

# Spelt

## Spelt

A sensational bread cookbook devoted to the grain-of-the-moment—spelt—written by an expert in this wholesome, delicious, and versatile ingredient. Spelt is becoming the go-to grain due to its nutritional benefits. The Romans called spelt their “Marching Grain” because of its high energy content. It is generally higher in protein, easier to digest, and has a much broader spectrum of nutrients than our modern inbred wheat. What’s more, it contains plant lignans, which are thought to help prevent various diseases and ailments, including bowel cancer, heart disease, and asthma. Once widely grown in Europe, and used in the Bronze Age, spelt is a versatile grain, as well as being super-healthy. Flick through the book and you’ll find delicious recipes for pearly spelt—which is perfect for Beet, Goat Cheese, Hazelnut and Dill Salad, for example—or Moroccan-spiced Lamb “Speltotto”. Try delicious, light breads with a sweet and nutty flavor, an upside-down Summer Raspberry Cake and Spelt Cookies that will turn out like a dream, or even a fantastic Farmhouse Granola with low GI/slow release carbs. Spelt is a bundle of good things in one simple grain—and here you’ll find a variety of mouth-watering ways to enjoy it.

## The Spelt Cookbook

The story of spelt goes back over 9,000 years, but only recently has this marvelous little grain’s unique nutlike taste been rediscovered. Spelt makes the perfect ingredient for breads, cakes, cereals, side dishes—and it is a gluten-free, nutrient-rich alternative to wheat. In *The Spelt Cookbook*, Helga Hughes shares an exciting collection of over 175 easy-to-prepare recipes that marry the rich taste of golden spelt with a variety of fresh and flavorful ingredients, including Old-World Buttermilk Waffles, White Bean Chili with Elbows, and Hazelnut Granola. Whether you are looking for a wheat alternative, or simply want to mix up your mealtime routine, *The Spelt Cookbook* is the only guide you’ll need to the delicious world of spelt cookery.

## Emmer and Spelt

*Spelt-Dreams* is a combined cookery and baking book, whose hand-picked and delicious recipes are divided into the following subgroups: - Breads and Bread Rolls - Dumplings, Spaetzle (Swabian Noodles) - Main Meals - hearty and sweet - from remaining dumplings or spaetzle - with spelt flour - with spelt breadcrumbs - with spelt semolina - Cakes and Pies - Cookies and Biscuits Since self-made things take up time, it often makes sense to make a larger amount of bread or rolls or spaetzle at the same time. As an alternative to freezing, the remaining quantities can be planned sensibly and tasty from the outset. For example, you can use leftover, home-baked spelt rolls to make delicious bread dumplings. Leftover bread dumplings can be transformed into particularly tasty main dishes, such as roasted dumplings or sour dumplings. The same applies to homemade spelt spaetzle, which not only make a great roast side dish, but also cut a particularly good figure as cheese spaetzle with a side salad. For all those who like southern German or Austrian specialties. With many delicious recipes from the Alpine region. Of course, there are also delicious examples of sweet main meals, such as spelt semolina porridge and many other sweet delicacies such as cookies, biscuits, cakes and tarts. Everything prepared with spelt flour or spelt semolina - just spelt dreams! All ingredients are converted into cups or teaspoons etc. The baking temperature is shown in 3 different ways: in °F top/bottom heat as well as in °C top/bottom heat or in °C convection.

## Spelt-Dreams

Spelt is nutritious and healthy. Let yourself be inspired by many simple recipes for a diet with this valuable grain. Do something good for yourself and your body.

## How I cook with spelt

The Spelt Bakers Pan Loaves is a book containing 8 pan loaves that were made at Vancouver's Original Spelt Bakery with a 12 step process for making each one of these types of breads.

## Spelt Bread - Pan Loaves

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## St. Nicholas

The history of Egypt from the earliest times till the conquest by the Arabs A.D. 640

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