

Kamut: An ancient grain that's enjoying a modern comeback

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[Kamut](#) is a type of wheat characterized by its larger kernels (twice the size of normal wheat) and nutty sweet, almost buttery grain flavor. Though still an underrated and underused grain, it's known as the "high-energy wheat" because it packs a delicious protein punch with impressive levels of healthy fatty acids.

Though the grains are now seeded and scattered all over the U.S., their history shows that the existence of the glanced-over grain is sort of a miracle.

The story dates back to a time following WWII, when a U.S. airman was said to have taken a handful of the grains from a stone box (some say tomb) near Dashare, Egypt. The small handful was then brought to the States, where the airman handed the grains off to a friend who then mailed them off to his father, a wheat farmer in Montana.

The grains were planted and harvested to be shown off at a local fair. From then on, the grain kernels were rumored to be a novelty from an Egyptian tomb; thus Kamut acquired the name "King Tut's Wheat." The grain was later revived to stay in 1977 by T. Mack Quinn and his son Bob, who named the kernels "Kamut," Egyptian for wheat.

Kamut flour is now used to bake denser breads, crackers, and pastries. But I personally love the kernels as a filling topping for tossed salads or a texture and protein addition to [soups and stews](#).



We used Kamut [in place of AP flour] to bake buttery cookies in three variations. — photo by Gina Yu