

# Kansas Wheat Commission



2012 Recipe Book

The recipes that make up this book were inspired by bread recipes submitted as entries in the 2011 National Festival of Breads baking contest. More information, contest rules and online entry forms can be found on the NFOB website at [www.nationalfestivalofbreads.com](http://www.nationalfestivalofbreads.com).

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*On the Cover: Sunflower and Wheat Bread Sculpture, 2011 National Festival of Breads sculpting champion made by Jane Fry, Elk Falls, KS.*

*Recipes tested by Cindy Falk, Nutrition Educator for Kansas Wheat and NFOB chair; Kathy Walsten, Betty Kandt and Julene DeRouche, KWC Spokespersons.*

*Cover photo: Chauncey Photography, Wichita, KS*

*Recipe book design by Nicole Stieben, Communications Intern*

# Sunflower and Wheat Bread Sculpture

## *Rye Sculpture Dough:*

*2 tablespoons active dry yeast*  
*2 tablespoons molasses*  
*2 cups warm water (100° - 110°F)*  
*2 tablespoons vegetable oil*  
*6 tablespoons apple cider vinegar*  
*2 teaspoons salt*  
*2 cups medium rye flour*  
*4 - 4 1/2 cups bread flour*  
*Egg wash: 1 egg plus 1 tablespoon*  
*water, beaten*  
*1 tablespoon poppy seeds*

## *White Sculpture Dough:*

*2 teaspoons active dry yeast*  
*3/4 cup warm water (100° - 110°F);*  
*(80° - 85°F) when using bread machine*  
*3 tablespoons granulated sugar*  
*1 large egg*  
*1/4 cup nonfat dry milk*  
*1 teaspoon salt*  
*1 tablespoon vegetable oil*  
*2 1/2 - 3 1/4 cups bread flour*

1. **Rye dough:** In mixing bowl, stir yeast and molasses into warm water; let stand 10 minutes. Stir in oil, vinegar, salt and rye flour. Gradually add enough bread flour so it handles easily. Knead 10 minutes. Cover, let rise 1 hour.

2. **White dough:** In mixing bowl, dissolve yeast in water. Mix in remaining ingredients, adding enough flour to make a workable dough. Knead 8 minutes.

OR: add ingredients to bread machine in the order given. Program on DOUGH cycle.

3. Punch down rye dough and reserve 11 ounces for the 5 sunflower heads; cover with plastic wrap. On lightly floured surface, roll out the remainder of the dough to approximately 3/8-inch thick, forming a long rectangle 16 inches wide. Using pizza cutter, cut the rye dough into 1-inch strips. Cover a 12 or 14-inch pizza pan with foil. Weave strips on pan, leaving 1 inch apart.



4. Trim strips to 3/4-inch from edge of pan. Make a “button impression” by pressing the end of a funnel at the intersections. Roll remaining dough into a long piece; cut three 1/2-inch wide strips and braid together. Lay braid on top covering the edges of the woven strips. Brush with egg wash. Let rise 30 to 40 minutes and bake in preheated 350°F oven for 35 minutes, or until golden brown.

5. Divide the remaining 11 ounces of rye dough into 5 balls weighing 4, 3, 2, and two 1-ounce portions. Knead and flatten each ball for the sunflower heads; brush with egg wash. With sharp knife cut top with cross hatch lines about 1/2-inch apart. Sprinkle with poppy seeds and place on parchment-lined baking sheets.



6. Prepare petals. Roll out approximately half of the white dough, cover, let rest 10 minutes.

7. Using a 2-inch round cutter, cut 6 circles for the 4-ounce sunflower head. Using a pizza cutter, divide each circle in half. Slightly reshape piece to make a petal. Using the back of a paring knife, deeply score the petal lengthwise. Slip 12 petals under the head of the sunflower. Brush with egg wash. Repeat for the 3-ounce sunflower head.



8. For the 1 and 2 ounce sunflower heads, cut 3 circles and divide into fourths; shape into petals, scoring them lengthwise. Slip 12 petals under each head and brush with the egg wash. Let rise until almost double. Bake in preheated 350°F oven 20 to 35 minutes, or until golden brown.



9. Re-knead the remaining dough for the stems of wheat. Pinch off 1-ounce portions of dough. Roll the dough repeatedly to get the stems thin, leaving the wheat head end larger. Place on parchment-lined baking sheets. Brush with egg wash; with small sharp scissors snip the top 3 inches, making diagonal snips, to form the head. Bake in preheated 350°F oven 20 to 22 minutes or until golden brown.



10. Arrange sunflowers and wheat on top of woven rye circle for a flat sculpture. For a vertical sculpture, attach sunflower heads using toothpicks and tie the wheat stems either together or individually with raffia or jute through the woven background. The sculpture can be propped up or hung using raffia or jute.



**JANE'S TIP:** If the white dough is ready to be used while you are still working with the rye dough, just keep it covered and punch it down until you are ready to shape it. Dough is very patient and forgiving. The pieces may be made over several days, making it an easy sculpture to create.

# Cheddar Jalapeño Pretzels

3 3/4 - 4 cups bread flour, divided  
1 package (1/4 ounce) fast-rising yeast  
1 1/2 cups very warm water (120° - 130°F)  
1 tablespoon honey  
4 - 6 tablespoons finely chopped pickled jalapeños

1 teaspoon salt  
1 cup shredded sharp Cheddar cheese  
1/4 cup baking soda  
2 cups boiling water  
1 tablespoon melted butter, optional

1. In mixer bowl, combine 2 cups flour and yeast. Stir in water until thoroughly combined. Add honey, jalapeños, salt and cheese. Gradually add enough of the remaining flour until a soft dough forms. Knead dough by hand or with dough hook 8 to 10 minutes or until smooth and elastic.

2. Place dough in oiled bowl turning to coat. Cover with damp towel; let rise until double, about 1 hour. Punch down dough; divide into 12 equal portions; cover with damp towel.

3. In a shallow glass bowl measure baking soda. Boil 2 cups water. Pour boiling water over baking soda; stir until soda is completely dissolved. Set aside.

4. Grease or line with parchment paper two 13 x 18-inch baking sheets. Roll dough portions into 2 to 2 1/2-foot lengths about 1/4 to 1/2-inch in diameter (about the size of a pencil). Twist into pretzels by making a circle, bringing ends together, twisting twice and pressing ends onto bottom curve of circle.

5. Dip pretzels into baking soda water; place 6 pretzels per baking sheet. Let rise 15 to 20 minutes.

6. Bake in preheated 450°F oven 8 to 9 minutes, or until golden brown. Transfer to wire rack. If desired, lightly brush pretzel with melted butter.

Variation: Omit step 3 (soda and water mixture); shape the dough in pretzels, let rise 15 to 20 minutes and bake.

Makes 12 pretzels.

One pretzel provides approximately 208 calories; 8 g protein; 36 g carbohydrate; 1 g dietary fiber; 3 g fat ( 2 g saturated); 10 mg cholesterol; 85 mcg folate; 2 mg iron and 262 mg sodium.

# German Cabbage Bread

<i>1 cup water</i>	<i>1/4 cup snipped fresh parsley</i>
<i>3/4 cup medium chop, fresh green cabbage</i>	<i>1 tablespoon honey</i>
<i>1/4 cup chopped baby carrots</i>	<i>1 1/2 teaspoons salt</i>
<i>1/4 cup chopped celery</i>	<i>2 cups whole wheat flour</i>
<i>1/3 cup vegetable liquid (100° - 110°F)</i>	<i>2 tablespoons vital wheat gluten</i>
<i>1 (1/4 ounce) package active dry yeast</i>	<i>1 - 1 1/2 cups bread flour</i>
<i>1 (5 ounce) can evaporated milk</i>	<i>1 tablespoon shortening</i>
<i>1/4 cup vegetable oil</i>	<i>2 tablespoons cornmeal</i>
<i>1 large egg</i>	

1. In saucepan, cook covered the water, cabbage, carrots and celery until tender. Drain well; reserve 1/3 cup liquid.
2. In mixer bowl, add reserved liquid; stir in yeast and let stand 10 minutes.
3. In food processor with metal blade, add drained vegetables, milk, oil, egg, parsley, honey and salt. Blend until smooth. Stir into yeast; blend well.
4. Stir in whole wheat flour and wheat gluten; mix on low speed 2 minutes. Gradually add enough bread flour to make moderately soft dough. Knead by hand or with dough hook 10 to 12 minutes.
5. Place dough in greased bowl, turn once to coat. Cover, let rise until double. Grease one 12 x 18 x 1-inch sheet pan with shortening and dust with cornmeal.
6. Punch down dough and divide in half. Shape into 2 round free-form loaves. Place on baking sheet. Cover, let rise until double.
7. With sharp knife or lame carefully slash top 1/4-inch deep. Bake in preheated 375°F oven 30 to 35 minutes. Loosely cover with foil last 10 minutes to prevent over-browning. Remove to cooling rack; store cooled bread in refrigerator.

Makes 2 small, free-form loaves, 16 servings each.

One slice provides approximately 83 calories; 3 g protein; 12 g carbohydrate; 1 g dietary fiber, 3 g fat (1 g saturated fat); 8 mg cholesterol; 19 mcg folate; 1 mg iron and 120 mg sodium.

# Braided Hawaiian Egg Loaves



*1/2 cup warm water (100° - 110°F)  
2 (1/4 ounce) packages active dry yeast  
1 tablespoon sugar  
1 cup lite coconut milk  
1/2 cup honey  
4 large eggs, beaten  
1 1/2 teaspoons salt  
1 (8 ounce) can crushed pineapple,  
thoroughly drained  
2 1/2 teaspoons coconut, pineapple or  
lemon extract  
1/2 cup chopped macadamia nuts  
6 - 6 3/4 cups bread flour, divided  
Egg wash: 1 egg plus 1 tablespoon cold  
water, beaten  
2 tablespoons sesame seeds, divided for  
the top*

1. In mixer bowl, combine water, yeast and sugar. Let stand 10 minutes.
2. Stir in coconut milk, honey, eggs, salt, pineapple, extract, nuts and 5 cups flour. Gradually add additional flour until a workable dough is formed.
3. Knead by hand or with dough hook, 10 to 12 minutes. Place in greased bowl, turning to coat. Cover, let rise in a warm place until double, about 1 to 1 1/2 hours. Punch down dough.
4. Divide dough into 8 equal portions. Let rest covered 10 minutes. Roll into 15-inch long ropes.

5. To shape a four-strand braid: Lay four ropes side-by-side, and pinch them together at one end. The far left strand is #1, next is #2 then #3, and the far right is #4. Take the left-hand strand #1 and move it to the right over strands #2 and #3, then tuck it back under strand #3. Take the right-hand strand #4 and move it to the left over strands #3 and #1, then tuck it back under strand #1.

6. Repeat this process until finished. Seal braid ends by pressing firmly together and tucking under. Repeat with four remaining ropes for second loaf.

7. Place braids on greased or parchment paper-lined 18 x 12 x 1-inch baking sheets. Cover, let rise until double. Test gently with finger. A slight indentation shows loaves are ready to bake. Brush the loaves with egg wash and sprinkle with sesame seeds.

8. Bake in preheated 375°F oven 20 to 23 minutes, or until golden brown. Tent with foil last 5 minutes to prevent over-browning. A thermometer inserted in the center of loaf should test about 190°F. Remove from baking sheets, cool on rack.

Makes 2 large loaves, 16 servings each.

Nutrition information per serving:

One slice provides approximately 160 calories; 5 g protein; 27 g carbohydrate; 1 g dietary fiber; 4 g fat (1 g saturated); 29 mg cholesterol; 62 mcg folate; 2 mg iron and 125 mg sodium.



# Dutch Oven Sunny Cranberry Loaf

*1/4 cup sunflower seeds*

*2 1/2 cups bread flour plus 1 tablespoon*

*1 package (1/4 ounce) fast-rising yeast*

*1 teaspoon finely grated lemon zest*

*1 teaspoon salt*

*1 cup cold tap water*

*2 tablespoons honey*

*1 tablespoon sunflower oil*

*1/2 cup dried cranberries*

*2 tablespoons cornmeal*

1. Preheat oven to 350°F. Spread sunflower seeds on ungreased pan. Bake 8 to 10 minutes, stirring occasionally, or until golden brown. Let cool.
2. In food processor bowl with dough blade in place add 2 1/2 cups flour, yeast, lemon zest and salt. Process 10 seconds.
3. Stir together water, honey and oil. With the food processor running, slowly add water mixture steadily through tube. Continue processing, adding 1 - 3 teaspoons flour until a soft ball of dough forms. Process 60 seconds to form a smooth, shiny and elastic dough.
4. Add cranberries and sunflower seeds; pulse a few seconds to incorporate.
5. Place dough into greased bowl, turn to coat dough. Cover, let rise in warm (80° to 85°F) place until double.
6. Turn out dough on work surface; knead briefly and shape into one round loaf.
7. Sprinkle cornmeal in bottom of a 4 to 5-quart cast-iron Dutch oven. (Alternative pan would be any oven pan or 4 to 5-quart casserole dish with a lid)
8. Place loaf seam-side down in pan; cover with lid. Place into cold oven; let rise 20 minutes.
9. Leaving Dutch oven in cold oven, set temperature to 400°F. Bake, covered with lid, 55 to 60 minutes. (Thermometer inserted in the center registers 200°F) To enjoy the characteristic crispy crust, serve immediately after baking.

Makes 1 round loaf, 16 servings.

Nutrition information per serving:

One slice provides approximately 126 calories; 3 g protein; 23 g carbohydrate; 1 g dietary fiber; 2 g fat (.3 saturated); 0 mg cholesterol; 48 mcg folate; 1 mg iron and 149 mg sodium.

# Whole Wheat Herb Rolls

<i>2 teaspoons olive oil</i>	<i>2 tablespoons vital wheat gluten</i>
<i>1/4 cup minced shallots or fresh green onions</i>	<i>3 tablespoons honey</i>
<i>2 cups warm water (100° - 110°F)</i>	<i>4 tablespoons unsalted butter, softened</i>
<i>1 package (1/4 ounce) active dry yeast</i>	<i>3 tablespoons minced fresh herbs, (sage, thyme, marjoram, rosemary), or</i>
<i>1/2 teaspoon granulated sugar</i>	<i>3 teaspoons dried herbs, crushed</i>
<i>4 1/2 - 5 cups white whole wheat flour, divided</i>	<i>2 teaspoons salt</i>
<i>1/2 cup dried cranberries, chopped</i>	<i>1 egg beaten with 1 tablespoon water</i>

1. In skillet, heat oil on medium-high heat; sauté shallots until tender. Set aside; cool.
2. In mixer bowl, combine water, yeast and sugar; let stand 10 minutes.
3. Stir in 2 cups flour, cranberries and wheat gluten; mix 2 minutes on low speed. Stir in honey, butter, herbs, salt and shallots. Beat 2 minutes on low speed. Gradually add enough of the remaining flour to make a slightly sticky dough. Keep the dough as soft as possible, almost sticky, just so you're able to handle.
4. Knead by hand or with dough hook 10 to 12 minutes. Avoid adding too much flour. Place dough in oiled bowl, turning to coat. Cover with damp cloth and let rise in warm place until double. (1 1/2 to 2 hours)
5. Punch down dough. Divide dough into 24 portions; let rest covered 10 minutes. Shape into round rolls; place rolls, 2 inches apart, on greased or parchment paper-lined baking sheets. Cover; let rise until double.
6. Preheat oven to 375°F. With sharp knife or lame, slash a 1/4-inch deep cross in the top of each roll. Brush entire surface with egg wash. Bake 15 to 20 minutes, or until golden brown. Remove from pan to wire rack to cool.

Makes 24 rolls.

Nutrition information per serving:

One roll provides approximately 145 calories; 4 g protein; 25 g carbohydrate; 4 g dietary fiber; 3 g fat (1 g saturated); 13 mg cholesterol; 2 mcg folate; 1mg iron and 199 mg sodium.

# Fig and Walnut Focaccia



*1 1/2 cups lukewarm water  
(100° - 110°F)*

*1 teaspoon active dry yeast*

*3 1/2 cups bread flour, divided*

*2 tablespoons walnut oil or olive  
oil, divided*

*1 teaspoon salt*

*1/2 cup coarsely chopped English  
walnuts, toasted*

*6 dried figs*

*Topping:*

*Coarsely ground sea salt, optional*

*1 tablespoon chopped fresh  
rosemary*

*2 teaspoons honey*

*1/2 teaspoon balsamic vinegar*

1. In mixer bowl, combine water, yeast and 2 cups flour. Cover; set aside in a warm place 2 hours until doubled and bubbly.
2. Gradually mix in remaining flour, 1 tablespoon oil and 1 teaspoon salt. Mix on low speed 3 to 5 minutes. Knead dough 5 minutes with dough hook. The dough should be very wet and smooth.
3. Scrape dough onto a lightly floured work surface. Round into a ball and place in a large bowl which has been coated with nonstick cooking spray. Spray the top of the dough lightly; cover with plastic wrap. Let rise until double, about 1 hour.

4. While dough rises, preheat oven to 350°F. Spread chopped walnuts in an ungreased pan; toast 7 to 8 minutes or until light golden, stirring once after 5 minutes. Set aside to cool. Remove and discard hard stem from figs; chop fine.
5. Turn the dough out onto the floured work surface or pastry cloth, but do not punch down. Divide dough in half. Flatten each half slightly into a rectangle. Sprinkle half of the cooled walnuts and figs evenly over each piece of dough. Fold one-third of dough to center, and then fold the remaining third over the top to enfold all of the walnuts and figs.
6. Grease a 12 x 18 x 1-inch pan. Transfer dough pieces to pan, leaving 3 inches in between. Press dough out toward the edges of the pan with fingertips, until each half is approximately 7 by 5 inches. Brush dough lightly with the remaining tablespoon of oil. Cover with plastic wrap; let rise for 30 minutes.
7. Move oven rack into the lower third of the oven. If a baking stone is available, place it on the rack, then preheat the oven to 425°F.
8. Lightly dimple risen focaccia with fingers. If desired, sprinkle the top lightly with coarsely ground sea salt and chopped rosemary. Combine honey and balsamic vinegar; drizzle over surface.
9. Bake 20 to 25 minutes, rotating pan once, or until golden brown. Serve while warm.

Makes 2 loaves, 16 slices each.

Nutrition information per serving:

One slice provides approximately 79 calories; 2 g protein; 13 g carbohydrate; 1 g dietary fiber; 2 g fat (0 g saturated); 0 mg cholesterol; 29 mcg folate; 1 mg iron and 75 mg sodium.

# Mediterranean Rosettes

1 1/2 cups water	1 tablespoon granulated sugar
1/2 cup bulgur	1 1/2 cups 2 percent milk (110°F)
1/2 cup chopped Kalamata olives, drained	1/2 cup (1 stick) unsalted butter, melted
1/2 cup finely chopped sundried tomatoes in oil, drained	1 1/2 cups white whole wheat flour
1/4 cup warm water (100° - 110°F)	3 1/2 - 4 cups bread flour, divided
1 (1/4 ounce) package active dry yeast	1 tablespoon pizza seasoning
	2 tablespoons finely chopped fresh basil
	1 egg white, beaten

1. In saucepan, heat 1 1/2 cups water to a boil. Remove from heat; stir in bulgur. Cover; let stand 40 minutes. Drain.
2. Thoroughly drain olives and tomatoes on paper towels.
3. In mixer bowl, combine 1/4 cup water, yeast and sugar. Let stand 10 minutes. Add bulgur, milk and butter. Stir in white whole wheat flour; beat 2 minutes.
4. Add 3 cups bread flour and pizza seasoning. Stir in enough remaining flour to make a workable dough. Knead 7 minutes by hand or with dough hook.
5. Add olives, tomatoes and basil. Knead 3 minutes to incorporate ingredients. Place dough into an oiled bowl. Cover; let rise in a warm place until double.
6. Punch down dough; divide into 24 equal portions. Roll into 14-inch ropes. Tie in 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.
7. Place on greased or parchment-lined baking sheets 2 inches apart. Cover; let rise until almost double. Carefully brush rolls with beaten egg white.
8. Bake in preheated 375° F oven 20 to 25 minutes, or until golden brown, then turn out onto rack to cool.

Makes 24 rolls.

Nutrition information per roll:

One roll provides approximately 177 calories, 5 g protein, 27 g carbohydrate, 3 g dietary fiber, 5 g fat (3 g saturated), 11 mg cholesterol, 43 mcg folate, 1 mg iron and 78 mg sodium.

# Sweet Potato – Cranberry and Bacon Twists

1 (1/4 ounce) package active dry yeast	1/3 cup vegetable oil
1 cup warm sweet potato water (100° - 110°F)	1/3 cup honey
1/4 teaspoon granulated sugar	2 teaspoons salt
4 1/2 - 5 cups all-purpose flour, divided	1 1/4 cups dried cranberries
1 1/2 cups white whole wheat flour, divided	1/2 cup finely chopped cooked bacon*
3 large eggs, beaten	Topping: 1 large egg beaten with 1 tablespoon water
1 1/2 cups cooked, mashed sweet potatoes, cooled	2 tablespoons sesame seeds

\*To save time use ready to serve, fully cooked, real bacon bits.

1. In mixer bowl, whisk together yeast, sweet potato water and sugar; let stand 10 minutes.
2. Beat in 1 cup all-purpose flour and 1/2 cup white whole wheat flour on medium speed for 1 minute. Cover; let rise 30 to 40 minutes, or until bubbly.
3. Beat together eggs, sweet potatoes, oil, honey, salt and cranberries. Beat into yeast mixture; add bacon. Beat in the remaining white whole wheat flour. Stir in the remaining all-purpose flour to make slightly sticky dough.
4. Knead dough 8 to 10 minutes. Place in oiled bowl; cover, let rise until double.
5. Punch down dough and divide into 32 equal portions. Roll into 8-inch ropes. Using 2 ropes, pinch ends together and twist. Form a ring and pinch ends together.
6. Place on two parchment-lined baking sheets. Cover; let rolls rise until double.
7. Brush rolls with egg wash, sprinkle with sesame seeds. Bake in preheated 375°F oven for 18 to 20 minutes, or until golden brown.

Makes 16 large rolls.

Nutrition information per serving:

One roll provides approximately 321 calories; 8 g protein; 56 g carbohydrate; 3 g dietary fiber; 7 g fat (1 g saturated); 48 mg cholesterol; 59 mcg folate; 2 mg iron and 313 mg sodium.

# Crispy (Hay Bales) Wheat Rolls

1 1/2 cups white whole wheat flour

1 1/2 tablespoons vital wheat gluten

1/2 - 1 cup bread flour, divided

1/4 cup nonfat dry milk powder

1 (1/4 ounce) package fast-rising yeast

1 1/2 cups finely crushed, (non-sweetened)

shredded wheat cereal, divided

3/4 cup water

1/4 cup molasses

1 teaspoon salt

3 tablespoons butter, cut into pieces

2 large eggs, beaten

4 tablespoons melted butter, divided

1/2 teaspoon garlic salt

2 tablespoons finely shredded Parmesan cheese

1. In mixer bowl, combine whole wheat flour, gluten, 1/2 cup bread flour, dry milk, yeast and 1 cup crushed cereal.

2. Combine water, molasses, salt, and 3 tablespoons butter; heat to 120° - 130°F. Stir into flour mixture, blend well.

3. Reserve 2 tablespoons beaten egg for topping, blend rest into dough. Scrape down bowl; beat at medium speed 2 minutes. Stir in remaining bread flour to make a moderately soft dough. Knead dough by hand or with dough hook 8 to 10 minutes. Cover; let rest 10 minutes.

4. Meanwhile, spray a 13 x 9 x 2-inch baking pan with nonstick cooking spray. Mix 1/2 cup cereal with 1 tablespoon melted butter, garlic salt and Parmesan cheese.

5. On a lightly floured surface, roll dough into a 16-inch square; brush with 3 tablespoons melted butter. Cut in half, making two 8 x 16-inch rectangles. With longest sides of rectangles, fold left and right sides of dough in over centers (letter style) making two 3 x 16-inch strips; pinch long edges to seal.





6. Brush tops of strips with reserved egg. On work surface, form two 16-inch long rows of cereal mixture. Turn egg-brushed sides of dough onto cereal and press to coat well; turn cereal-side up.

7. Cut each strip into 8 equal portions and place (4 x 4) in pan. Lightly spray rolls with nonstick cooking spray. Cover; let rise in warm place (80 to 85°F) until double.

8. Preheat oven to 350°F. Bake 20 to 23 minutes, or until golden brown. Remove from pan and serve warm or cool. To serve, peel the layers apart to tuck in a small piece of cheese or meat.

Makes 16 rolls.

Nutrition information per serving:

One roll provides approximately 174 calories; 5 g protein; 24 g carbohydrate; 2 g dietary fiber; 6 g fat (4 g saturated); 37 mg cholesterol; 21 mcg folate; 1 mg iron and 223 mg sodium.

# Healthy Hearty Bread

<i>1 cup cooked whole grain hot cereal *</i>	<i>1/2 cup soybean oil</i>
<i>1 cup chopped nuts and seeds</i>	<i>2 teaspoons salt</i>
<i>2 cups warm water (100° - 110°F)</i>	<i>1 cup nonfat dry milk powder</i>
<i>2 (1/4 ounce) packages active dry yeast</i>	<i>3 - 3 1/2 cups bread flour</i>
<i>1/2 cup brown sugar</i>	
<i>4 cups whole wheat flour, divided</i>	<i>* Hot cereal i.e.: 5-grain hot cereal,</i>
<i>2 tablespoons vital wheat gluten</i>	<i>steel-cut oats, oat bran, or grain blend</i>
<i>1 cup 2 percent milk, room temperature</i>	<i>of your choice</i>

1. Cook cereal according to package instructions, omitting salt. Let cool.
2. Preheat oven to 350°F. Spread nuts and seeds on ungreased baking sheet; toast 5 to 10 minutes or until golden brown, stirring often; let cool.
3. In mixer bowl, add warm water, yeast and brown sugar; let stand 10 minutes. Stir in 3 cups whole wheat flour and wheat gluten. Beat 2 minutes on medium speed. Cover; let sit 30 to 60 minutes.
4. Add cereal, milk, oil, salt, dry milk and remaining 1 cup whole wheat flour; mix 2 minutes. Stir in nuts and seeds and enough bread flour to make a soft dough.
5. Knead dough 10 to 12 minutes, keeping dough moist. Put dough in greased bowl, turning to coat. Cover; let rise in a warm place until double.
6. Punch down dough; scale dough into three portions. Cover; let rest 10 minutes. Shape into loaves; place in greased 8 1/2 x 4 1/2-inch loaf pans. Cover with damp cloth, let rise until double.
7. Bake loaves in preheated 375°F oven 30 to 35 minutes, tenting with foil after 20 minutes. Remove bread and cool on racks.

Makes 3 loaves, 12 slices each.

Nutrition information per serving:

Once slice provides approximately 174 calories; 6 g protein; 26 g carbohydrate; 2 g dietary fiber; 6 g fat (1 g saturated); 1 mg cholesterol; 33 mcg folate; 1 mg iron and 182 mg sodium.

# Mexi Bread

<i>3 cups bread flour</i>	<i>3/4 cup shredded Cheddar Pepper Jack cheese</i>
<i>3/4 cup yellow cornmeal</i>	<i>2 tablespoons olive oil</i>
<i>1 (1 1/4 ounce) package 30 percent less sodium taco seasoning mix</i>	<i>1 (1/4-ounce) package fast-rising yeast</i>
<i>3 tablespoons salsa</i>	<i>3/4 cup water, room temperature (80° - 85°F)</i>
<i>1 (4 ounce) can diced mild green chilies, undrained</i>	<i>1 egg white, beaten</i>
<i>3 tablespoons finely chopped fresh cilantro leaves</i>	<i>2 tablespoons shredded Cheddar Pepper Jack cheese, divided</i>

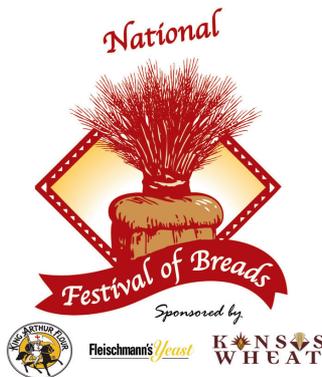
1. Following bread machine manual, place ingredients except egg white and 2 tablespoons cheese in bread machine pan. Program on DOUGH cycle. Check dough after 5 minutes; if necessary add extra water or flour, one tablespoon at a time, to form a moist dough ball around kneading blade.
2. Meanwhile, spray a 12 x 18 x 1-inch sheet pan with nonstick cooking spray.
3. When cycle is complete, remove dough from pan and gently deflate.
4. Divide dough into 4 equal portions and roll into 17-inch ropes. Twist 2 ropes together, pinch ends and turn under. Shape into a crescent shape and place on baking sheet. Repeat with remaining 2 ropes, leaving room between loaves.
5. Cover; let rise until double in size. Brush breads with beaten egg white and sprinkle 1 tablespoon cheese on top of each bread.
6. Bake in preheated 375°F oven 22 to 24 minutes, or until golden brown. Cool on rack.

Makes 2 loaves, 16 servings each.

Nutrition information per serving:

One slice provides approximately 87 calories; 3 g protein; 13 g carbohydrate; 1 g dietary fiber; 2 g fat (1 g saturated); 3 mg cholesterol; 29 mcg folate, 1 mg iron and 93 mg sodium.

# Get Your Recipes Ready Now for the 2013 National Festival of Breads!



Coming to Manhattan,KS- June 22, 2013

We've added a youth category (ages 12-17) to the contest!

Original recipes may be submitted online beginning  
Sept. 1, 2012 through January 31, 2013.

Contest rules and online entry form can be found on the  
NFOB website at [www.nationalfestivalofbreads.com](http://www.nationalfestivalofbreads.com).

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KANSAS WHEAT COMMISSION  
Kansas grown. Kansas good.

New address effective Dec. 2012:  
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