



KANSAS WHEAT
COMMISSION



Recipes 2002

Almost 300 youth, adults, seniors and professionals statewide participated in the 2002 Kansas Festival of Breads contest that is held every two years. The recipes in this booklet are winners from the contest.

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Pictured on front cover: White Whole Wheat Italian Focaccia (upper right), Wheat Hamburger Buns (left center) and Spicy Party Bread (lower right).

Polish Povitica (po- vi- tee- tsa) Bread

A family recipe from Roberta Dent, Salina.

Filling:

- 1 12-oz. can evaporated milk
- 1 cup sugar
- 1 cup margarine
- 6 cups whole pecans, finely ground*
- 4 eggs, beaten
- $\frac{1}{8}$ teaspoon salt
- 1 teaspoon cocoa
- 1 teaspoon cinnamon

Bread:

- 1 $\frac{1}{2}$ cups lukewarm milk (105°-115°F)
- $\frac{1}{2}$ cup sugar
- 2 teaspoons salt
- $\frac{1}{4}$ cup margarine, softened
- 2 eggs, beaten
- 2 packages fast-acting yeast
- $\frac{1}{2}$ cup lukewarm water (105°-115°F)
- 7-7 $\frac{1}{4}$ cups bread flour
- 1 egg white and 1 tablespoon water
- Poppy seeds

*A meat grinder is recommended for grinding the pecans.

Filling: In pan, over medium heat, add sugar to milk. Add margarine; stir in pecans. Gradually stir in eggs. Boil, stirring constantly, until thick. Mix in salt, cocoa and cinnamon. Cool.

Bread: In mixing bowl, combine milk, sugar, salt, margarine and eggs. Dissolve yeast in water; add to bowl. Stir in 3 cups flour, mix 2 minutes. Add enough remaining flour to form soft dough. Knead dough 10 minutes. Cover; let rest 20 minutes.

Punch down dough, divide into three pieces. Roll each into a thin 15 x 10-inch rectangle. Spread one-third, about 2 cups, filling on dough. Roll up dough; seal edges. Coil dough in a circular shape resembling a snail. Tuck the end under the loaf and pinch to seal.

Place in greased 9-inch pie or cake pan. Cover, let rise until double. Beat egg white and water; brush on loaves. Sprinkle with seeds.

Bake in preheated 350°F oven 35–40 minutes or until done. Thermometer inserted in center should reach 200°F. After the first 15-20 minutes, tent with foil to prevent over-browning.

Makes 3 loaves. (48 servings)

Nutrition Analysis: One slice provides 260 calories, 16g total fat, 30mg cholesterol, 90mg sodium, 24g carbohydrates, 1g dietary fiber, 5g protein.

Shepherd's Bread

From the Basque Country in Nevada by Mary Glazier, Wichita.

- 3 cups hot tap water (120°F)
- $\frac{2}{3}$ cup margarine, room temperature
- $\frac{1}{2}$ cup sugar
- 2 teaspoons salt
- 5 teaspoons bread machine yeast
- 8 $\frac{1}{2}$ -9 cups bread flour

Generously grease a large 6-quart cast iron Dutch Oven with a tight-fitting lid.

In bowl, combine water, margarine, sugar and salt. Stir in yeast until dissolved. Let stand in warm place until bubbly, about 15 minutes.

Add 4 cups flour; beat 2 minutes. Gradually stir in 4 $\frac{1}{2}$ cups flour. Sprinkle work surface with remaining flour and knead dough until smooth and elastic, about 10 minutes. Place in greased bowl, turning to coat entire surface. Cover; let rise until double in size.

Preheat oven to 375°F. Remove dough from greased bowl; **do not punch down dough**. Place dough in Dutch Oven and gently round loaf so that it is evenly shaped.

Bake with Dutch Oven lid on for 10 minutes. Remove lid and continue baking until bread is a dark golden brown, an additional 50 minutes. Turn bread onto rack and cool.

Makes 1 large loaf. (32 servings)

Tip: Cut loaf in half and freeze one half for later use.

Nutrition Analysis: One slice provides 175 calories, 4g total fat, 0mg cholesterol, 190mg sodium, 30g carbohydrates, 1g dietary fiber, 4g protein.

Kansas Wheat Production

On average, Kansas is the largest wheat producing state. Nearly one-fifth of all wheat grown in the United States is grown in Kansas. This is why it is called the “Wheat State” and “Breadbasket of the World.”

Kansas grows winter wheat that is planted and sprouts in the fall, becomes dormant in the winter, grows again in the spring, and is harvested in early summer.

Russian Mennonite immigrants introduced Turkey Red wheat to Kansas in 1874. This hardy variety, which could grow in Kansas’ dry and cold weather, is the ancestor of all U.S. Hard Red Winter wheat.

All the wheat grown in Kansas in a single year would fit in a train stretching from western Kansas to the Atlantic Ocean.

On average, Kansas ranks number one in wheat and wheat products exported. About half of the wheat grown in Kansas is used in the United States; the other half is exported.

Six classes of wheat are grown in the United States; Kansas produces three of them:

- **Hard Red Winter** (HRW) wheat makes up about 98% of Kansas wheat production. HRW wheat is high in protein and has strong gluten. It is grown in all Kansas counties and is used for yeast breads and rolls. Kansas is responsible for producing 40% of U.S. Hard Red Winter wheat.
- **Soft Red Winter** (SRW) wheat makes up about 1% of Kansas wheat production. SRW wheat is grown in the eastern part of the state and is used for flat breads, cakes, pastries and crackers.
- **Hard White** (HW) wheat is the newest class of wheat and is grown in the western part of Kansas. HW wheat is used for yeast breads, hard rolls, tortillas and noodles. For more information about Hard White wheat flour, see the inside back cover.

Italian Cheese Bread

Kelly Bogart, Abilene, serves this bread with Italian meals.

- | | |
|-------------------------------------|----------------------------------|
| 1 teaspoon dry minced onion | 1/2 teaspoon dried basil leaves |
| 1 tablespoon butter | 1/2 teaspoon garlic powder |
| 3/4 cup water | 1 1/2 teaspoons salt |
| 1 egg | 2 tablespoons sugar |
| 1/2 cup small curd cottage cheese | 3 – 3 1/4 cups bread flour |
| 1/2 cup grated dried three cheeses* | 1 3/4 teaspoons active dry yeast |
| 1 teaspoon Italian seasoning | |

Topping:

- 1 egg, beaten
- 2 tablespoons Parmesan cheese

*Parmesan, Romano and Asiago Cheeses (Kraft) or Grated Parmesan Romano Cheese.

Do not use this recipe on the Time Delay Program. Place onion and butter in small bowl and microwave until melted. Add ingredients to bread machine pan in the order suggested by the manufacturer. Recommended cycle: **DOUGH**. Check dough after 5 minutes. Dough should form a soft ball around the kneading blade. If it is too dry, add 1/4-1 tablespoon of water; if too wet, add 1 tablespoon of flour at a time.

When dough is completed, remove from pan. Place in a greased bowl, turning to coat. Cover with a warm, damp cloth. Let rest 20 minutes.

Punch down dough; divide in half. Shape each piece into a long 17-inch loaf. Place diagonally on greased baking sheets. Spray loaves lightly with water; cover with plastic wrap. Let rise until double.

Using a sharp knife or single-edge razor, make four diagonal slashes about 1/2 inch deep on top crust. Brush with beaten egg; sprinkle with Parmesan cheese.

Bake in 350°F oven 25-28 minutes, turning baking sheet several times. Cover with foil tent last 10 minutes to prevent over-browning. Makes 2 loaves. (24 servings)

Nutrition Analysis: One slice provides 85 calories, 2g total fat, 10mg cholesterol, 200mg sodium, 10g carbohydrates, .5g dietary fiber, 3g protein.

Wheat Hamburger Buns

Bonnie Anderson, Dresden, prefers using white whole wheat flour.

1/2 cup brown sugar	1/4 teaspoon sugar
1 tablespoon salt	1/4 cup lukewarm water (105°-115°F)
1/2 cup shortening	2 eggs, beaten
2 cups milk, scalded*	2 1/2 cups whole wheat flour**
2 tablespoons active dry yeast	4-4 1/4 cups bread flour

*Evaporated milk diluted with boiling water eliminates the scalding step.

**For information on white whole wheat flour, see inside back cover.

In bowl, add brown sugar, salt and shortening. Stir in milk; cool until lukewarm. Dissolve yeast and sugar in lukewarm water; let stand 5 minutes.

Add eggs to the milk mixture; beat well. Add whole wheat flour; beat 2 minutes. Stir in yeast. Gradually add enough of the bread flour to form soft dough.

Knead dough by hand or with dough hook 10-12 minutes. Cover; let rise until double.

Punch down dough; scale into 2.2 ounce pieces, or 2" balls. Shape into 24 uniform balls. Using a rolling pin, flatten into 3-inch circles. Place on greased baking sheets or in bun pans. Cover, let rise until double.

Bake in preheated 375°F oven 9-10 minutes or until light golden.

Makes 24 buns.

Nutrition Analysis: One bun provides 195 calories, 5.5g total fat, 16mg cholesterol, 310mg sodium, 31g carbohydrates, 2g dietary fiber, 5.5g protein.

Braided Honey Wheat Bread

Liz Hibbard, Manhattan, enjoys hand-shaping the dough.

- 1 1/2 cups water (80°F)
- 1 cup bread flour
- 3 cups whole wheat flour*
- 2 tablespoons gluten
- 2 tablespoons dry milk
- 1 1/2 teaspoons salt
- 2 tablespoons butter
- 2 tablespoons honey
- 1 1/2 teaspoons bread machine yeast

Topping:

- 1 egg, beaten
- Poppy seeds

*For information on white whole wheat flour, see inside back cover.

Accurately measure all ingredients. Add ingredients to bread machine pan in the order suggested by the manufacturer. Recommended cycle: **DOUGH**. Check dough after 5 minutes. Dough should form a soft ball around the kneading blade. 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, remove dough from machine.

Divide dough into six equal pieces. Roll each into a uniform 15-inch rope. Wet fingers and pinch three ropes together at one end. Lift the left outside rope and move it to the middle. Continue braiding; pinch and seal ends together with a dab of water. Tuck ends underneath.

Place braids on greased baking sheets. Cover, let rise until double. If desired, brush with beaten egg and sprinkle with poppy seeds.

Bake in 375°F oven 25 minutes or until golden brown and done. Tent with foil after first 15 minutes to prevent over-browning. Remove from pans; cool on wire rack.

Makes 2 loaves. (24 servings)

Nutrition Analysis: One slice provides 95 calories, 1.5g total fat, 10mg cholesterol, 155mg sodium, 17g carbohydrates, 2g dietary fiber, 3g protein.

Health Benefits of Fiber

It has been called bulk or roughage, but today we call it fiber. Fiber is a general term for the indigestible part of plant foods. It provides almost no energy or calories, yet is an important part of a healthy diet. Grain products, fruits, legumes and vegetables are significant sources of fiber. In contrast, virtually no fiber is present in dairy products, meat, poultry, fish, fats and sweeteners.

There are two types of dietary fiber: soluble and insoluble.

Insoluble Fiber

- Foods containing insoluble fiber may effectively reduce the risk of colon cancer and, according to recent research, may help prevent breast cancer.
- Insoluble fiber aids in weight control if high-fiber foods are substituted for high-fat, high-calorie foods. High-fiber foods take longer to chew and provide a feeling of fullness.

Soluble Fiber

- Soluble fiber lowers blood cholesterol in some people when eaten as a part of a low-fat diet, thus decreasing the risk for heart disease.
- It may help control blood sugar in people with diabetes and even reduce their insulin requirement. However, diabetics should follow a high-fiber diet only under medical supervision.

Daily consumption

An adequate amount for a healthy individual can be obtained by following the “Dietary Guidelines for Americans.” To help achieve the recommended amount of fiber, the dietary guidelines recommend two to four servings of fruits, three to five servings of vegetables and six to 11 servings from the bread, cereal, rice and pasta group.

Adding fiber

- Eat six to 11 servings each day of bread, cereal, rice and pasta, making sure at least three of them are whole grains.
- Add bran to muffins, pancake batter, casseroles, breakfast cereals and salads.
- Boost the fiber in cereals with fresh fruit and sprinkle with bran.
- Choose whole-grain baked goods with raisins or other dried fruit.

Grand Old Flag Bread

Maria Maus, Viola, shows her patriotism with this bread.

2 1/2 cups lukewarm water (110°-115°F)	5-5 1/4 cups bread flour, divided
1 package active dry yeast	1 1/2 teaspoons salt
1/3 cup vegetable oil	1 1/2 tablespoons wheat gluten
1/3 cup honey	2-2 1/4 cups whole wheat flour*

*For information on white whole wheat flour, see inside back cover.

In bowl, dissolve yeast in water; let set 5 minutes. Stir in oil, honey, 2 cups bread flour and salt; mix 2 minutes.

Measure out half of the mixture, about 2 cups; cover and set aside.

To mixture in bowl, stir in gluten and enough whole wheat flour to form soft dough. Knead 10 minutes. Place in greased bowl, cover, let rise until double.

To remaining half, gradually add enough bread flour to make soft dough. Knead 10–12 minutes. Place in greased bowl, cover, let rise until double.

Punch down doughs. Cover, let rest 10 minutes. Grease a 17 x 12 x 1-inch pan.

Roll each dough into a 7 x 16-inch rectangle. Cut each into seven 1-inch stripes. Place a wheat stripe in the pan and continue with a white stripe; use 7 wheat stripes and 6 white stripes.

To make stars, flatten remaining white stripe until 1/4-inch thick. Cut stars with a 1 1/2-inch cookie cutter. In upper left corner, place a few stars to resemble the flag. To adhere stars make an indentation in the flag with finger and moisten back of star with beaten egg white.

Cover with plastic wrap; let rise until almost double. Bake in 350°F oven 30-35 minutes or until golden and done. Tent with foil last 10 minutes to prevent over-browning. Remove from pan and cool on wire rack.

Makes 1 flag. (36 servings)

Nutrition Analysis: One slice provides 115 calories, 2g total fat, 0mg cholesterol, 95mg sodium, 20g carbohydrates, 1g dietary fiber, 3g protein.

Whole Wheat Apple Braid

Jane Fry, Elk Falls, likes to toast this bread.

- 2 eggs
- 1 egg yolk (reserve white)
- $\frac{3}{4}$ cup water (80°F)
- $\frac{1}{4}$ cup dry milk
- $\frac{1}{4}$ cup butter or margarine
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ cup sugar
- 3 $\frac{1}{2}$ cups whole wheat flour*
- 2 tablespoons wheat gluten
- 1 tablespoon active dry yeast

Filling: (combine)

- 2 cups peeled and finely chopped apples
- $\frac{1}{3}$ cup brown sugar
- 1 tablespoon cinnamon
- $\frac{1}{2}$ cup finely chopped walnuts or pecans
- $\frac{1}{4}$ cup all-purpose flour

*For information on white whole wheat flour, see inside back cover.

Do not use this recipe on Time Delay Program. Accurately measure all ingredients. Add ingredients to bread machine pan in the order suggested by the manufacturer. Recommended cycle: **DOUGH**. It is all right to open the machine and touch the dough to check its consistency. Do this about 5 minutes into the KNEAD cycle. The dough should form a soft ball around the kneading blade. If it is too dry, add water $\frac{1}{2}$ to 1 tablespoon at a time; if it is too wet, add 1 tablespoon of flour at a time until right dough consistency is reached.

When dough is completed, divide in half. Cover one half; set aside. Roll other half of dough into a 10 x 12-inch rectangle. Cut dough crosswise into three 10 x 4-inch strips. Spread $\frac{1}{3}$ cup filling down the center of each strip.

Beat egg white with a fork; brush on edges. Roll up tightly starting on long edge. Pinch edges and ends to seal. Loosely braid three ropes together; tuck ends under and pinch to seal. Place seam side down on greased baking sheet. Repeat with other half.

Cover, let rise until double. Brush with beaten egg white. Bake in 350°F oven 25 minutes or until done. Tent with foil last 5 minutes to prevent over-browning.

Makes 2 loaves. (24 servings)

Nutrition Analysis: One slice provides 145 calories, 4.5g total fat, 25mg cholesterol, 90mg sodium, 20g carbohydrates, 3g dietary fiber, 4.5g protein.

Cranberry Chocolate Chip Bread

Katie Rice, Independence, likes the marbled appearance of this bread.

1 1/2 lb. Bread Machine Loaf:

1 cup milk	3 cups bread flour
3 tablespoons water	2 tablespoons wheat gluten
3 tablespoons butter	2 teaspoons active dry yeast
3 tablespoons brown sugar	1/3 cup chocolate chips
1 1/4 teaspoons salt	1/3 cup dried cranberries
1 1/2 teaspoons vanilla extract	1/3 cup sliced almonds
1/4 teaspoon almond extract	

Do not use this recipe on the Time Delay Program. Accurately measure all ingredients. For flour, first stir, then spoon into a dry measuring cup and level off.

Place all the ingredients, except chocolate chips, cranberries and almonds, in the pan. Recommended cycle: **BASIC/WHITE**; light setting.

It is all right to open the machine and touch the dough to check its consistency. Do this after about 5 minutes into the KNEAD cycle. The dough should form a soft ball around the kneading blade. If it is too dry, add water 1/2 to 1 tablespoon at a time; if it is too wet, add 1 tablespoon of flour at a time.

When the machine beeps to indicate the proper time to add fruits/nuts, add the chocolate chips, cranberries and almonds. (Adding these ingredients later in the process will create a marbled appearance.)

When bread is done, remove from pan and cool on rack. Serve with butter and cinnamon sugar.

Makes 1 loaf. (12 servings)

Nutrition Analysis: One slice provides 225 calories, 6.5g total fat, 10mg cholesterol, 250mg sodium, 35g carbohydrates, 1.5g dietary fiber, 6g protein.

What Are Wheat Foods?

Bulgur

Bulgur is made by soaking and cooking the whole wheat kernel, drying it, then removing five percent of the bran and cracking the remaining kernel into small pieces. Its uses are numerous...from salads to soups, breads to desserts. It is very nutritious mixed with meats or soups or served as a pilaf sidedish. Bulgur will absorb twice its volume in water and can replace rice, barley or other grains in most recipes.

Couscous

Couscous is made from durum wheat and is a staple of several countries in North Africa. Couscous tastes like pasta and is usually seasoned well for serving. It is very granular and yellow in color. Most commercial couscous is partially pre-cooked so cooking time is reduced. Couscous, often served as a vegetarian menu item or as a pilaf, is a good source of protein.

Cracked Wheat

Cracked wheat is very similar in nutrition and texture to bulgur. It is the whole kernel broken into small pieces, but it is not pre-cooked. Cracked wheat can be added to baked goods for a nutty flavor and crunchy texture or cooked as hot cereal.

Wheat Germ

The germ of the wheat kernel is often added to baked goods, casseroles and even beverages to improve the nutritional value and give a nutty, crunchy texture. The protein quality of wheat germ is comparable to that of milk. It contains about 10 percent fat, so is not as shelf-stable as most other wheat products.

Wheat Bran

The bran is the outer layer of the wheat kernel. It provides B-vitamins, trace minerals and additional dietary fiber.

Whole Wheat Kernels

Wheat kernels are also referred to as wheat berries. They can be used for growing wheat sprouts which are then added to salads or baked goods. The cooked whole kernel can be used in meat dishes, as a breakfast cereal or in chili, soups, stews, salads and baked dishes. Cook kernels about 20 minutes if presoaked; 45 minutes if not. One cup wheat kernels equals 2 1/2 cups cooked, plump kernels.

White Whole Wheat Italian Focaccia (fo-KA-cha)

Naomi Johnson, Great Bend, bakes this bread on a baking stone.

Sponge:

- 2 cups whole wheat flour*
- 1 package active dry yeast
- 1 teaspoon sugar
- 1 1/2 teaspoons garlic powder
- 1 tablespoon dried Italian seasoning
- 2 cups lukewarm water (105°-115°F)

Dough:

- 2 teaspoons salt
- 1 tablespoon olive oil
- 2 tablespoons Parmesan or Romano Cheese*
- 1 cup whole wheat flour**
- 1 1/2 - 2 cups bread flour
Cornmeal

Toppings: Olive oil, Parmesan or Romano Cheese, Kosher salt, Italian seasoning, fresh herbs.

* Fresh or dried

** For information on white whole wheat flour, see inside back cover.

For sponge, combine in bowl, flour, yeast, sugar, garlic powder, Italian seasoning and water. Mix 2 minutes. Cover with plastic wrap; let rest 20 minutes.

Stir in salt, olive oil and cheese. Add whole wheat flour; mix 2 minutes. Gradually add enough of the bread flour to form a soft dough. Knead dough 5-8 minutes. Place in lightly greased bowl. Cover; let rise until double.

Divide dough into two pieces. Gently pull or stretch each piece of dough into a circle or rectangle 3/4-inch thick. Place on greased baking sheets or pizza pans that have been dusted with cornmeal. Cover, let rise 20-25 minutes.

Dimple dough with fingertips every 1/2 inch. Brush with oil; sprinkle on cheese and, if desired, Kosher salt. Let rest 5 minutes.

Bake in 400°F oven 15-20 minutes or until golden. During last several minutes of baking, sprinkle with Italian seasoning or fresh herbs. As soon as you remove the focaccia from the oven, brush with olive oil. Best served the day they are baked.

Makes 2 focaccia. (16 servings)

Note: To produce a delightful crust, bake loaves on a preheated baking stone.

Nutrition Analysis: One slice provides 135 calories, 1.5g total fat, 0mg cholesterol, 300mg sodium, 25g carbohydrates, 3g dietary fiber, 5g protein.

Multigrain Honey Wheat Bread

Roger Adams, Manhattan, created a hearty whole grain bread.

1 1/2 cups water	4 teaspoons buckwheat groats (Kasha)
5 tablespoons butter	4 teaspoons flax seeds**
1/2 cup honey	1/4 cup old-fashioned rolled oats
4 tablespoons wheat gluten	1 teaspoon salt
3 cups whole wheat flour*	3 tablespoons raw sunflower seeds
1 tablespoon cracked wheat	5 1/2 teaspoons active dry yeast
2 teaspoons wheat germ	2 eggs, beaten
1/4 cup rolled wheat	1 – 1 1/4 cups bread flour
1/4 cup rolled rye	Commeal
1/4 cup rolled barley	
2 tablespoons flax meal	

*For information on white whole wheat flour, see inside back cover.

**The flax seeds may be ground in a small coffee grinder or left whole.

Combine water, butter and honey; heat till lukewarm (110°-120°F).

In bowl, combine dry ingredients, except bread flour. Slowly add water mixture to dry ingredients; mix 2 minutes. Cover, let set 30 minutes.

Add eggs; mix 2 minutes. Gradually add enough bread flour to make a sticky dough. (Bread will be moist if the dough is sticky.) Knead 8-10 minutes.

Place dough in greased bowl; cover with plastic wrap. Let rise until double. Punch down dough, cover, let rise again until double.

Punch down dough; divide in half. Cover, let rest 10 minutes. Shape loaves and place in two greased 9 x 5-inch loaf pans. Or, shape in round loaves; place in greased 9-inch pie pans dusted with cornmeal. Cover; let rise until double.

Slash a 1/4-inch deep tic-tac-toe design in top of round loaves. Bake in 375°F oven 25-30 minutes. After 15 minutes, tent with foil to prevent over-browning. Loaves should reach an internal temperature of 200°F as measured on a thermometer inserted into the center of the bread. Makes 2 loaves. (24 servings)

Nutrition Analysis: One slice provides 155 calories, 4g total fat, 22mg cholesterol, 100mg sodium, 25g carbohydrates, 3g dietary fiber, 5g protein.

Value-Added Products

Either currently available or in the research stages.

- Polymers
- Packing peanuts
- Plastic bags
- Plastic films
- Charcoal
- Cups
- Fuels
- Golf tees
- Insulation
- Medical swabs
- Packaging, foams and insulation (starch based)
- Reinforcing agents in rubber products (flour based)
- Fine paper products (carbonless copy paper)
- Roofing and other building materials
- Skeet pigeons
- Textile finishing agents
- Wood substitute in composite building materials
- Cosmetics and pharmaceutical products
- Hair conditioners
- Moisturizers
- Liquid laundry detergents
- Water-soluble inks
- Egg white substitutes

Spicy Party Bread

Thomas Turgeon, Kansas City, adds his favorite ingredients in this recipe.

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| 1 $\frac{1}{8}$ cups water (105-115°F) | 2 tablespoons chopped mild red pepper |
| 1 package active dry yeast | 2 ounces shredded horseradish Cheddar cheese* |
| 3 - 3 $\frac{1}{2}$ cups bread flour | $\frac{1}{4}$ - $\frac{1}{2}$ cup jalapeno peppers, seeded and chopped |
| 1 tablespoon wheat gluten | |
| 1 $\frac{1}{2}$ teaspoons salt | |
| 1 teaspoon cayenne pepper | |
| $\frac{1}{3}$ cup finely chopped onion | |

* May substitute 2 tablespoons cream style horseradish and $\frac{1}{3}$ cup sharp Cheddar cheese.

Note: Wear food-grade plastic gloves when working with jalapeno peppers to avoid burning sensation caused by the peppers.

In bowl, add water and yeast; let set 5 minutes. Stir in 2 $\frac{1}{2}$ cups flour, gluten and salt. Mix 2 minutes. Add cayenne pepper, onion, red pepper and cheese; mix well. Gradually add enough of the remaining flour to make soft dough. Knead 8-10 minutes.

Place in lightly greased bowl. Cover; let rise until double. Punch down dough; divide in half. Cover, let rest 10 minutes.

For each loaf, roll dough into a 7 x 12-inch rectangle. Sprinkle jalapeno peppers on dough; roll up very tightly. Seal edges and ends of loaf, stretching loaf to about 16 inches.

Place loaf diagonally on greased baking sheet. With sharp knife or single-edge razor blade, make four diagonal slashes, $\frac{1}{4}$ inch deep, on top crust. Cover, let rise until double.

Preheat oven to 400°F. Place a pan with boiling water on the lowest oven rack to create steam. Bake loaves 22-25 minutes, or until they are brown and reach an internal temperature of 200°F as measured on a thermometer inserted into the center of the bread.

Makes 2 loaves. (24 servings)

Nutrition Analysis: One slice provides 70 calories, 1g total fat, 2mg cholesterol, 15mg sodium, 15g carbohydrates, 1g dietary fiber, 2g protein.

Wheat Bread

Elaine Woolf, Macksville, uses the bread machine and oven.

- 1 1/4 cups milk (75°-85°F)*
- 2 1/2 tablespoons vegetable oil
- 1 egg
- 3 tablespoons brown sugar
- 1 1/4 teaspoons salt
- 1 1/2 cups whole wheat flour**
- 2 cups bread flour
- 1 3/4 teaspoons bread machine yeast

*May use 1 1/4 cups water and 5 tablespoons dry milk.

**For information on white whole wheat flour, see inside back cover.

Do not use this recipe on Time Delay Program. Accurately measure all ingredients. Add ingredients to bread machine pan in the order suggested by the manufacturer. Recommended cycle: **DOUGH**. It is all right to open the machine and touch the dough to check its consistency. Check dough after 5 minutes. Dough should form a soft ball around the kneading blade. If it is too dry, add 1/2 - 1 tablespoon of water; if too wet, add 1 tablespoon of flour at a time.

When cycle is completed, remove dough from machine. Shape dough into a loaf and place in a greased 5 1/2 x 9 1/2-inch stoneware loaf pan. (Two 8 1/2 x 4 1/2-inch loaves can be made.) Cover, let rise until double in size.

Bake in preheated 375°F oven 15 minutes, tent with foil; continue baking 10-15 minutes or until done. Remove from pan(s) and cool on wire rack.

Makes 1 large loaf or 2 medium loaves. (24 servings)

Nutrition Analysis: One slice provides 95 calories, 2g total fat, 8mg cholesterol, 130mg sodium, 16g carbohydrates, 1g dietary fiber, 3g protein.

White Whole Wheat

White Whole Wheat: This new whole wheat flour is white — rather than the traditional brown color. We call it Stealth Health because it is healthy and yet you can't see it. It has a milder flavor and a golden color. It provides the same nutrition as red whole wheat flour, with complex carbohydrates, dietary fiber, plant protein, vitamins and minerals, as well as phytochemicals (plant nutrients that contain protective, disease-preventing components). It may be substituted equally for whole wheat in recipes.

Sources of white whole wheat flour:

- Visit **Kansas Wheat Commission** web site, www.kswheat.com, for suppliers.
- **Stafford County Flour Mills Co.**, P.O. Box 7, Hudson, KS 67545. Hudson Cream 100% Whole Wheat Flour in the brown 5-lb. bag. Available at most Dillon's supermarkets in Kansas. Call 1-800-530-5640 or visit www.flour.com.
- **Hodgson Mill** Whole Grain-Stone Ground White Whole Wheat Flour, made from 100% Hard White Wheat. Available in Kansas supermarkets (Dillon's) and 39 other states. Call 1-800-525-0177 or visit www.hodgsonmill.com.
- **American White Wheat Producers Association**, P.O. Box 326, Atchison, KS 66002. Call 1-800-372-4422 for a free catalog or visit www.awwpa.com.
- **King Arthur Flour**. Available in Kansas supermarkets (Dillon's) and by mail order. P.O. Box 876, Norwich, VT 05055-0876. Call 1-800-827-6836 for the Baker's Catalogue or visit www.KingArthurFlour.com.
- **Heartland Mill** Certified Organic white wheat flour, Rt. 1, Box 2, Marienthal, KS 67863. Call 620-379-4472 or visit www.heartlandmill.com.

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 2002



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