



KAYLA HOWARD'S

Einkorn Sourdough 101

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Celiac disease is a legitimate medical condition. Anyone with known wheat allergies should consult with their doctor before trying any variety of wheat. Einkorn and other forms of ancient wheat do contain gluten, and are not suitable for those with celiac disease. Please consult with your medical health care provider before ingesting these products if you have a known gluten allergy.





Sourdough

HISTORY

THE STORY OF
BREAD IS IN MANY
WAYS, THE STORY
OF HUMANKIND.

Cultures all around the
world have their version of
“our daily bread.”.



**WHETHER YOU
CALL YOUR
STARTER
LEVAIN, DESUM,
BARM OR
SOURDOUGH, IT
IS WILD YEAST
AND THE OLDEST
WAY TO MAKE
LEAVENED
BREAD.**



Yeast

WILD YEAST LIVES ON PLANTS,
FRUITS AND GRAINS.

Action

**YEAST AND
BACTERIA FEED ON
SUGARS.**





Bacteria

THERE ARE MANY
STRAINS OF BACTERIA
THAT ADD FLAVOR TO
YOUR BREAD.

Einkorn

EINKORN IS AN
ANCIENT HEIRLOOM
GRAIN THAT HAS
REMAINED
UNTOUCHED BY
HYBRIDIZATION.





Chromosomes

**WHEAT TODAY HAS
A TOTAL OF 42
CHROMOSOMES,
WHILE EINKORN
WHEAT ONLY HAS 14**

GUT HEALTH



**EINKORN'S NATURAL
GENETIC CODE AND
LOWER LEVELS OF
GLUTEN MAKE IT A
SUPERIOR CHOICE
BECAUSE OF THE
COMPATIBILITY
WITH THE HUMAN
BODY**

3 REASONS WHY MODERN WHEAT CONTRIBUTES TO A MIRIAD OF HEALTH ISSUES:

1. It contains a SUPER STARCH - amylopectin A that is super fattening.
2. It contains a form of SUPER GLUTEN that is super-inflammatory.
3. It contains forms of a SUPER DRUG that is super-addictive and makes you crave and eat more.





Is all gluten bad?

THERE IS A BIG
DIFFERENCE BETWEEN
GLUTENS

Organic vs Conventional

WE'VE ONLY SCRATCHED
THE SURFACE...

Basic Rules for Sourdough Starters

- Ideally use organic wheat, especially when just getting started.
- Adding a small amount of sprouted einkorn flour would help your starter grow more quickly.
- You can start your starter with raisin water (organic raisins) to add that extra wild yeast... remember the “bloom” on fruit?
- The wild yeast and bacteria prefer cooler temperatures, (65 degrees is ideal). Warmer temperatures encourage other more acetic and less flavorful bacteria.
- Thicker starters encourage more of the sweeter lactic acids. In general, lactic acid-producing organisms prefer drier sponges and acetic acid (sour) producers like wetter, looser, more oxygen-rich sponges.
- By day 3 your sponge should double in size.
- Always double your starter when you feed it. However big it is, that’s how much you must feed it to keep it healthy.
- Do NOT feed your starter more than every 24 hours; it needs time to use most of the new food first. As with people, overfeeding makes it sluggish.
- Must be refreshed at least 3 days before you plan to start making bread.
- You can put it in the fridge or freezer at any point. Just plan to spend at least 3 days refreshing it if you do. It can take less time, but might take a full three days. You can keep it in either place for several months.

Starter day 1

3 TABLESPOONS WARM WATER
½ CUP EINKORN FLOUR

MIX IN A CLEAN MASON JAR

ALLOW TO REST FOR 48 HOURS



Day 3 -Add to your starter:
2 Tablespoons Water
1/2 Einkorn Flour

Day 4
Discard 1/2 of starter, then
add:
2 Tablespoons Water
1/2 Einkorn Flour

Day 5 - Refreshing Your Starter

PEOPLE ALWAYS ASK,
"HOW WILL I KNOW WHEN MY STARTER IS READY?"

ONCE YOU SEE YOUR STARTER BUBBLING IN 6-10
HOURS, THEN IT IS READY FOR BAKING.

CONTINUE DISCARDING FEEDING AS IN DAY 4 UNTIL IT
IS STRONG AND BUBBLY.

Once you have a strong starter,
stop discarding half your starter
and just double it for a day or two.

i.e. Add 1/2 flour, then the next
day, add 1 cup flour. Add enough
water to make a thick paste.

Once you have 2 cups of starter,
you are ready to bake.



Sourdough Levain



1 CUP STARTER
1 CUP EINKORN FLOUR
WATER TO MAKE STIFF DOUGH

MIX ALL INGREDIENTS,
KNEADING THE DOUGH
BRIEFLY.

LEAVE ON THE COUNTER
OVERNIGHT, OR FOR 8-10
HOURS.

SOURDOUGH LOAF

2 Cups Water

All Levain

2 Teaspoons Sea Salt

5+ Cups Einkorn Flour

Mix ingredients, adding flour as needed until a stiff dough forms.

Place in a floured bowl and allow to rise for 15 minutes.

Remove from the bowl and fold the dough. Replace it in the bowl and repeat this process 4 times.



SHAPE & BAKE

Once the dough swells and begins to rise, about 3-hours, divide it into two equal peices.

Shape these into loaves of your choice. Allow to rise until doubled, about 2-4 more hours.

Bake loaves according to size, then enjoy!

A NOTE ABOUT LOAVES

There are many ways to shape and bake a loaf. Regular shaped loaves can be placed in loaf pans and baked at 350 degrees for 30-35 minutes.

You can also make a round boule loaf by shaping the dough into rounds before rising. To bake these, place cast iron dutch ovens with lids on in a hot, 450 degree, oven. Once your dough is fully risen, place them in the hot dutch ovens with lids on and bake 30 minutes. This makes a more rustic chewy crusted loaf.



ADDITIONS

We love adding things to our sourdough bread. Chopped Jalapeno's and small cheddar cheese chunks added during kneading are delicious! Or, try kneading raisins into your dough, then rolling a light layer of cinnamon and sugar in when shaping your loaf.

EINKORN FLOUR SOURCES

Young Living
1237004

Jovial Foods

Local Health
Food Stores



Thank you!

LET ME KNOW HOW YOUR
EINKORN BREAD TURNED OUT!