and modern wheat it can be difficult to translate modern wheat recipes for use with einkorn flour.

It's been my mission for the last 6 years to master cooking and baking with einkorn flour – and I share that mission on A Modern Homestead.

I've created this resource for you so that you can skip the trial and error phases I've gone through, and just go right into baking amazing einkorn products for your family!

This cheat sheet will help you learn the tips and tricks I've developed over the last 6 years of working exclusively with einkorn flour!

Let's get started.

- Victoria

Einkorn Conversion Cheatsheet

First, determine if you are using the same process type of flour as the original recipe: *All purpose (AP)* or *whole wheat (WW)*?

For example, if the recipe called for All Purpose modern wheat, and you are using All Purpose einkorn, then you would follow the first set of directions to convert the recipe.

Once you know what you're dealing with, follow the relevant set of directions to convert the recipe.

Recipe is AP and you are using AP

Does the recipe contain yeast or sourdough?

NO: Substitute 1:1 einkorn for the amount of modern wheat called for in the recipe.

YES: Reduce the amount of liquid by 20%

AND

Add ¼ tsp of powdered ginger to the yeast mixture*

Recipe is WW and you're using WW

Does the recipe contain yeast or sourdough?

NO: Substitute 1:1 einkorn for the amount of modern wheat called for in the recipe.

YES: Reduce the amount of liquid by 20%

AND

Add ¼ tsp of powdered ginger to the yeast mixture*

Recipe is AP and you are using WW

Does the recipe contain yeast or sourdough?

NO: Reduce the flour amount by 25%. So, for every 1 cup of flour called for, use ¾ cup instead. *ie: 3 cups of AP flour is called for, use 2 ¼ WW einkorn*

YES: Reduce the amount of liquid by 20%

AND

Reduce the flour by 25% as outlined above

AND

Add ¼ tsp of powdered ginger to the yeast mixture*

Recipe is WW and you are using AP

Does the recipe contain yeast or sourdough?

NO: Increase the flour amount by 25%. So, for every 1 cup of flour called for, use 1 ¼ cup instead. *ie: 2 cups of WW flour is called for, use 2 ½ cups AP einkorn*

YES: Increase the amount of liquid by 20%

AND

Increase the flour by 25% as outlined above

AND

Add ¼ tsp of powdered ginger to the yeast mixture*

**This will help the einkorn rise higher and will create a lighter finished product, instead of something super dense.*

Note: The ginger addition will not cause a ginger taste in the finished product.