

ABC Wheat Bread

Marjorie Johnson, Robbinsdale, Minnesota

I wanted to create nutritious bread for my family and I always have ripe bananas to use. Since I used Apples, Bananas, and Carrots I named it my ABC Bread. Several years ago when I became aware of the health benefits of flax seeds, I added ground flax seeds to my bread and I switched from traditional whole wheat flour to white whole wheat flour. I like to grind the golden flax seeds in an electric coffee mill.

1 ½ cups warm water (100°-110°F)
4 teaspoons Fleischmann's® Active Dry Yeast
1 teaspoon granulated sugar
1 cup finely chopped, peeled apples*
1 cup mashed, ripe bananas
1 cup finely chopped carrots
½ cup nonfat dry milk powder
1 tablespoon freshly grated orange peel
2 teaspoons salt
¼ cup canola oil
¼ cup honey
½ cup ground golden flax seeds
5 cups King Arthur Unbleached White Whole Wheat Flour
1 ¼ – 1 ½ cups King Arthur Unbleached Bread Flour

In electric mixer bowl, combine water, yeast, and sugar. Let stand 5 minutes to proof yeast.

Stir in rest of ingredients. Using dough hook knead 5 to 8 minutes on low speed. If dough does not form a ball around the dough hook, add 1 or 2 tablespoons additional flour.

Place dough in greased bowl, cover and let rise in a warm place until double. Punch down dough.

Divide dough into 3 equal pieces. Roll each piece into a 12 x 8-inch rectangle. Starting with shorter side, roll up as for jelly-roll; seal edges and ends.

Place in greased 8 ½ x 4 ½-inch loaf pans. Cover, let rise in warm place until double.

Bake in preheated 375°F oven 25 to 30 minutes or until golden brown and done. Remove loaves from pans to wire rack to cool. Brush with butter if desired.

Makes 3 loaves, 12 slices each.

***Note:** Marjorie recommends selecting a good cooking apple like Granny Smith, Jonathan, or Honey Crisp.

Nutrition information per serving: One slice provides approximately 122 calories; 4 g protein; 22 g carbohydrate; 3 g dietary fiber; 2 g fat (.12 g saturated); .13 mg cholesterol; 18 mcg folate; 1 mg iron and 139 mg sodium.

Mom's Best Hearty Wheat Bread

Jan Galloway, Columbia, Missouri

I began experimenting with a whole wheat recipe after I fell in love with flaxseed bread that cost \$7 a loaf at the local farmers market. The deep molasses flavor really shines through in this bread, which we usually toast and top with butter, peanut butter, honey, or jams. I make this hearty wheat bread about twice a month. As a variation, honey may be substituted.

Starter

1 cup water
½ cup unsulfured, mild molasses *or* honey
2 tablespoons Fleischmann's® Active Dry Yeast

Dough

4 cups King Arthur Traditional 100% Whole Wheat Flour, *divided*
3 cups King Arthur Unbleached Bread Flour
1 cup milled flax seed
½ cup nonfat dry milk powder
2 tablespoons Kosher salt
2 tablespoons vital wheat gluten
2 cups warm water (100°- 110°F)
½ cup canola oil
Butter, softened (optional)

In a two cup measuring cup, measure water. Pour molasses or honey into cup; let settle to bottom. Do not stir. Microwave on HIGH 1 minute; cool to warm (100° to 110°F). Add yeast; stir slightly into water level only. Set aside till yeast reaches top of cup, about 10 minutes.

In mixer bowl, fitted with dough hook, combine 3 cups whole wheat flour, bread flour, flaxseed, dry milk, salt, and wheat gluten. Mix 1 minute; scraping bottom of bowl with rubber spatula. Place 2 cups water and oil in glass bowl, and microwave to 110°F.

Stir in 2 cups warm water, oil, and starter. Mix on low speed 8 minutes.

Sprinkle work surface and hands with whole wheat flour. Knead dough 8 minutes working in enough whole wheat flour to form a smooth and elastic dough. Place dough in oiled bowl; turn to coat. Cover bowl; let rise in a warm place until double. **Tip:** plug and fill kitchen sink 1/3 full with warm (115°F) water. Place bowl of dough in water.

Punch down dough, divide in half. Cover; let dough rest while preparing pans. Oil two 9 x 5 x 3-inch bread pans. Shape dough into loaves; place in prepared pans. Cover; let rise in warm place until double, about 45 to 60 minutes.

Preheat oven to 350°F. Bake until loaves are golden brown and sound hollow when tapped, 45 to 50 minutes.

Tip: rotate pans half way through baking cycle. Tent with foil last 10 to 15 minutes to prevent overbrowning. (197°-200°F internal temperature). Remove from pans; brush tops of loaves with butter; cool on wire rack.

Makes 2 loaves, 16 slices each.

Nutrition information per serving: One slice provides approximately 162 calories; 5 g protein; 25 g carbohydrate; 3 g dietary fiber; 5 g fat (.3 g saturated); .14 mg cholesterol; 39 mcg folate; 2 mg iron and 446 mg sodium.

Tomato, Basil, and Garlic Filled Pane Bianco

Dianna Wara, Washington, Illinois

My goal in making this bread was to create visually stunning bread that makes you start to drool even before you have taken the first bite. This bread succeeds! This makes great snack bread or a quick, on – the-run bread. My mother-in-law is Italian, so I have worked for a few years to get just the right amount of flavor and authenticity to this bread.

½ cup warm water (100° - 110°F)
¼ cup granulated sugar
4 teaspoons Fleischmann's® Active Dry Yeast
1 cup warm low-fat milk (100°- 110°F)
1/3 cup extra-virgin olive oil
2 large eggs
2 teaspoons salt
5 – 5 ½ cups King Arthur Unbleached Bread Flour
1 (8.5-ounce) jar oil-packed sun-dried tomatoes, well-drained
¼ teaspoon granulated garlic *or* garlic powder
1 ½ cups shredded Italian blended cheese, *divided*
2/3 cup chopped fresh basil

In a small bowl, add warm water, sugar, and yeast. Stir and let sit 10 minutes. In the bowl of a stand mixer, add milk, oil, yeast mixture, eggs, and salt. Mix until well combined, about 2 minutes.

Stir in enough of the flour to make a soft dough. Knead on a lightly floured surface or with a dough hook 6 to 8 minutes, or until smooth and elastic. Place dough in a greased bowl, turn to grease top. Cover, let rise in a warm place until double, about 45 minutes.

Meanwhile, thoroughly drain sun dried tomatoes; lay on paper towel to absorb moisture. Using kitchen shears, finely chop tomatoes. Line two large baking sheets with parchment paper.

Punch down dough, divide in half. Roll one piece into a 22 x 8½ -inch rectangle. Sprinkle on half of the garlic, cheese, basil, and tomatoes. Starting with 22-inch side, roll up (jelly-roll fashion) tightly. Pinch edges to seal. Place roll seam-side-down on baking sheet. With scissors, cut lengthwise down center of roll, about 1-inch deep to within ½-inch of the ends. Keeping cut-side up, form an “S” shape. Tuck both ends under center of “S” to form a “figure eight”; pinch ends to seal.

Cover; let rise in a warm place until double, 45 to 60 minutes. Repeat with the remaining dough.

Bake the first loaf in a preheated 350°F oven 35 to 40 minutes. Tent loaf with foil after 15 to 20 minutes to prevent overbrowning. Bake remaining loaf.

Remove from pan; cool on wire rack. Makes 2 loaves, 20 slices each.

Nutrition information per serving: One slice provides approximately 106 calories; 4 g protein; 14 g carbohydrate; 1 g dietary fiber; 4 g fat (1 g saturated); 14 mg cholesterol; 31 mcg folate; 1 mg iron and 175 mg sodium.

“Sweet Life” Sweet Potato Focaccia

Jessie Grearson, Falmouth, Maine

This focaccia includes extra nutrition and fiber through its use of sweet potatoes, which adds a glowing, golden color to the dough and a subtle flavor. This recipe is unintimidating, simple to make and incorporates flavors (olive oil, rosemary, and garlic) I often use with sweet potato dishes. This is delicious warm, but it’s also enjoyable sliced horizontally and toasted as a sandwich bread.

Dough

1 cup warm water (100°-110°F)
1 teaspoon honey
2 teaspoons Fleischmann’s® Active Dry Yeast
1/3 cup extra-virgin olive oil
1 teaspoon finely chopped fresh rosemary
1 teaspoon Penzey’s Italian spice or Italian Seasoning
½ cup mashed sweet potatoes
1 ½ teaspoons salt
1 cup King Arthur Traditional 100% Whole Wheat Flour
1 cup King Arthur Italian-Style Flour
1 – 1 ½ cups King Arthur Unbleached All-Purpose Flour, *divided*
2-3 tablespoons extra-virgin olive oil

Topping

1-2 tablespoons yellow cornmeal
1 large clove fresh garlic, finely minced
½ teaspoon finely chopped fresh rosemary
3 tablespoons shredded Asiago cheese
Freshly ground black pepper, to taste
Dash of cayenne red pepper, if desired
1 – 2 tablespoons extra-virgin olive oil
Coarse salt, to taste

In medium bowl, stir together warm water, honey, and yeast; let stand 2 to 3 minutes. Add olive oil, rosemary, Italian spice, sweet potatoes, salt, whole wheat flour, and Italian-Style flour. Stir vigorously for about 2 minutes.

Gradually stir in enough all-purpose flour to make a soft dough. Turn out on lightly floured surface and knead in enough of the remaining all-purpose flour to make workable dough; knead 5 - 8 minutes. (Dough will be slightly sticky, but workable). Place in a lightly oiled bowl. Cover; let rise 1 ½ hours in a warm place, **or** cover dough and let rise six hours or overnight in the refrigerator. Allow dough to warm at least 30 minutes before shaping.

Line one 18 x 13 x 1-inch pan with parchment paper and sprinkle with cornmeal. Gently press dough over the cornmeal-dusted paper, stretching dough into a 15 x 11-inch rectangle. Cover with a towel, and let rise 15 to 20 minutes.

Preheat oven to 400°F. Dimple the dough vigorously with your fingertips, leaving indentations that are as deep as ½ inch. Sprinkle garlic, rosemary, Asiago cheese, black pepper, and cayenne pepper over top. Drizzle lightly with olive oil; sprinkle with salt.

Bake 15 to 20 minutes or until golden brown. Serve warm or at room temperature.

Makes 1 large focaccia, 24 slices.

Nutrition information per serving: One slice provides approximately 110 calories; 2 g protein; 13 g carbohydrate; 1 g dietary fiber; 6 g fat (1 g saturated); 1 mg cholesterol; 24 mcg folate; 1 mg iron and 157 mg sodium.

Spiced Cranberry Lemon Danish

Nikki Norman, Milton, Tennessee

Throughout the years I've used a basic Danish recipe and added different flavors to the dough and changed the filling and glaze. I've added a new twist of dried cranberries to the filling and accented their wonderful flavor with lemon, cinnamon, ginger, and almonds. I'd describe this Danish as an updated version of my family's favorite breakfast bread for over 30 years. It's always a hit, so I make a version of this Danish often during the Christmas holidays for hostess gifts or as a special thank you.

Dough

1 cup sour cream
½ cup granulated sugar
1 teaspoon sea salt
½ cup (1 stick) butter
2 packages Fleischmann's® Active Dry Yeast
½ cup warm water (100° - 110°F)
2 teaspoons fresh lemon peel
2 large eggs
4 – 4 ½ cups King Arthur Unbleached All-Purpose Flour, *divided*
1 teaspoon ground cinnamon

Filling

2 (8-ounce) packages cream cheese, softened (not light cream cheese)
4 teaspoons fresh lemon juice
¾ cup granulated sugar
1 large egg
¼ teaspoon sea salt
1 teaspoon vanilla extract
1 teaspoon almond extract
1 ½ cups sweetened dried cranberries
2 tablespoons minced crystallized ginger

Glaze

2 cups confectioners' sugar, sifted
¼ cup (½ stick) unsalted butter, melted
1 teaspoon lemon extract
¼ teaspoon sea salt
2-3 tablespoons milk or heavy cream
Sweetened dried cranberries and sliced almonds (optional)

In a small saucepan, over medium-low heat, combine sour cream, sugar, salt, and butter. Cook, stirring frequently, until mixture is warmed and butter is melted. Remove from heat and let cool to 105° F.

In the meantime, combine yeast and warm water in a small bowl. Stir until dissolved and set aside.

In large mixer bowl, add cooled (105°F) sour cream mixture. Stir in yeast mixture. On low speed add lemon peel and eggs, one at a time. Add 4 cups flour and cinnamon; mix 2 minutes on low speed. Cover bowl; refrigerate dough overnight or at least 12 hours.

Remove dough from refrigerator. To prepare filling, beat cream cheese, lemon juice, sugar, egg, salt, vanilla extract, and almond extract. Beat until light and fluffy.

Divide dough into 4 portions. On lightly-floured surface, roll out each portion into a 12 x 8-inch rectangle. Cut each rectangle in half lengthwise.

Spread cream cheese mixture over rectangles, leaving ½ inch on edges free of mixture for ease in sealing edges. Sprinkle cranberries and crystallized ginger over each rectangle. Starting with 12-inch side, roll up (jelly-roll fashion) tightly.

Preheat oven to 375°F. Twist two rolls together. Pinch ends; turn under and pinch to seal. Place two Danish on a parchment-lined baking sheet.

Immediately bake Danish 14 to 17 minutes, or until lightly browned. Remove from oven and place on wire rack. Repeat for remaining Danish.

While Danish is cooling on rack for 15 minutes, prepare glaze. In small bowl, combine confectioners' sugar, butter, lemon extract, salt, and milk; beat until smooth. Place a dollop of glaze on each warm Danish and spread with a small spatula. If desired, garnish with dried cranberries and almonds. Serve warm or at room temperature.

Makes 4 large Danishes, 8 servings each.

Nutrition information per serving: One slice provides approximately 245 calories; 4 g protein; 34 g carbohydrate; 1 g dietary fiber; 11 g fat (7 g saturated); 52 mg cholesterol; 32 mcg folate; 1 mg iron and 161 mg sodium.

Healthy Homemade Bread

Tanna Richard, Cedar Rapids, Iowa

I developed this recipe because I needed a tasty bread recipe that would be easy on the budget and easy to prepare at home.

1 cup King Arthur Traditional 100% Whole Wheat Flour
½ cup wheat germ
½ cup quick-cooking oats, uncooked
1 tablespoon salt
1 tablespoon Fleischmann's® RapidRise Yeast
2 ¼ cups very warm water (120° - 130°F)*
1/3 cup honey
1/3 cup canola oil
4 - 4 ½ cups King Arthur Unbleached Bread Flour
*Gauge water temperature with thermometer.

In mixing bowl, stir together whole wheat flour, wheat germ, oats, salt, and yeast. Stir in water, honey, and oil; beat 2 minutes. Gradually stir in 3 cups bread flour to make a slightly sticky dough.

Turn dough onto a lightly floured surface; knead in enough remaining flour to make a smooth and elastic dough. Knead 8 to 10 minutes by hand or with dough hook.

Divide dough in half. To shape: form dough to fit into 2 oiled 8 ½ x 4 ½ -inch bread pans; press dough down to fill pan. Smooth top. Cover loaves with a damp towel; let rise in a warm place until double, about 1 to 1 ½ hours.

Bake in preheated 350°F oven 35 to 40 minutes or until golden brown and done. Tent with foil last 15 minutes to prevent overbrowning. Remove from pans and cool on wire rack.

Makes 2 loaves, 16 slices each.

Nutrition information per serving: One slice provides approximately 108 calories; 3 g protein; 18 g carbohydrate; 1 g dietary fiber; 3 g fat (.18 g saturated); 0 mg cholesterol; 37 mcg folate; 1 mg iron and 219 mg sodium.

Cranberry and Lemonade Cream Rolls

Judy Reynolds, Bloomington, Indiana

This is an original recipe created specifically for the National Festival of Breads competition. I have been fascinated with bread making since I was a teenager.

2 packages Fleischmann's® Active Dry Yeast
½ cup warm water (100° - 110° F)
2 teaspoons granulated sugar
½ cup (1 stick) salted butter, softened
½ cup granulated sugar
1 teaspoon salt
2 large eggs, beaten
1 (5-ounce) can evaporated milk
½ cup lemonade concentrate, room temperature*
5 – 5 ¼ cups King Arthur Unbleached All-Purpose Flour, *divided*
½ teaspoon ground cardamom
1 cup slivered almonds, coarsely chopped
1 large egg beaten with 1 tablespoon lemonade concentrate, for egg wash

Cranberry Lemonade Filling

2 cups sweetened dried cranberries, chopped
½ cup lemonade concentrate
¼ cup 100% cranberry juice

Lemonade Cream Filling

1 (8-ounce) package cream cheese, softened
3 tablespoons lemonade concentrate
1 tablespoon salted butter, softened
3 tablespoons granulated sugar

Creamy Lemonade Glaze

2 cups confectioners' sugar, sifted
¼ cup (½ stick) salted butter, softened
2 tablespoons sour cream
3-4 tablespoons lemonade concentrate

***Note:** 1 (12-ounce) can frozen lemonade concentrate, thawed, is needed for recipe

Whisk the yeast into the water. Add 2 teaspoons sugar and let rest until the yeast has dissolved, about 5 minutes.

In mixer bowl fitted with a paddle, beat butter, sugar, and salt until light and fluffy, about 2 minutes. Stir in eggs, milk, and room temperature lemonade concentrate; mix until well blended. Stir in yeast mixture.

In medium bowl, combine flour and cardamom. Gradually add 4 cups to the butter/yeast mixture; beat at low speed 2 minutes or until well blended. Gradually add enough remaining flour to form a soft dough.

Knead dough by hand or with dough hook 8 to 10 minutes or until smooth and elastic. Place dough in a greased bowl; turn to grease top. Cover; let rise in warm place until double, about 2 hours.

To prepare Cranberry Lemonade Filling, combine cranberries, lemonade concentrate, and cranberry juice in a medium saucepan. Bring to a boil, over medium heat, stirring constantly. Reduce heat; simmer until thick, stirring occasionally until all liquid has been absorbed. Remove from heat and cool.

To prepare Lemonade Cream Filling, combine cream cheese, lemonade concentrate, butter, and sugar in mixer bowl. Blend until smooth and creamy; chill.

Punch dough down. Divide the dough in half and shape one piece into a 12 x 11-inch rectangle. Spread half the Lemonade Cream Filling to within ½-inch of each side. Spoon half the Cranberry Lemonade Filling and half of the almonds on top. Starting with 11-inch side, roll up as for jelly-roll; seal edges and ends. Cut roll into 6 even slices. (Tip: using an electric knife does not flatten the rolls.) Repeat process with remaining dough.

Place rolls on two greased or parchment paper lined 15 x 10-inch cookie sheets. Cover; let rise until double, about 40 to 50 minutes.

Whisk together egg and 1 tablespoon lemonade concentrate. Brush over rolls.

Bake in preheated 350° F oven 25 to 30 minutes or until golden brown. Remove from cookie sheets to wire rack. In small bowl, blend Creamy Lemonade Glaze ingredients until smooth. Spoon glaze over warm rolls.

Makes 12 rolls.

Nutrition information per serving: One roll provides approximately 657 calories; 11 g protein; 109 g carbohydrate; 3 g dietary fiber; 22 g fat (11 g saturated); 102 mg cholesterol; 101 mcg folate; 4 mg iron and 385 mg sodium.

Bacon Onion Baby Brioche

Gloria Piantek, West Lafayette, Indiana

The brioches are easy and quick to make. Mix the batter and let it rise once for fresh yeast rolls. I sometimes make these brioches without the cheese cube inside.

½ cup skim milk
1 tablespoon fresh lemon juice
¼ cup warm water (100°- 110°F)
1 teaspoon granulated sugar
1 package Fleischmann's® Active Dry Yeast
½ tablespoon dry minced onion
1 large egg
5 tablespoons butter, softened
1 tablespoon granulated sugar
1 teaspoon baking powder
½ teaspoon salt
3 cups King Arthur Unbleached All-Purpose Flour, *divided*
½ cup fully cooked real bacon bits
1 ½ ounces hot pepper Monterey Jack cheese (block; not shredded)

Topping

1 large egg, beaten
1 tablespoon water
2-3 tablespoons finely crushed French Fried Onions

In measuring cup, combine milk and lemon juice; set aside. In small bowl, combine warm water and sugar; stir in yeast and set aside 5 to 10 minutes.

In mixing bowl, add milk mixture, yeast mixture, onion, egg, butter, sugar, baking powder, salt, and 1½ cups flour; beat 2 minutes on medium speed. Add bacon. Gradually add enough of the remaining flour to make soft dough. Beat 3 minutes on medium speed. Using dough hook, knead dough 4 minutes or until dough forms a smooth ball.

Grease 12 brioche or muffin cups. Cut cheese into 12 (1/8 ounce) cubes.

Divide dough into 12 equal balls; remove 1 teaspoon dough from each ball, forming 12 small balls. Place one large ball of dough into each cup. With finger, make a deep indentation in center. Place cheese cube inside indentation. Place small ball in the indentation, lightly seal edges with fingertips.

Cover; let rise in warm place until double, about 45 minutes. In small bowl, beat together egg and water; brush on brioches. Lightly sprinkle with crushed onion crumbs.

Bake in preheated 350°F oven 20 to 25 minutes or until golden brown. Remove from baking pans after 3 to 5 minutes. Serve warm with soft butter.

Makes 12 brioches.

Nutrition information per serving: One Brioche provides approximately 225 calories; 8 g protein; 27 g carbohydrate; .7 g dietary fiber; 10 g fat (5 g saturated); 55 mg cholesterol; 55 mcg folate; 2 mg iron and 358 mg sodium.

Cranberry Award

Cranberry Hoska Twists *Kristi O'Connor, Ankeny, Iowa*

This traditional Czech Hoska bread recipe was passed down from my great grandmother. This recipe is a change on an old familiar recipe with the addition of cranberries along with a new shape and baking technique. My children love to eat these twists on Christmas morning after Santa has arrived.

1 tablespoon Fleischmann's® Active Dry Yeast
½ cup warm water (100°-110°F)
1 teaspoon granulated sugar
1 ½ cups warm water (100°-110°F)
½ cup nonfat dry milk powder
2 large eggs, beaten
¼ cup (1/2 stick) butter, melted
¼ cup instant potato flakes
6 tablespoons granulated sugar
1 ½ teaspoons salt
½ teaspoon fresh lemon juice
2 teaspoons fresh orange peel
2 teaspoons almond extract
6 cups King Arthur Unbleached All-Purpose Flour
1 cup sweetened dried cranberries
½ cup slivered almonds
1/3 cup baking soda
5 cups boiling water
2 tablespoons decorative white sugar

Dissolve yeast and sugar in warm water; let sit 5 to 10 minutes.

In mixing bowl, combine 1 ½ cups warm water, dry milk powder, dissolved yeast, eggs, butter, potato flakes, sugar, salt, lemon juice, orange peel, and almond extract. Gradually stir in enough flour to make a dough that is of medium stiffness. Beat on medium speed until fully combined.

Stir in dried cranberries and almonds. Cover dough; let rise 1 hour in a warm place.

Place dough on a light floured surface. Divide into 32 equal pieces. Roll each piece into a 14 to 16-inch rope. Shape into a pretzel shape by making a circle, bringing the ends together, twisting once and then pressing ends onto the bottom curve of the circle.

Place on greased or parchment-lined baking sheets. Cover, let twists rise 20 minutes. Preheat oven to 425°F.

Dissolve baking soda into 5 cups boiling water and stir. Completely dip each twist into the mixture for only a few seconds; remove with slotted spoon draining well. Place twist back on baking sheet and sprinkle with decorative sugar.

Bake 8 minutes or until lightly browned. Remove to wire rack to cool. Serve with your favorite jam.

Makes 32 twists.

Tip: These twists can be frozen in sealable bags after they have been baked and cooled. For an easy breakfast or snack just reheat for a few seconds in the microwave.

Nutrition information per serving: One twist provides approximately 138 calories; 4 g protein; 25 g carbohydrate; 1 g dietary fiber; 3 g fat (1 g saturated); 17 mg cholesterol; 40 mcg folate; 1 mg iron and 120 mg sodium.

Walnut Award

Whole Wheat Rosemary Walnut Rolls

Robin Haas, Cranston, Rhode Island

I created this healthy herb roll recipe to serve at a friend's party. This healthy wheat based roll is studded with walnuts and rosemary offering vitamin E, antioxidants, and healthy oils. This bread has become a Thanksgiving tradition.

2 cups warm water (100° - 110° F)
2 packages Fleischmann's® Active Dry Yeast
½ teaspoon granulated sugar
4- 4 1/4 cups King Arthur Unbleached All-Purpose Flour, *divided*
1 ½ cups King Arthur Traditional 100% Whole Wheat Flour *or* Stone Ground Whole Wheat Flour, *divided*
¼ cup water, room temperature
1 tablespoon kosher salt
¼ cup honey
¼ cup extra-virgin olive oil
1 teaspoon dried crushed rosemary
1 cup coarsely chopped English walnuts
1 large egg beaten with 1 tablespoon water
1 – 2 tablespoons coarse salt (optional)

To prepare sponge, combine water, yeast, and sugar in large mixing bowl; stir to dissolve. Let rest 5 minutes. Add 1 cup all-purpose flour and 1 cup whole wheat flour; beat 2 minutes. Cover; place in warm place and allow sponge to rest 45 minutes.

Stir down sponge and beat in ¼ cup (room temperature) water, salt, honey, olive oil, rosemary, walnuts, and remaining whole wheat flour. Beat to combine. Gradually add enough of the remaining all-purpose flour to form a soft dough.

Turn dough out onto a clean work surface, dusted with all-purpose flour. Knead in remaining all-purpose flour. Knead 8 – 10 minutes or until dough is smooth and elastic. Place in greased bowl, turning to grease top. Cover; let rise in warm place until double.

Punch down dough; cut into 16 equal pieces. Roll each piece into a 14-inch rope. Tie each rope into a loose knot, leaving two long ends. Tuck one end under the roll and pinch to seal. Bring the other end up and over the roll and pinch to seal on the underneath side.

Place on greased baking sheets about 2 inches apart leaving a small opening in the center of the rosette. Cover; let rise until double. Brush rolls with beaten egg and water. If desired, lightly sprinkle with a few grains of coarse salt.

Bake in preheated 350° F oven 18 to 20 minutes or until lightly browned and sounds hollow when tapped on the bottom. Makes 16 rolls.

Nutrition information per serving: One roll provides approximately 241 calories; 6 g protein; 36 g carbohydrate; 3 g dietary fiber; 9 g fat (1 g saturated); 13 mg cholesterol; 74 mcg folate; 2 mg iron and 442 mg sodium.

California Raisin Award

Ann's Raisin Banana Bread Ann Walper, Lancaster, Tennessee

I have been making bread for 45 years and have been modifying a whole wheat bread recipe for the last 20 years. This bread is a yummy combination of banana bread and raisin bread that is neither too sweet nor too heavy. I have concentrated on making the recipe "exact" by weighing the ingredients to get consistent loaves each time.

1 tablespoon Fleischmann's® Active Dry Yeast
¼ teaspoon granulated sugar
1 ¼ cups warm water (100° - 110°F), *divided*
3 cups (12 ounces) King Arthur Traditional 100% Whole Wheat Flour
1 ¾ cups (7 ounces) King Arthur Unbleached Bread Flour, *divided*
1 ¼ teaspoons salt
1 teaspoon apple pie spice **or** ½ teaspoon cinnamon or allspice
1 cup (5 ounces) dark California Raisins
¾ cup (2 medium) ripe bananas, mashed
2 tablespoons butter, melted
¼ cup honey

Dissolve yeast and sugar in ¼ cup warm water; set aside 5 – 10 minutes.

In electric mixer bowl, blend whole wheat flour and 1 cup bread flour. Add salt and apple pie spice; stir to blend. Add raisins; stir to coat with flour.

In medium bowl, mash bananas with a fork; stir in butter, and honey until thoroughly combined. Pour the banana mixture, yeast, and 1 cup warm water into the dry ingredients. Using a rubber spatula, stir to combine. (Additional water may be needed; mixture should be very moist, but not as wet as thick pancake batter). Cover; set aside 30 minutes.

Thoroughly stir in about ¾ cup bread flour. Using dough hook, knead dough 8 to 10 minutes. If needed, gradually add additional bread flour by tablespoons until dough comes together. (Do not add too much flour because the final loaves will be dry.)

Place dough in greased bowl; turn to grease top. Cover; let rise in warm place until double. Punch down dough; divide into half. Shape into loaves; place in greased 8 1/2 x 4 ½ x 2 ¾-inch loaf pans. Cover with plastic wrap; let rise in warm place until double.

Bake in preheated 350°F oven 40 to 45 minutes, tenting with foil after the first 15 minutes if loaves are beginning to brown too quickly. (The internal temperature should reach 195° to 200°F.) Remove from pans; place loaves on sides on wire rack. Cool completely before bagging for storage; store at room temperature.

Makes 2 loaves, 16 slices each.

Nutrition information per serving: One slice provides approximately 94 calories; 3 g protein; 20 g carbohydrate; 2 g dietary fiber; 1 g fat (.5 g saturated); 2 mg cholesterol; 24 mcg folate; 1 mg iron and 92 mg sodium.

White Wheat Award

Lemon Coconut Twists

Marjorie Johnson, Robbinsdale, Minnesota

I created this recipe for a change from cinnamon and caramel rolls. My family loves sweet rolls and my daughter said, "I think the twists have a faint lemon sherbet taste." Now it is our favorite roll.

½ cup warm water (100°-110°F)
4 teaspoons Fleischmann's® Active Dry Yeast
1 teaspoon granulated sugar
½ cup sour cream
1/3 cup nonfat dry milk powder
2 large eggs
¼ cup butter, softened
¼ cup granulated sugar
1 ¼ teaspoons salt
1 ½ cups King Arthur Unbleached White Whole Wheat Flour
2 – 2 ¼ cups King Arthur Unbleached Bread Flour
½ cup unsalted butter, melted
1 (3.4 - ounce) package instant lemon pudding and pie mix
1 cup flaked sweetened coconut

Frosting

1 ½ cups confectioners' sugar
¼ teaspoon lemon extract
¼ teaspoon almond extract
2-3 tablespoons cream

In electric mixer bowl, combine water, yeast, and sugar. Let stand 5 minutes. Stir in sour cream, dry milk, eggs, butter, sugar, salt, white whole wheat flour and bread flour.

With dough hook, knead on low speed 5 minutes. Put dough into a greased bowl, cover, let rise till double. Punch down dough.

Roll dough into rectangle, 18 x 10 inches; cut into eighteen 1-inch strips. In a 9-inch glass pie plate melt butter. In a second pie plate, combine pudding and pie mix and coconut. Dip each strip in melted butter, then into coconut mixture. Twist and hold one end of strip down on greased baking sheet for the center of the roll and curl the strip around center, tucking end under. Place remaining butter or coconut mixture on top of twists. Cover twists, let rise in warm place until double.

Bake in preheated 350° F oven 10 to 15 minutes, or until golden brown. Remove rolls to a wire rack.

For frosting, combine confectioners' sugar, lemon extract, almond extract and cream until frosting is smooth and of spreadable consistency. Frost warm rolls. Makes 18 rolls.

Nutrition information per serving: One roll provides approximately 292 calories; 5 g protein; 42 g carbohydrate; 2 g dietary fiber; 12 g fat (8 g saturated); 51 mg cholesterol; 49 mcg folate; 1 mg iron and 214 mg sodium.

Honorable Mention Award

Three Flour Bread

Marlys Schuster, Mitchell, South Dakota

3 1/4 - 4 cups King Arthur Unbleached Bread Flour, *divided*
1 3/4 cups King Arthur medium rye flour
2 cups King Arthur Traditional 100% Whole Wheat Flour
2 tablespoons King Arthur Whole-Grain Bread Improver
2 teaspoons salt
3 packages Fleischmann's® Rapid Rise Yeast
1 3/4 cups low-fat milk
1/2 cup water
1 cup honey
3 tablespoons butter
1 large egg, beaten
1/2 cup roasted sunflower seeds, salted *or* unsalted
1/4 cup King Arthur Wheat Germ
1/4 cup King Arthur coarsely ground milled flax

For flour mixture, combine 2 cups bread flour, rye flour, whole wheat flour and bread improver. In electric mixer bowl, combine 3 cups flour mixture, salt, and yeast.

In microwave-safe bowl, heat milk, water, honey, and butter to very warm (120° to 130°F.) Gauge temperature with a thermometer. Add to mixture in electric mixer bowl; blend at low speed until moistened. Stir in egg; beat 3 minutes on medium speed. Stir in sunflower seeds, wheat germ, flax, and 1 cup flour mixture. Mix 2 minutes.

On clean working surface place the remaining flour mixture and 1 1/4 cups bread flour. Pour the bread mixture on top. Cover; let rest 30 minutes. Knead in flour until dough is smooth and elastic, 10- 12 minutes (dough will feel sticky). Use the remaining 3/4 cup bread flour only if needed. Place dough in a greased bowl; turn to grease top. Cover; let rise in warm place (80-90 degrees) until double.

Punch down dough and divide in two equal balls. Allow dough to rest on working surface covered with inverted bowls for 15 minutes. To shape into loaves, flatten balls with palms of hands into a flat oblong. Fold in half, lengthwise, and flatten again. Bring the sides together and seal the dough by tucking in the ends. Place the sealed dough, seam-side-down, into two well-greased 9 x 5 x 3-inch loaf pans. Cover; let rise in warm place until double.

Bake in preheated 375°F oven 5 minutes; reduce to 350°F and continue baking 30 minutes or until done. Bread should sound hollow when lightly tapped. Tent bread with foil last 10-12 minutes to prevent overbrowning. Remove from pans to cooling racks. If desired, brush tops with melted butter. Makes 2 loaves, 16 slices each.

Nutrition information per serving: One slice provides approximately 217 calories; 7 g protein; 42 g carbohydrate; 3 g dietary fiber; 3 g fat (1 g saturated); 11 mg cholesterol; 68 mcg folate; 2 mg iron and 168 mg sodium.

Honorable Mention Award

Saffron Orange Challah *Lois Dowling, Tacoma, Washington*

I developed this recipe especially for the contest and it tastes so delicious! I wanted to incorporate cheese, raisins, cranberries, and nuts into a recipe as one of the contest requirements.

4 teaspoons Fleischmann's® Active Dry Yeast
1 ½ cups warm water (100° - 110°F)
1/8 teaspoon crushed saffron
1/3 cup granulated sugar, *divided*
5 ½ - 6 cups King Arthur Unbleached Bread Flour, *divided*
2 teaspoons salt
2 large eggs (reserve 1 tablespoon egg white)
3-ounces cream cheese, softened
1/3 cup butter, softened
1 tablespoon freshly grated orange peel
½ cup California Raisins (golden or dark)
½ cup sweetened dried cranberries
½ cup slivered *or* sliced almonds*
2 tablespoons demerara sugar (sugar crystals)

In large mixer bowl, dissolve yeast in warm water. Add saffron, 1 tablespoon sugar, and 1 cup flour; let rest 15 minutes.

Add remaining sugar, 2 cups flour, salt, eggs, cheese, butter, and orange peel; beat with mixer until smooth, about 2 minutes.

Gradually beat in enough additional flour to form a soft dough. Knead dough by hand or with dough hook until smooth and elastic, about 8-10 minutes. Adding flour if necessary.

Place dough in greased bowl; turn once to grease. Cover; let rise in a warm place until double.

Punch down dough. Divide into 3 equal portions. Knead raisins in 1 portion, cranberries into another, and almonds in the third portion.

Roll each out to a 15 x 4-inch rectangle. Cut each lengthwise in half. Roll each into a 15-inch rope. Pinch together the ends of 1 raisin, cranberry, and almond rope. Braid and pinch ends. Place on a large greased baking sheet. Repeat with remaining ropes.

Beat reserved egg white; brush over braids. Sprinkle with demerara sugar.

Cover; let rise in warm place until double.

Bake in preheated 375°F oven 20 to 25 minutes or until golden brown. Remove to cooling rack.

Makes 2 large loaves, 22 slices each.

***Note:** If using slivered almonds, Lois prefers to toast them.

Nutrition information per serving: One slice provides approximately 280 calories; 10 g protein; 54 g carbohydrate; 3 g dietary fiber; 4 g fat (1 g saturated); 16 mg cholesterol; 102 mcg folate; 4 mg iron and 115 mg sodium.

Honorable Mention Award

Whole Wheat Sausage Pizza Wheels

Evelyn Pate, Pike Road, Alabama

My family likes pizza in all forms and we like the healthfulness of whole wheat breads, so it seemed a natural thing to combine the two.

Bread

1 $\frac{3}{4}$ cups King Arthur Traditional 100% Whole Wheat Flour
½ cup King Arthur Unbleached All-Purpose Flour
1 $\frac{1}{8}$ teaspoons Fleischmann's® Bread Machine Yeast
1 tablespoon granulated sugar
½ teaspoon salt
1 tablespoon margarine
1 tablespoon unsweetened applesauce
 $\frac{3}{4}$ cup water, room temperature (70°- 80°F)

Filling

1/3 cup tomato paste
½ teaspoon Italian seasoning
¼ teaspoon ground oregano
½ cup sliced canned mushrooms, drained
1 cup cooked, crumbled sausage, cooled
1 cup shredded mozzarella cheese, *divided*

Add bread ingredients to bread machine pan in the order listed; program machine on **Dough** cycle. Check the dough after 4-5 minutes. The dough should form a soft ball around the kneading blade. If the dough is too dry, add 1 tablespoon water at a time. If it is too sticky, add 1 tablespoon flour at a time.

Meanwhile, in a small bowl, mix tomato paste, Italian seasoning, and oregano; set aside. Drain mushrooms thoroughly on paper towel-lined plate.

Remove dough from bread machine; punch down. Roll dough into 13 x 11-inch rectangle. Spread tomato paste mixture evenly over dough to within ½ inch of edges. Evenly distribute mushrooms over tomato paste. Sprinkle sausage and $\frac{3}{4}$ cup cheese on top.

Roll, beginning with long side; seal edge. Cut into 1 $\frac{1}{4}$ to 1 $\frac{1}{2}$ -inch slices and place 2 inches apart on greased cookie sheet. Sprinkle remaining $\frac{1}{4}$ cup cheese over tops of pizza wheels.

Cover, let rise in warm place 30 minutes. Bake in preheated 375°F oven 10 to 12 minutes, or until done. Serve warm. Makes 12 pizza wheels.

Nutrition information per serving: One pizza wheel provides approximately 273 calories; 12 g protein; 31 g carbohydrate; 5 g dietary fiber; 12 g fat (4 g saturated); 23 mg cholesterol; 31 mcg folate; 2 mg iron and 429 mg sodium.

Honorable Mention Award

Apricot Almond Twists

Mary Allen, Troy, Ohio

I took a roll recipe I have made for a long time and modified it by using ricotta cheese, whole wheat flour and reduced the fat and salt. We enjoy the flavor combination of apricots and almonds, so the almond sugar was a natural addition.

Dough

¼ cup dried apricots, snipped to 1/8-inch dice
¼ cup boiling water
1 cup part-skim ricotta cheese
¼ cup warm water (100° - 110°F)
¼ cup granulated sugar
¼ cup butter or margarine
1 teaspoon salt
1 large egg, beaten
1 package Fleischmann's® Active Dry Yeast
¼ cup warm water (100° - 110°F)
1 cup King Arthur Unbleached All-Purpose Flour, *divided*
2 cups King Arthur Unbleached White Whole Wheat Flour, *divided*

Filling

½ cup (3 ounces) almond paste
1/3 cup granulated sugar
¼ cup chopped almonds, toasted
¼ teaspoon almond extract
1 large egg, beaten
1/3 cup apricot jam

In a small bowl, pour boiling water over diced apricots. Cover and cool.

In 1-quart saucepan, heat ricotta cheese, water, and sugar over low heat, until bubbles begin to form around the edge. Remove from heat and stir in butter, salt, and apricots. Cool 10 minutes; stir in egg.

In large mixing bowl, dissolve yeast in ¼ cup warm water; let sit 5 minutes.

Stir the cooled cheese and apricot mixture into the yeast. Beat in 1 cup all-purpose flour and 1 ½ cups whole wheat flour; beat 2 minutes. (The dough will be sticky.) Sprinkle work surface with part of the remaining ½ cup whole wheat flour; turn dough out onto floured surface. Knead dough until smooth and elastic, about 5 – 8 minutes. (Add only enough flour to prevent sticking, as too much flour will produce dry rolls.) Place dough in greased bowl; turn to coat. Cover; let rise in a warm place until double.

For filling: To toast almonds, preheat oven to 350°F. Spread chopped almonds in a single layer on a cookie sheet. Toast almonds 8 to 10 minutes, stirring twice during baking, until almonds are aromatic and lightly browned. In work bowl of a food processor fitted with the metal blade, combine almond paste, 1/3 cup sugar, almonds, and almond extract. Pulse until medium-fine almond sugar is produced. Pour almond sugar into a shallow pan. (Alternatively, you can combine the sugar and almonds in a deep bowl. Using a pastry blender cut in small pieces of almond paste until the mixture is medium-fine; stir in almond extract.)

Line two 15 x 13-inch baking sheets with parchment paper. Punch down dough; return to a lightly floured surface. Roll into a 15 x 6-inch rectangle. Divide into 5 equal pieces; cut each into 6 strips to make 30 pieces. Roll into 6-inch ropes. Brush ropes with beaten egg; roll in almond sugar to coat. Twist each rope 5 times into a spiral, then coil into a knot shape on pan. Cover; let rise about 30 minutes. Preheat the oven to 375°F while rolls rise.

Make a small depression in the center of each risen roll; fill with a scant ½ teaspoon apricot jam. Bake rolls 12 to 15 minutes or until jam is bubbly and rolls are golden brown. Remove rolls to a cooling rack. Serve warm.

Makes 30 rolls.

Nutrition information per serving: One roll provides approximately 128 calories; 3 g protein; 19 g carbohydrate; 2 g dietary fiber; 4 g fat (2 g saturated); 23 mg cholesterol; 14 mcg folate; 1 mg iron and 114 mg sodium.