

KANSAS WHEAT COMMISSION
2018 RECIPE BOOK



Featuring
BREAD SCULPTURES FOR ALL SEASONS

You may use frozen dough that has been thawed, dough made in a bread machine, your favorite yeast bread recipe or this recipe to create your work of art.

WHITE OR WHOLE WHEAT DOUGH

MAKES ABOUT 3 ¾ POUNDS DOUGH

2 teaspoons active dry yeast
½ cup lukewarm water (110°F-115°F)
½ teaspoon granulated sugar
½ cup vegetable shortening or butter
½ cup granulated sugar
1 large egg, beaten
1 ½ teaspoons salt
2 cups milk, scalded and cooled to lukewarm
7 ½ - 7 ¾ cups all-purpose flour or bread flour **OR**
4 cups whole wheat flour plus 3 ¼ - 3 ½ cups all-purpose or bread flour

1. In small bowl, dissolve yeast in lukewarm water, stirring in ½ teaspoon sugar. Let stand 5 minutes.
2. In mixer bowl, beat shortening with ½ cup sugar; add egg, salt, cooled milk, and dissolved yeast.
3. Stir in flour a little at a time until dough is combined enough to knead. Knead by hand or with dough hook 8 minutes or until smooth and elastic. Place in greased bowl; cover and let rise until doubled. Punch down dough. Shape as desired.

Note: Dough may be kept covered in refrigerator for several days and used when needed.

Simple Icing:

Combine 1 cup sifted confectioners' sugar, 1 tablespoon melted butter, ¼ teaspoon vanilla, almond, or lemon extract, and enough milk to make a drizzling consistency (about 5 teaspoons).

Cinnamon-Sugar:

½ cup granulated sugar mixed with 2 teaspoons ground cinnamon.

WHEAT STATE SHEAF

As shown on cover

1. Divide 1½ pounds of dough into 18 equal pieces. Roll out 8 (18" ropes) and 8 (15" ropes); cover. Tip: to roll dough evenly into a rope, start at the center and work toward the ends. On greased 12" x 18" baking sheet, place one 18" rope lengthwise in center. Bend top to the left. Place a second 18" rope beside the first rope, bending top to right. Repeat procedure.
2. Place one 15" rope on each side bending top. Place remaining 15" ropes on top of bottom layer, placing ropes to cover the space between bottom ropes.
3. Roll two pieces into thin ropes. Twist together and place across center, extending 1" past sheaf. Cut off extra; pinch ends together and tuck under sheaf.
4. Cover; let rise 15-20 minutes. With scissors, make diagonal snips along bent "heads". Beat 1 egg and 1 tablespoon water; brush on sheaf. Bake at 350°F, 20-25 minutes or until golden. If outer edges bake faster, tent with aluminum foil. Note: If you wish to use the sheaf for decoration, place it on a wire rack and let dry for several days.

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Food Safety Tip: Remember that raw flour, baking mixes, batter and dough are not ready-to-eat. These items should be fully baked before consumption. Wash hands, utensils and surfaces after handling flour, batter and dough.

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This year's book is dedicated in memory of long-time
Kansas Wheat Commission Spokesperson & friend to Kansas Wheat

Betty Kandt



FESTIVE TREE

1. Roll 1-1¼ pounds of dough into 12" x 18" rectangle. Spread with 2 tablespoons softened butter. Combine 1 teaspoon ground cinnamon and ¼ cup brown sugar; sprinkle on dough.
2. Fold dough into triangle, overlapping edges; leaving ½" uncovered along bottom. Cut ½" off bottom and twist to form tree trunk. Place tree on greased cookie sheet and position trunk.
3. Mark branches every ½" and cut almost to center. Twist branches several times and curve upward.
4. Cover; let rise until almost doubled. Bake at 350°F, 15-20 minutes or until golden.
5. Cool. Drizzle icing over tree; decorate with almonds and maraschino cherries.

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SMILING SANTA

1. Use 1¼ pounds of dough. Roll 1 pound of dough into an 18" triangle; place on large greased baking sheet. Fold top over to form cap.
2. For trim on cap: roll 2 ounces of dough into 2" x 8" rectangle; lay across upper triangle tucking ends under.
3. Use remaining 2 ounces of dough for hat, nose, cheeks and mustache. With scissors, cut out eyes and mouth; reinforce by crunching aluminum foil and placing in openings during rising and baking. Place small roll on hat.
4. For mustache: roll out small 8" rope; cut in half and place on face curving ends.
5. For beard: cut dough into narrow strips and twist. Cover; let rise 30 minutes. Brush with beaten egg. Bake at 350°F, 20-25 minutes or until golden.



WINTER MITTENS

1. Flatten 4 ounces of dough into a 6" long oval about 4" wide; place on greased baking sheet.
2. Cut ½" strip off the bottom for the band; roll into a 5" rope. Place on bottom of mitten; tuck ends under.
3. Make a diagonal cut in the side of mittens for thumbs. Pull the piece down and shape.
4. Beat together 1 egg and 1 tablespoon water; brush on mittens. Do not let mittens rise.
5. Bake at 350°F, 20-22 minutes or until golden.



HOLIDAY BRAIDED BREAD

1. Use 37 ounces of dough. Shape 4 (5-ounce) balls, 4 (3-ounce) balls and 2 (2½-ounce) balls; cover. Beat 1 egg yolk and 1 tablespoon water for egg wash.
2. For first braid: roll 5-ounce balls into 16" ropes, tapering ends. Braid the dough into a four-strand braid: pinch the four ropes of dough together at the end. Number ropes from left to right. Place ropes: 4 over 2; 1 over 3; 2 over 3. Repeat until finished. Place on greased baking sheet.
3. For second braid: roll 3-ounce balls into 16" ropes; braid and pinch ends together. Using side of hand, indent center of first braid. Brush indentation with egg wash. Lay second braid on top of first braid; indent center again and brush with egg wash.
4. Roll remaining balls into 16" ropes; twist together and lay on top of second braid. Pinch ends together; tuck under loaf. Secure ends and top with toothpicks.
5. Cover; let rise until doubled. Brush with egg wash. Bake at 350°F, 35-40 minutes until golden and internal temperature is 200°F. Tent with aluminum foil to prevent over-browning. Cool on rack; remove picks.

For the champion Houska recipe, visit

nationalfestivalofbreads.com



SWEETHEART CINNAMON ROLLS

1. Roll 1 pound of dough into a 10" x 17" rectangle. Sprinkle on 3 tablespoons Cinnamon-Sugar mixture (recipe on page 2); gently press in dough.
2. Cut into 10 (1" x 17") strips. Working with one strip at a time, beginning with each end, roll up toward the middle until rolled ends touch.
3. Transfer onto greased baking sheet, cut-sides up. Pull the middle of the strip down and pinch to create a point, forming a heart shape. Cover; let rise until almost doubled.
4. Bake at 350°F, 15-20 minutes. If desired, glaze with icing.



LUCKY SHAMROCKS

1. To make 12 shamrocks, roll 1 pound of dough into a 10" x 12" rectangle. Cut into 12 equal strips.
2. Roll each strip into a 16" - 18" rope. Form a loop, leaving 2 inches for the stem.
3. Form a second loop. Loop the remaining dough; tuck and seal the end in the back.
4. Place on greased baking sheets, re-shaping leaves and curving stem.
5. Cover; let rise 20 minutes. Beat together 1 whole egg and 1 tablespoon water; brush on shamrocks. Sprinkle with green sugar. Bake at 400°F, 12 minutes or until golden.



LITTLE LAMB

1. Shape 1 pound of dough into 13 uniform balls. Divide 10 balls into fourths and form into 40 smooth balls. Arrange body and top of head on greased baking sheet.
2. Shape one ball into a flat oval and position for the face. For the eye, clip with scissors and insert a large raisin.
3. Cut one ball in half. Use one half for ear and other half for tail. Use remaining ball to form legs: make two ropes, fold in half and tuck under body.
4. Cover; let rise until nearly doubled. Beat together 1 whole egg and 1 tablespoon water. Brush on lamb; sprinkle with sesame seeds. Bake at 350°F, 25-30 minutes or until lightly browned.



BOUQUET COFFEECAKE

1. Roll 2 pounds of dough into a 14" x 7" rectangle. Cut into 14 (1" x 7") strips.
2. Twist 2 strips together. Form into coil; tuck ends underneath. Repeat with remaining strips making 7 coils.
3. Place 1 coil in center of greased or parchment-lined baking sheet. Arrange remaining coils around center coil with sides touching.
4. Cover; let rise until doubled. Make deep indentation in center of each coil. Beat together 1 egg and 1 tablespoon water; brush on coffeecake. Fill each indentation with 2 teaspoons jam.
5. Bake at 375°F, 20-22 minutes or until golden. Tent edges with aluminum foil to prevent over-browning.

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DELICIOUS DAISIES

1. Form a 2-2½-ounce piece of dough into a smooth ball. Flatten to 3" circle; place on greased cookie sheet.
2. Cut circle in half, almost to center; cut each half into thirds. Shape petals so they lay outward.
3. Cover; let rise until slightly puffy. To keep flower shape, do not let dough overrise.
4. Bake at 350°F, 15-17 minutes until lightly browned. If desired, decorate center with icing and sprinkles.



TWISTED TEA RING

1. Roll 1¾ pounds of dough into a 20" x 8" rectangle. Brush with ¼ cup softened butter. Sprinkle with mixture of ¼ cup granulated sugar and 2 teaspoons cinnamon.
2. Roll dough up from the long side and pinch seam. Place sealed edge down on greased baking sheet, forming a circle. Even up roll by stretching the dough slightly; seal ends.
3. Using scissors, make cuts ¾" wide, cutting almost through dough. Turn each slice on its side, placing every other slice to the center of the tea ring.
4. Cover; let rise until doubled. Bake at 350°F, 23-25 minutes or until golden.
5. Cool on rack. Decorate with icing, maraschino cherries and pecan halves. Tip: For pink icing, whisk together confectioners' sugar and maraschino cherry juice.



HOPPING BUNNIES

Curlicue Bunny (front bunny)

1. Roll a 4-ounce piece of dough into an 18" rope. Cut rope: 10" for body, 5" for head and use the extra dough for the tail and ears. Loosely coil ropes for body and head; place close together on greased baking sheet.
2. Form ears and place next to head; pinch ends. Place a small ball for the tail.

Twist Bunny (background bunny)

1. Roll a 2-ounce piece of dough into a 15" rope. Form a loop and twist rope once, leaving ends of rope extended to form ears. Pinch tips of ears to shape points. For tail, place small ball in center of loop. Place on greased baking sheet.
2. Cover bunnies after shaping; let rise until almost doubled. Bake at 375°F, 15-17 minutes.



EGG IN A NEST

1. For each nest: use 3 ounces of dough and one uncooked, colored egg. Note: Eggs do not need to be hard-cooked as they will cook in the oven.
2. Divide dough in half; roll into uniform 14" ropes. Twist ropes together; form a 3½" diameter ring, pinching ends to secure.
3. Place on greased or parchment-lined baking sheet. Cover; let rise until almost doubled. Place egg in the middle of the ring.
4. Beat 1 egg and 1 tablespoon water; brush on dough. Garnish with sprinkles. Bake at 350°F, 20-25 minutes or until golden. Serve immediately or store covered in refrigerator.



ROCKING ROBINS

1. Roll a 2-2½-ounce piece of dough into a 12"-14" rope.
2. Make a loop; put one end through center. The long end is the tail; the other end is the head. Place on greased baking sheet.
3. For tail feathers, cut 4-5 slashes in the widest end and spread out. Shape the other end to resemble a head.
4. With scissors, cut an opening for the beak; place a slivered almond inside beak. Clip holes for eyes and insert a small piece of raisin. Let rise until puffy. Beat together 1 egg and 1 tablespoon water for egg wash; brush on robins.
5. Bake at 350°F, 17-20 minutes or until lightly browned.



GRADUATION DIPLOMA ROLLS

1. For each diploma: roll a 2-ounce piece of dough into 4" x 6" rectangle.
2. Cut off $\frac{1}{4}$ " strip from 6" side. Roll up rectangle jelly-roll fashion. Tie with strip of dough.
3. Place on greased baking sheet. Cover; let rise 30 minutes. Beat together 1 egg and 1 tablespoon water; brush on roll.
4. Bake at 350°F, 20 minutes or until golden.



TEDDY BEAR

1. Divide 8 ounces of dough in half; shape into balls. For body, place one ball on greased baking sheet; flatten slightly.
2. Cut remaining ball in half. For the head: shape 1 piece into a ball; flatten slightly and place above the body. Divide and shape the remaining dough into 7 balls; form one smaller ball for the nose. Position remaining balls for ears and paws.
3. Make small cuts for eyes, nose and belly button; insert dried blueberries. Using finger, make deep indentation in center of ears. Cover; let rise until almost doubled. Beat together 1 egg and 1 tablespoon water; brush on bear.
4. Bake at 375°F, 15-18 minutes or until golden. Remove from oven and cool on baking sheet to avoid breakage.



GRAND OLD FLAG

1. Use 1 pound of white dough and 1 pound of whole wheat dough. Lightly grease a 18" x 12" x 1" half sheet pan.
2. Roll each dough into a 7" x 17" rectangle. Cut each into seven (1" x 17") strips. Place a whole wheat strip in the pan and continue with a white strip; use 7 whole wheat strips and 6 white strips.
3. To make stars: roll remaining white strip $\frac{1}{8}$ " thick. Cut 15 mini-stars with a $1\frac{1}{2}$ " cookie cutter. To adhere stars: make an indentation for each star and moisten back of star with beaten egg white.
4. Cover; let rise 20-30 minutes. Bake at 350°F, 25-30 minutes. Tent with aluminum foil to prevent over-browning.



BUZZING BEE

1. Use 12 ounces of dough. For the body: roll a 4-ounce piece into a pear shape. Place on greased baking sheet. For head: shape a 1-ounce piece of dough into a small oval and place next to body.
2. For eyes: use scissors to make clips on each side of head; place a dried blueberry into each of the clips.
3. To make wings: roll out four (1-ounce) pieces into teardrop shapes. Place under each side of body overlapping slightly.
4. Form remaining dough into small ropes for antennae, legs and stinger.
5. Make shallow cuts across the body to add detail. Cover; let rise 20 minutes. Beat 1 egg and 1 tablespoon water; brush on bee. Sprinkle with poppy seeds. Bake at 350°F, 20 minutes or until golden.

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PORKY PIG BUNS

1. Use 3 ounces of dough for each bun. Beat 1 egg and 1 tablespoon water together; apply to adhere body parts.
2. For head: roll 2 ounces of dough into a 4" circle. Place on greased baking sheet.
3. Divide rest of dough in half. Roll one half into 2" x 2" square and cut in half diagonally to make two triangles. For ears: press short edge of triangles down into top of head and fold over. Cut remaining half into fourths.
4. For toes: form two tear-drop shapes and make deep clip in middle. For tail: roll one piece into 5" rope and curl. Form last piece into a flat oval and cut out nostrils with the end of a straw, position on face.
5. For eyes: make clips and insert raisins. Brush with egg wash and let rise about 20 minutes. Just before baking, use toothpick to widen nostrils; reapply egg wash. Bake at 350°F, 17-19 minutes.



FRIENDLY FISH

1. For body and head: shape 2 ounces of dough into 5" oval with tapered ends. Place on greased baking sheet.
2. For tail: roll out ½ ounce of dough into a 4" triangle and place point under body. Cut a wedge in the center of triangle to use as a bottom fin. Shape another bottom fin from a ¼-ounce piece by shaping into a triangle. For top fin, shape ½ ounce of dough into a triangle. Cut markings on fins.
3. For mouth: make a deep clip and place a small crunched aluminum foil ball to hold mouth open while baking.
4. For eye: use a straw to cut dough; insert a dried blueberry. Make a circular cut around eye.
5. Using scissors, make shallow clips on fish. Beat 1 egg and 1 tablespoon water; brush on fish. Bake immediately at 375°F, 15-17 minutes. Cover fins with aluminum foil to prevent over-browning.



BEAR CLAWS

1. To make three large bear claws, roll 1 pound of dough into a 1" x 18" rectangle. Brush with 2 tablespoons softened butter and sprinkle with $\frac{1}{4}$ cup Cinnamon-Sugar mixture (recipe on page 2).
2. Starting with long edge, roll up tightly like cinnamon rolls; seal edge. Place seam-side down. Cut into 6" pieces; flatten with rolling pin.
3. Make four $1\frac{1}{4}$ " cuts along bottom. Place on greased baking sheet; curve so the "claws" open up.
4. Cover; let rise until doubled. Beat together 1 egg and 1 tablespoon water; brush on claws. Arrange sliced almonds on claws; sprinkle with white coarse sugar. Bake at 350°F, 15 minutes or until golden.



ROSE BLOSSOMS

1. Prepare filling: In medium bowl, combine 6 tablespoons softened butter, $\frac{1}{3}$ cup granulated sugar, $\frac{1}{3}$ cup brown sugar, 4 teaspoons ground cinnamon and 1 tablespoon flour.
2. To make 12 rolls: roll 2 pounds of dough into an 18" x 18" square. Spread filling on dough. Cut in six, (3" x 18") strips. Starting from long side, roll up to enclose filling and pinch seam to seal. Cut each rolled log in half.
3. With pizza cutter, cut through dough lengthwise, leaving one end attached. Keeping the cut-side up, twist the two pieces together. Pinch end together so pieces don't separate while baking.
4. Starting at attached end, coil dough, then tuck end under; pinch to seal and place on greased baking sheet.
5. Cover; let rise until almost doubled. Bake at 350°F, 18-20 minutes, until golden brown.

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BEAUTIFUL BUTTERFLY

1. For each butterfly, use 4 ounces of dough. Divide into 3 (1-ounce) pieces and 2 (½-ounce) pieces. Shape a 1-ounce piece into a slightly tapered oval for the body. Place on greased baking sheet. For large back wings, shape 2 (1-ounce) pieces into teardrop shapes. Place beside upper half of body.
2. For lower wings: form the ½-ounce pieces into smaller teardrops and place next to body.
3. For antennae: use a small piece of dough and roll into a thin rope. Bend into a “V” and place above head.
4. Beat together 1 egg and 1 tablespoon water; brush on dough and sprinkle with poppy and sesame seeds. Let rise 20-30 minutes. Bake at 350°F, 15-20 minutes.



CORN ON THE COB

1. Use 1 pound of whole wheat dough. Roll 10 ounces of dough to form a 12" x 4" tapered oval; place on greased baking sheet. For kernels, use knife to make lengthwise and crosswise shallow cuts.
2. To form husks: shape remaining 6 ounces of dough into a long flat oval. Slice into 3 lengthwise pieces, making middle section narrower. Score center of husk leaves to add detail.
3. Lay narrow husk at bottom of cob and twist it halfway up corn, slightly off center.
4. Lay next husk over bottom of corn and halfway up one side. Lay last piece over bottom and along other edge. Fold all tops to the outside.
5. Let rise 15-20 minutes. Beat together 1 egg and 1 tablespoon water; brush on corn. Bake at 350°F, 20-25 minutes until golden. Tent edges with aluminum foil to prevent over-browning.



HARVEST GRAPES

1. Whisk together 1 beaten egg yolk and 1 tablespoon water for egg wash. Use 1 pound of dough; reserve a 4-ounce piece of dough.
2. Shape remaining dough into 12 (1-ounce) balls. Grease large baking sheet. Starting from bottom, arrange balls in a 1, 2, 3, 4, 2 pattern.
3. With remaining dough, cut out a grape leaf; score to resemble veins. Brush with egg wash where leaf will be placed. Shape a tiny stem and place on top of leaf; secure with egg wash.
4. Cover; let rise until nearly doubled. Brush with egg wash. Bake at 375°F, 20-25 minutes or until golden. Cover with aluminum foil last 5-10 minutes to prevent over-browning.



CREEPING CRAWLING SPIDER

1. For body: form a large smooth ball and flatten slightly, place on greased baking sheet. For head: shape a small ball and place next to body.
2. For legs: roll dough into 4 long and 4 short ropes. Place in position.
3. For eyes: make clips in head; insert raisins. Cover; let rise 30 minutes.
4. Beat 1 egg and 1 tablespoon water; brush on spider. Bake at 350°F, 15-30 minutes, depending on size of spider. Spider should be golden brown.



WICKED WITCH

1. Use White Dough recipe on page 2. Note: this recipe makes 2 witches. Before adding all the flour, reserve $\frac{1}{4}$ of the batter for white dough; set aside. To remaining dough, stir in paste food coloring: $\frac{1}{2}$ the batter is colored green and $\frac{1}{4}$ colored purple. Add enough flour to make firm doughs; knead each dough 8 minutes. Cover doughs; let rise until doubled.
2. For face: roll green dough into a 10" x 7" oval. Place on large greased baking sheet. Form chin by stretching bottom of oval. For nose: stretch oval from middle. Cut out mouth; re-stretch long nose and pointed chin.
3. For hat: roll $\frac{1}{4}$ of the white dough into a triangle. Roll remaining dough into a strip and place on hat. Beat together 1 egg and 1 tablespoon water for egg wash; brush on hat and cover with black sesame seeds.
4. For purple hair: cut long $\frac{1}{4}$ " strips, twist, and tuck under hat. Use a small rope of purple dough for eyebrow; adhere with egg wash.
5. Make clip for eye; insert green olive. Make clips for warts; insert black olives. Let rise 15-20 minutes. Brush with egg wash. Bake at 350°F, 20-22 minutes; tent with aluminum foil to prevent over-browning.



AMERICAN FOOTBALL

1. Roll out 5 ounces of dough into a 6" x 3" oval. Pull the ends to exaggerate the points to form a football shape. Place on greased baking sheet.
2. With a knife, make a slight cut across the top of the football not quite reaching the points. Using 1 ounce of dough, roll a 10" rope as thin as possible. Cut the rope into 5-6 pieces for the laces. Lay each lace across the cut. Using a toothpick, push the ends of the laces down into the football to secure.
3. Let rise until almost doubled. Beat together 1 egg and 1 tablespoon water; brush on football. Bake at 375°F, 20 minutes or until golden brown.



PUMPKIN ROSETTES

1. Use a pumpkin or sweet potato dough. See recipe at www.nationalfestivalofbreads.com.
2. Roll 2½ ounces of dough into an 18" - 20" uniform rope. Do not flour work surface because you need the tackiness of the surface to help roll the dough. To roll dough evenly into a rope, start at the center and work toward the ends.
3. Tie in a loose knot, leaving two long ends. Tuck one end under the roll; bring the other end up and over the roll and pinch ends together underneath to seal.
4. Place on parchment-lined baking sheet about 2" apart, leaving a small opening in the center. Cover; let rise until almost doubled. Bake at 375°F, 15-17 minutes or until golden. If desired, brush with melted butter.



TOM TURKEY

1. Use 1½ pounds of dough. Divide dough in half. For the body: form half the dough into a ball; flatten into 6" circle. Place on large greased baking sheet.
2. Cut other half into 10 equal pieces; shape into balls. For feathers: form eight of the balls into 4" long teardrop shapes. Flatten with rolling pin. Place in position; clip feathers with scissors.
3. For head and neck: roll one ball into an 18" rope. Fold in half and twist rope. Using fingers, make 2½" vertical indentation in the body. Place rope in indentation, fold at bottom. Curve top, pinching ends to seal.
4. For feet: cut remaining ball into 2 pieces; flatten into 2" circles. Cut wedges and tuck under body.
5. For beak: flatten scraps. Cut a diamond shape; fold in half. Position in curve of the head. For eyes: on each side of beak, clip dough and place raisins in cuts.
6. Cover; let rise 25 minutes. Beat together 1 egg and 1 tablespoon water; brush on turkey.
7. Bake at 350°F, 25-30 minutes. Tent with aluminum foil to prevent over-browning. To use as a decoration: place turkey on wire rack and let dry for several days.



MINI CORNUCOPIA

1. Use 3 ounces of dough; divide into 2½-ounce and ½-ounce pieces.
2. Use a 6" x 8" piece of heavy-duty aluminum foil and make a cone; stuff it with crushed aluminum foil and pinch to make a pointed end. Spray well with nonstick cooking spray.
3. Roll 2½-ounce dough piece into a rope about 30" long. Loosely coil around cone, leaving ½" aluminum foil exposed. Place on greased baking sheet.
4. Roll remaining dough into a thin rope; divide in half and twist together. Wrap twist around the opening securely pinching ends.
5. Beat together 1 egg and 1 tablespoon water; brush on cornucopia. If desired, sprinkle twist with sesame seeds. Bake at 375°F, 20 minutes. Cool slightly and remove aluminum foil.

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FALL FESTIVAL PRETZELS

1. For a medium pretzel, roll 3 ounces of dough into a smooth 33" - 36" rope, tapering ends. Do not flour the work surface because you need the tackiness of the surface to help roll the dough.
2. Form a circle, bringing ends together, twisting twice and pressing ends onto bottom curve of circle.
3. Transfer to greased baking sheet; reshape to resemble heart.
4. Beat 1 egg and 1 tablespoon water; brush on pretzels. Sprinkle pretzels with coarse pretzel salt or desired toppings.
5. Let pretzels rise 15-20 minutes. Bake at 400°F, 16-18 minutes or until golden brown. Pretzels can be made and frozen; thaw and warm in a 250°F oven.



KANSAS SUNFLOWER

1. Use 2 pounds of white dough. Tip: Dissolve 1-2 teaspoons ground turmeric in the recipe liquid for the brilliant yellow color.
2. Prepare filling: Combine 8 ounces of mini chocolate chips, 2 tablespoons softened butter, 1 teaspoon ground cinnamon, ½ teaspoon ground cardamom, ½ teaspoon ground ginger and pinch of ground black pepper.
3. Divide dough into thirds. Roll each into 11" circle; transfer one circle to greased baking sheet. Sprinkle one-third of the filling over dough leaving ½" border.
4. Top with second circle; sprinkle with one-third of the filling. Top with third circle. Using a rolling pin, lightly roll the stacked circles to measure 11 inches; seal edges.
5. Place a 10" plate in center of the top circle; cut around the plate, discarding scraps.
6. Place a small, 3½" bowl in the center. For petals, make 16 equal cuts. Lift each petal and turn it slightly to the right to expose layers; pinch ends for point. Remove bowl.
7. Whisk together 1 egg white and 1 tablespoon water; brush over dough. Sprinkle remaining one-third filling in center. Let rise 15-20 minutes. Bake at 375°F, 30-35 minutes. Rotate pan halfway through baking; tent with aluminum foil.

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