

Kansas Wheat Commission



Recipes 2004

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Pictured on front cover: (clockwise from upper left) White Wheat Crescents, Rye Bread, Pumpkin Bread Bowls, Italian Cheese Braid, Sunrise Serenade Coffee Cake, Vienna Party Rolls, Wildcat Swirl Bread.

Vienna Party Rolls

Larry Davis, Cottonwood Falls, Adult Division Champion

3 1/2 - 4 cups bread flour
2 tablespoons sugar
2 1/4 teaspoons salt
1 tablespoon active dry yeast
1 cup low-fat milk
4 tablespoons unsalted butter
2 eggs
2 egg yolks

Topping:

1 egg yolk
1 tablespoon milk
Poppy seeds
Sesame seeds

In mixer bowl, with dough hook, combine 3 1/2 cups flour, sugar, salt and yeast. Warm milk and butter to 120°F. Gradually add milk mixture to dry ingredients; beat 2 minutes, scraping bowl. Beat in eggs and yolks. Gradually add enough of the remaining flour to make a soft dough. Knead dough 8 minutes.

Remove dough and knead by hand until smooth and elastic, about 6 minutes. Place dough in lightly oiled bowl; turn to coat top and cover. Let rise in 80°F place until double. Punch dough down. Cover; let rest 10 minutes.

Divide dough into 19 equal pieces. (Use a kitchen scale for uniform rolls.) Shape into rolls and arrange in a greased 9-inch round cake pan. Cover; let rise until double.

For topping, beat together egg yolk and milk; brush over rolls. Sprinkle with poppy and sesame seeds, alternating seeds on each roll.

Bake in preheated 350°F oven 25-28 minutes. Remove rolls from pan and cool on rack. Makes 19 rolls.

Note: Vegetable oil may be substituted for butter, and honey may be substituted for sugar.

Nutritional analysis: One roll provides approximately 163 calories, 6 g protein, 24 g carbohydrates, 5 g fat (2 g saturated), 63 mg cholesterol, 1 g fiber, 66 mcg folate, 2 mg iron, 291 mg sodium.

Pumpkin Bread Bowls

Paula Webb, Wichita, Adult Division Runner-up

- 1/2 cup low-fat milk
- 1/2 cup water
- 2 tablespoons margarine
- 1/4 cup sugar
- 1 teaspoon salt
- 1 package active dry yeast
- 1/4 cup lukewarm water (110° -115°F)
- 1 cup pumpkin puree, fresh or canned
- 2 1/2 cups white whole wheat flour
- 2 - 2 1/2 cups bread flour

Heat milk, water, margarine, sugar and salt until margarine is melted. Cool to lukewarm.

In mixer bowl, dissolve yeast in lukewarm water. Stir in milk mixture, pumpkin and whole wheat flour; beat 3 minutes on medium speed. Mix in enough remaining bread flour to make a soft dough. Knead dough 10-12 minutes or until smooth and elastic.

Place in greased bowl; turn to coat top. Cover; let rise until double. Punch dough down.

Divide dough into 6 equal portions. Cover; let rest 10 minutes. Shape into round rolls and place on greased baking sheet. Use kitchen scissors to clip around top of roll for a cutting guide. Cover; let rise until double.

Bake in preheated 400°F oven 18-20 minutes or until done. Tent with foil last 5 minutes to prevent over-browning. Remove from oven and cool on rack. To make bowl, cut off the top and hollow out the center. Serve soup in the bowl and use the removed bread for breadcrumbs.

Makes 6 bread bowls.

Tip: Bowls can also be used to hold dip for fruit and vegetables.

Nutritional analysis: One whole bread bowl before center is removed provides approximately 482 calories, 15 g protein, 95 g carbohydrates, 6 g fat (1 g saturated), 1 mg cholesterol, 9 g fiber, 120 mcg folate, 6 mg iron, 447 mg sodium.

100% Whole Wheat Bread

Annette Van Blaricum, Pratt, Adult Division Honorable Mention

- 8 1/2 - 9 cups whole wheat flour
- 2 tablespoons vital wheat gluten
- 2 packages active dry or fast-acting yeast
- 1 1/2 cups low-fat milk
- 1 1/2 cups water
- 1/2 cup honey
- 2 1/2 teaspoons salt
- 6 tablespoons margarine or butter

In a large mixing bowl, combine 3 cups flour, gluten and undissolved yeast.

Combine milk, water, honey, salt and margarine; heat until 120°F. Gradually add mixture to the dry ingredients; beat 2 minutes, scraping bowl.

Add 1/2 cup flour; beat 2 minutes, scraping bowl. Cover; let set 20 minutes. Stir in enough additional flour to make a sticky dough. Turn dough out on a floured board. Cover; let rest 10 minutes.

Knead dough until smooth and elastic, 10-12 minutes. Place in greased bowl and turn once. Cover; let rise in warm 80°F place until double.

Punch down dough. Divide dough in half. Cover; let rest 10 minutes. Shape into loaves. Place in two greased 8 x 4-inch loaf pans. Cover, let rise in warm 90°F place until double.

Bake in preheated 375°F oven 40-45 minutes; cover with foil the last 15 minutes to prevent over-browning. Remove from pans; cool on rack.

Makes 2 loaves or 32 slices.

Nutritional analysis: One slice provides approximately 157 calories, 5 g protein, 30 g carbohydrates, 3 g fat (1 g saturated), 1 mg cholesterol, 4 g fiber, 21 mcg folate, 1 mg iron, 215 mg sodium.

Wheat Classes and Products

Hard Red Winter (HRW) is an important bread wheat which accounts for almost forty percent of the U.S. wheat crop and wheat exports. Grown in all Kansas counties, HRW makes up about 94% of the wheat grown in Kansas. HRW has a moderately high protein content, usually averaging 11-12%, and good milling and baking characteristics. HRW is used for yeast breads and rolls. Kansas is responsible for producing 40% of U.S. Hard Red Winter wheat.

Soft Red Winter (SRW) is a high yielding wheat, but relatively low in protein, usually about 10%. SRW is used for cakes, pastries, flat breads, crackers and snack foods. Soft Red Winter, which makes up about 1% of Kansas' wheat production, is grown in the eastern part of the state.

Hard White (HW) is the newest class of wheat to be grown in the United States. It is used for yeast breads, hard rolls, tortillas and noodles. Currently, HW is used primarily in domestic markets with limited quantities being exported. It is anticipated that exports of this class will increase. Hard White wheat production makes up about 5% of Kansas' wheat crop. This new class of wheat is grown in the western and central parts of Kansas.

Hard Red Spring (HRS), an important bread wheat, maintains the highest protein content, usually 13-14%, in addition to good milling and baking characteristics. Hard Red Spring is grown in the north central United States.

Soft White (SW) is a preferred wheat for flat breads, cakes, pastries, crackers and noodles. Soft white is a low protein wheat, usually about 10%. SW is grown primarily in the Pacific Northwest.

Durum, the hardest of all U.S. wheats, provides semolina for spaghetti, macaroni and other pasta products. This spring-seeded wheat is grown primarily in the same northern areas as Hard Red Spring, while smaller winter-sown quantities are grown in Arizona and California.

Italian Cheese Braid

Jason Smelser, Oskaloosa, Youth Division Champion

- $\frac{3}{4}$ cup lukewarm water (110°-115°F)
- 1 $\frac{3}{4}$ teaspoons active dry yeast
- 2 tablespoons sugar
- 1 egg, beaten
- 3 - 3 $\frac{1}{4}$ cups bread flour
- $\frac{1}{2}$ cup small curd cottage cheese
- $\frac{1}{2}$ cup grated dried three cheeses*
- 1 tablespoon butter
- 1 teaspoon dried Italian seasoning
- $\frac{1}{2}$ teaspoon dried basil leaves
- $\frac{1}{2}$ teaspoon garlic powder
- 1 teaspoon dried minced onion
- 1 $\frac{1}{2}$ teaspoons salt

Topping:

- 1 egg beaten
- 1 - 2 tablespoons Parmesan cheese
- * Parmesan, Romano and Asiago Cheeses (Kraft) or Grated Parmesan Romano Cheese

In mixer bowl, combine water, yeast and sugar. Add egg, 1 cup flour, cottage cheese, dried cheeses and butter; beat 2 minutes. Combine seasonings and add to mixture. Gradually add enough of the remaining flour to make a soft dough.

Knead dough 10-12 minutes or until soft and elastic. Place in greased bowl; turn to coat top. Cover with a warm, damp cloth. Let rise until double.

Punch dough down. Divide into thirds and shape into balls; cover. Let rest 10 minutes. Roll each piece into a 20-inch rope. Braid loosely and pinch ends of ropes together and tuck the sealed portion under the braid. Place on greased baking sheet. Spray loaf lightly with water; cover with plastic wrap. Let rise until double. Brush braid with beaten egg; sprinkle with Parmesan cheese.

Bake in preheated 350°F oven 28-30 minutes, turning baking sheet several times. Cover with foil last 10 minutes to prevent over-browning. Bake until golden and done. Remove from pan and cool on rack. Makes 1 braid, 16 slices.

Nutritional analysis: One slice provides approximately 153 calories, 7 g protein, 22 g carbohydrates, 4 g fat (2 g saturated), 36 mg cholesterol, 1 g fiber, 57 mcg folate, 1 mg iron, 335 mg sodium.

Whole Grain Loaf

Kyla Clawson, Satanta, Youth Division Runner-up

- 1 package active dry yeast
- $\frac{1}{2}$ cup lukewarm water (110-115°F)
- $\frac{1}{2}$ cup small curd cottage cheese
- $\frac{1}{4}$ cup honey
- 1 egg
- $\frac{1}{4}$ cup quick-cooking oats
- 1 $\frac{1}{2}$ tablespoons wheat gluten
- $\frac{1}{2}$ cup rye flour
- 1 cup white whole wheat flour
- 1 teaspoon salt
- 2 tablespoons vegetable oil
- $\frac{1}{4}$ cup toasted wheat germ
- $\frac{1}{2}$ - $\frac{3}{4}$ cup bread flour

Topping:

- 1 slightly beaten egg white
- 2 tablespoons water
- 1 $\frac{1}{2}$ teaspoons sesame seeds

In mixer bowl, dissolve yeast in water. Add cottage cheese, honey, egg, oats, gluten, rye flour and whole wheat flour; beat 2 minutes. Cover; let rest 30 minutes.

Stir in salt, oil, wheat germ and enough bread flour to form a sticky dough. Knead dough 12-14 minutes.

Place dough in lightly oiled bowl; turn once. Cover; let rise in 80°F place until double. Punch dough down. Cover; let rise again until double. Punch dough down. Cover; let rest 10 minutes.

To shape, roll dough into a 12 x 8-inch rectangle. Roll up tightly, starting with narrow edge. Seal with fingertips as you roll. Press down on ends; fold ends under loaf and seal. Place seam-side down in a greased 8 x 4-inch loaf pan. Cover; let rise in 90°F place until double.

Brush loaf with mixture of beaten egg white and water; sprinkle with sesame seeds. Bake in preheated 350°F oven 25-30 minutes. Cover with foil to avoid over-browning. Remove from pan; cool on rack. Makes 1 loaf, 16 slices.

Nutritional analysis: One slice provides approximately 122 calories, 5 g protein, 20 g carbohydrates, 3 g fat (1 g saturated), 14 mg cholesterol, 2 g fiber, 29 mcg folate, 1 mg iron, 180 mg sodium.

Buttermilk Wheat Bread

Danielle Lutt, Council Grove, Youth Division Honorable Mention

- 1 package active dry yeast
- 1/2 cup lukewarm water (110°-115°F)
- 1/4 cup honey
- 1 cup buttermilk
- 1/4 teaspoon soda
- 1 teaspoon salt
- 2 tablespoons margarine
- 2 1/2 cups whole wheat flour
- 1 tablespoon gluten
- 1/2 cup toasted wheat germ
- 1 cup bread flour

Dissolve yeast in lukewarm water. Add 1 teaspoon honey; set aside. Heat buttermilk to lukewarm (110°-115°F). In mixer bowl, add buttermilk, soda, salt, remaining honey and margarine. Beat in one cup of whole wheat flour and gluten; mix 2 minutes.

Add the wheat germ and dissolved yeast. Beat in the remaining whole wheat flour; mix 2 minutes on medium speed, scraping bowl. Gradually add enough bread flour to make a slightly sticky dough.

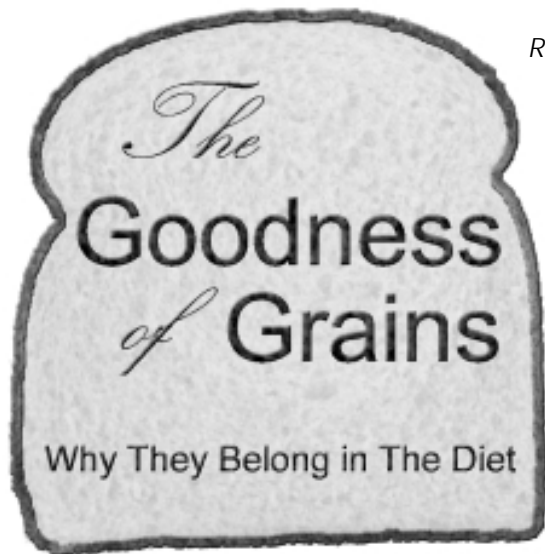
Knead dough 12 minutes or until smooth and elastic. Place in a greased bowl; turn to coat top. Cover; let rise in an 80°F place until double. Punch dough down. Cover; let rest 10 minutes.

Shape into loaf; place into greased 9 x 5-inch pan. Cover, let rise in a warm 90°F place until double.

Bake in preheated 375°F oven 30-35 minutes or until done. Tent loaf with foil the last 10 minutes to prevent over-browning. Remove from pan and cool on rack.

Makes 1 loaf, 16 slices.

Nutritional analysis: One slice provides approximately 145 calories, 5 g protein, 27 g carbohydrates, 2 g fat (1 g saturated), 1 mg cholesterol, 3 g fiber, 43 mcg folate, 2 mg iron, 200 mg sodium.



Research shows carbohydrates promote weight loss and weight management, and contribute to health at various life stages.

Contrary to the fad-diet hype, carbohydrates are essential for a healthy diet and for managing your waistline — and science proves it.

We've got it — the truth, the whole (grain) truth, and nothing but the truth ... see for yourself:

TRUTH #1: You don't have to pass up the bread or pasta to lose weight.

A recently released USDA study showed participants on high-carbohydrate diets consumed 300 fewer calories per day than those on very low-carbohydrate diets. The study, based on food intake data from 10,014 adults across the United States, also showed adults who ate high-carbohydrate diets were more likely to be in the normal weight range, with the lowest average body-mass index.

TRUTH #2: A diet of low-fat, high-carbohydrate foods can help contribute to weight loss.

According to research, strategies identified that contributed to weight-loss successes included eating a low-fat, high-carbohydrate diet; monitoring food intake and body weight; and maintaining high levels of physical activity.

TRUTH #3: Fad diets come and go, but good nutrition is here to stay.

The American Heart Association's (AHA) Nutrition Committee released a scientific advisory warning against the use of high-protein diets for weight loss. For sustained weight loss and long-term cardiovascular health, the AHA recommends a daily dietary balance of about 15 percent of calories from protein, 30 percent from fat, and 55 percent from carbohydrates — combined with regular exercise (such as 30 minutes of brisk walking each day).

TRUTH #4: Grains help combat birth defects.

Did you know enriched grains help keep people healthy even before birth? Folic acid (an essential B vitamin found in grain foods) helps prevent birth defects. In fact, birth defects have decreased 23 percent since grain-food fortification of folic acid was mandated by the U.S. government in 1998. Enriched grains contain more than twice as much folic acid as whole grains. Expectant moms should know what's best for a healthy baby — eat those grains! Other potential benefits of folate include preventing heart disease and cancer, and helping to improve memory.

TRUTH #5: Grains are good for you. Period.

Grains — both whole and enriched — possess healthful qualities during weight loss and beyond. Grains are an important source of complex carbohydrates, the best choice for fueling muscles and brains while promoting good health. Whole-grain foods provide a great source of fiber and antioxidants, such as vitamin E, which may help reduce heart disease and some cancers, along with helping lower blood cholesterol. Additionally, enriched grains also contain iron (to guard against iron-deficiency anemia) and other B vitamins such as thiamin, niacin, and riboflavin, and folic acid (helping to fight against birth defects and, potentially, coronary heart disease).

So, don't forget — incorporating those six to 11 servings of grain foods in your daily diet can assist in shedding those unwanted pounds, as well as help maintain your overall good health.

— Excerpted from "The Goodness of Grains: Why They Belong in The Diet," published by the Wheat Foods Council.

Wildcat Swirl Bread

Stetson Honig, Hugoton, Youth Division Artistic Award

- 1 1/2 cups water (80°F)
- 2 tablespoons vegetable oil
- 2 tablespoons sugar
- 2 teaspoons salt
- 2 tablespoons dry milk
- 4 cups bread flour
- 1 1/2 teaspoons active dry yeast
- 2 teaspoons violet paste food coloring*

*Wilton Icing Colors: Violet Concentrated Paste

To prepare white dough: Add first seven ingredients to bread machine pan. (Do not add food coloring.) Use DOUGH cycle. Check dough after 5 minutes. If it is too dry, add 1/2 - 1 tablespoon water; if too wet, add 1 tablespoon of flour at a time. When cycle is completed, place dough in a sealable plastic bag sprayed with nonstick cooking spray. Refrigerate dough.

To prepare purple dough: Add violet food coloring to the 1 1/2 cups water. Stir until dissolved. Continue recipe as above.

Remove white dough from refrigerator 30 minutes before purple dough is completed.

Divide both white and purple dough in half. Roll white dough into two 16 x 8-inch rectangles. Roll purple dough into two 14 x 6-inch rectangles. Place one purple rectangle on top of one white rectangle. Roll up tightly; seal with fingertips as you roll. Pinch seam and ends under loaf.

Repeat to make second loaf.

Place loaves, seam-side down, in two greased 9 x 5-inch loaf pans. Cover; let rise until double in warm 90°F place. Optional: for a shiny crust, beat 1 whole egg and 1 tablespoon water together and brush on loaves.

Bake in preheated 350°F oven 35-40 minutes or until done. Tent top of loaves with foil last 5 minutes to prevent over-browning. Remove from pans; cool on rack. Makes 2 loaves, 32 slices.

Nutritional analysis: One slice provides approximately 148 calories, 5 g protein, 27 g carbohydrates, 2 g fat (0 g saturated), 0 mg cholesterol, 1 g fiber, 62 mcg folate, 2 mg iron, 296 mg sodium.

Rye Bread

Kay Shanks, Manhattan, Senior Division Champion

- 3 cups bread flour
- 1 tablespoon vital wheat gluten, optional
- 1 cup rye flour
- 2 teaspoons active dry yeast
- 1 1/2 tablespoons vegetable oil
- 2 tablespoons honey
- 1 teaspoon white vinegar
- 2 tablespoons powdered buttermilk
- 1 1/2 teaspoons salt
- 1 1/2 tablespoons caraway seeds
- 9 - 11 ounces water (80°F)

Place all ingredients in the bread machine pan. Select DOUGH setting. Check the dough often at the beginning of the cycle, adding 1 teaspoon of water at a time until the dough is just sticky to the touch.

When the cycle is completed, remove the dough from the machine and divide into two equal pieces. Cover, let rest 10 minutes. Shape into two round loaves and place on a greased cookie sheet. With sharp knife carefully make 3 or 4 cuts about 1/4-inch deep across tops of loaves. Cover; let rise until double.

Bake in preheated 350°F oven 25-30 minutes or until done. Remove from sheet and cool on rack.

Makes 2 loaves, 24 slices.

KWC Test Kitchen Tip: If desired, dust cookie sheet with cornmeal. This recipe can also be used to make rye rolls or sandwich buns.

Nutritional analysis: One slice provides approximately 98 calories, 3 g protein, 18 g carbohydrates, 1 g fat (0 g saturated), 0 mg cholesterol, 1 g fiber, 35 mcg folate, 1 mg iron, 150 mg sodium.

White Wheat Crescents

Doris Conrardy, Kingman, Senior Division Runner-up

- 1 cup white whole wheat flour
- 3 - 3 1/2 cups bread flour
- 1 package active dry yeast
- 1 1/4 cups low-fat milk
- 1 teaspoon salt
- 1/3 cup sugar
- 1/2 cup margarine
- 1 egg

In mixer bowl, combine whole wheat flour, 1 cup bread flour and yeast. Heat milk, salt, sugar and margarine to 120°F. Add to dry ingredients. Beat at low speed 2 minutes, scraping sides of bowl.

Add egg and beat 3 minutes at high speed. Gradually add enough of the remaining flour to make a soft dough.

Knead dough 12-14 minutes or until smooth and elastic. Place in lightly greased bowl. Cover tightly and refrigerate at least 2 hours. (Dough can be refrigerated for several days.)

Punch dough down; divide in half. Cover; let rest 10 minutes. Roll each half into a 14-inch circle. With pizza cutter, cut dough into 12 wedges. To shape, begin at wide end of wedge and roll dough up tightly. Pinch to seal point securely; place point down on greased baking sheets. Place 2 inches apart; curve ends to form crescents. Cover; let rise until double.

Bake in preheated 375°F oven 12 minutes or until golden. Makes 24 rolls.

Nutritional analysis: One roll provides approximately 145 calories, 4 g protein, 22 g carbohydrates, 5 g fat (1 g saturated), 10 mg cholesterol, 1 g fiber, 39 mcg folate, 1 mg iron, 151 mg sodium.

How the Wheat Producer's Penny Is Used

Development of KSU wheat varieties

KSU varieties — including Jagger, 2137 and Karl — consistently make up about two-thirds of the wheat planted in Kansas. Through the one-cent per bushel wheat assessment, Kansas wheat producers fund nearly half of KSU's wheat breeding program.

International market development projects

KWC continually works with the U.S. Department of Agriculture (USDA) and industry to increase exports. KWC is the largest state contributor to U.S. Wheat Associates, which conducts trade servicing, technical assistance and consumer promotion around the globe.

Domestic industry

KWC works with the Wheat Foods Council to increase awareness of dietary grains as an essential component to a healthy diet.

KWC also cooperates with the Wheat Quality Council to enhance the milling and end-use qualities of all classes of wheat in all regions of the United States.

Kansas is fortunate to have volunteer spokespersons from across the state who donate their time to promote the production and usage of Kansas wheat.



Sunrise Serenade Coffee Cake

Marjorie Goertzen, Buhler, Senior Division Honorable Mention

4 - 4 1/2 cups bread flour
1 package active dry yeast
3/4 cup low-fat milk
1/2 cup sugar
1/3 cup orange juice
1/4 cup sour cream
1/4 cup butter or margarine
1 1/2 teaspoons salt
2 eggs
1 teaspoon grated orange peel
1/4 cup red plum jelly
1/2 cup toasted, sliced almonds

Orange Glaze

1 1/4 cups sifted confectioners' sugar
1/2 teaspoon almond extract
1 teaspoon grated orange peel
1 - 3 tablespoons orange juice

In mixer bowl, combine 1 cup flour and yeast. Heat milk, sugar, juice, sour cream, butter and salt to 120°F. Add to flour mixture; beat 2 minutes. Add eggs and orange peel; mix 1 minute, scraping sides of bowl. Beat 3 minutes. Gradually add enough of the flour to make a soft dough.

Knead dough 12-14 minutes. Place dough in greased bowl; turn to coat top. Cover; let rise until double. Punch dough down and divide into 2 equal pieces. Cover; let rest 10 minutes.

Roll one piece of dough into a 10 x 10-inch square. With a floured doughnut cutter, cut into 12 doughnuts. Arrange rings in a circle on greased baking sheet; stretch to elongate. Cluster "holes" in center, cutting additional from scraps.

Repeat to make second coffee cake. Cover; let rise in a 90°F place until double.

Bake in a preheated 375°F oven 15 minutes or until golden. Carefully remove from baking sheet to cooling rack. Place coffee cake on serving dish; spoon jelly into center of rings.

In small bowl, combine orange glaze ingredients; drizzle over coffee cakes. Sprinkle centers with almonds. Makes 2 coffee cakes, 32 slices.

Nutritional analysis: One slice provides approximately 139 calories, 3 g protein, 24 g carbohydrates, 3 g fat (1 g saturated), 18 mg cholesterol, 1 g fiber, 38 mcg folate, 1 mg iron, 118 mg sodium.

White or Wheat Dinner Rolls

*Kingman Elementary/Middle School USD #331 Kitchen,
Professional Division Champion*

- 50 pounds all-purpose or bread flour*
- 2³/₄ cups instant or active dry yeast
- 2 quarts sugar
- 2¹/₂ quarts dry milk
- 1²/₃ cups salt
- 2¹/₂ quarts vegetable oil
- 14 - 15 quarts warm water (110°F)

*Variation: For wheat rolls replace 5 pounds of the all-purpose or bread flour with whole wheat flour.

Scale all dry ingredients and place in mixing bowl. With dough hook, mix on #1 speed for 2 minutes. Add vegetable oil and mix for 2 minutes on #1 speed. Gradually add water. Mix on #1 speed until water is mixed in thoroughly.

Knead dough on #2 speed for 10 minutes or until smooth and elastic. Desired dough temperature is 80-82°F. Remove dough hook and lightly oil sides of bowl and top of dough. Cover; place in warm (90°F) place 30-45 minutes. Punch dough down.

Form rolls by pinching off 2¹/₄-ounce pieces and shaping into uniform rolls. Place rolls on parchment paper lined sheet pans (18"x26"x2") in rows of 10 down and 6 across (10¹/₂ pans total).

Place in proofer until double in size. Bake in 325°F convection oven 15-18 minutes. Rolls are done at 180-190°F (internal temperature) and when lightly browned.

Makes 630 rolls.

Nutritional analysis: 1 roll provides approximately 178 calories, 4 g protein, 31 g carbohydrates, 4 g fat (1 g saturated), 0 mg cholesterol, 1 g fiber, 76 mcg folate, 2 mg iron, 304 mg sodium.

Oatmeal Bread

Jane Fry, Elk Falls, Professional Division Runner-up

- 1 cup old-fashioned rolled oats
- 1 cup whole wheat flour
- 1/2 cup molasses
- 1 tablespoon salt
- 2 tablespoons butter
- 2 cups boiling water
- 1 tablespoon active dry yeast
- 1/2 cup lukewarm water (110°-115°F)
- 4 1/2 - 4 3/4 cups bread flour

In mixer bowl, combine oats, whole wheat flour, molasses, salt and butter. Pour boiling water on mixture; stir. Let cool till lukewarm (105-115°F).

Dissolve yeast in 1/2 cup lukewarm water. When batter is cooled to lukewarm, add yeast. Gradually stir in enough of the bread flour to make a soft dough. Knead 10-12 minutes. Place in a greased bowl; cover, let rise until double. Punch dough down; cover and let rise again. Punch dough down; divide dough in half. Cover; let rest 10 minutes.

Shape dough into two round loaves and place in two greased 8 or 9-inch pie plates. Cover; let rise until double.

Bake in preheated 350°F oven 35-40 minutes. Remove from plates; cool on rack.

Makes 2 loaves, 32 slices.

Serving suggestion: Slice off the top and hollow out, leaving a 3/4-inch shell. Brush with ranch dressing and fill with turkey, cheese and scrambled eggs. Replace top and slice into wedges.

Nutritional analysis: One slice of bread provides approximately 116 calories, 3 g protein, 23 g carbohydrates, 1 g fat (1 g saturated), 2 mg cholesterol, 1 g fiber, 42 mcg folate, 1 mg iron, 221 mg sodium.

2004 Kansas Festival of Breads Sponsors

*Kansas Wheat Commission
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Farmer Direct Foods
Heartland Mills
Hodgson Mill*

The Kansas Festival of Breads is a biennial event in which Kansans of all ages enter yeast breads to compete for the honor of having the best bread in Kansas. This year the KWC received more than 250 entries. Judges score the entries on taste, quality, appearance, originality and ease of preparation and practicality. The contest is divided into four divisions: youth, adult, senior and professionals. Each contestant that enters receives an evaluation form and score card from the judges.

This booklet is provided to you through
funding from Kansas wheat producers.

Each recipe has been tested in the
Kansas Wheat Commission kitchen
to ensure your success and enjoyment.

Cindy Falk, Domestic Marketing Specialist

Recipes 2004



K A N S A S W H E A T C O M M I S S I O N

2630 Claflin Road
Manhattan, KS 66502-2743
Phone: (785) 539-0255
Fax: (785) 539-8946
Web: www.kswheat.com

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