



Share the Wealth Workshop

Leader's Guide

Quick Raisin Granola Breakfast Rolls
2011 National Festival of Breads Champion

Table of Contents

Educational Goals.....	3
Number of Participants.....	3
Preparation of Breakfast Rolls.....	3
What You Will Need:	
<i>Ingredients</i>	4
<i>Tools</i>	4
<i>Leader Box</i>	5
<i>Room Arrangement</i>	5-6
Helpful Tips.....	6
Leader Demonstrations.....	6-7
Talking Points:	
<i>National Festival of Breads</i>	7
<i>Share Our Strength Great American Bake Sale</i>	8
<i>Resources</i>	8
<i>Tips for Better Baking</i>	8
<i>Kinds of Yeast</i>	9
<i>Whole Grains</i>	9
<i>Positive Messages about Enriched Grains</i>	10
<i>Physical Activity</i>	10
<i>Breakfast Is Important</i>	11
<i>Kitchen Safety Tips</i>	11
<i>Did You Know Trivia</i>	11-12
Clean-up Process	12

Share the Wealth Baking Workshop

Quick Raisin Granola Breakfast Rolls

Educational Goals:

As a result of participating in this program the participant should be able to:

1. Identify benefits of home baking:
 - Helps build relationships between family members while teaching reading, science and math.
 - Helps build self-esteem in children of all ages
 - Learn age-appropriate kitchen tasks
 - Save dollars
 - Healthy eating
2. Prepare Quick Raisin Granola Breakfast Rolls.
3. Know the educational opportunities at the 2013 National Festival of Breads.
4. Provide valuable information about the nutritional benefits of grain foods.
5. Implement the goals of Share Our Strength Great American Bake Sale.

“If children are raised to feel uncomfortable in the kitchen, they will be at a disadvantage for life.”

-*Journal of the American Medical Association*

Number of Participants:

This workshop is designed for middle school students, high school students and adults. Younger students could participate with an older partner for assistance. A maximum of 24 participants (2 people per work station). Adult supervision for each table is recommended.

Prepare Quick Raisin Granola Breakfast Rolls:

- Variation of 2011 National Festival of Breads Champion - Gale Collier, Redmond, Oregon
- Gale says she packs these healthy rolls for her children's meals and snacks.
- Time to allow for workshop: 1 ½ - 2 hours plus baking time depending on facility
- Each team of 2 people will makes 18 rolls
- Nutrition Analysis: One roll provides approximately 194 calories, 6g protein, 38g carbohydrates, 3g dietary fiber, 3g fat (1g saturated), 4mg cholesterol, 50mcg folate, 2mg iron, 195mg sodium

What You Will Need:

Ingredients - for each team of 2 people
(Have participants measure all ingredients for their rolls.)

- 1 cup Raisin Bran cereal or Wheaties cereal
- 1 cup Granola cereal, divided, (for rolls and topping)
- 1 ½ cups very warm water in coffee makers or carafes
- 3 teaspoons or 1 tablespoon ground cinnamon (share containers)
- 2 tablespoons nonfat dry milk powder
- 1 1/3 cups White Whole Wheat Flour
- 2 ½ cups Bread Flour
- 1 package fast-rising yeast
- 2 tablespoons brown sugar
- 1 tablespoon honey
- ½ cup buttermilk, liquid or dry powder reconstituted (2 tablespoon powder in ½ cup water)
- 1 teaspoon salt
- ½ cup raisins (3 snack packs) or craisins
- 2 tablespoons unsalted butter (room temperature)
- 1 egg for egg wash

Tools- for each team of 2 people (Set out on tables in advance)

Note: Kansas Wheat has three portable tubs with tools and some ingredients that can be checked out and returned ASAP after the workshop is presented.

Equipment/tools needed for a max of 24 participants (working in pairs) is included.

- 1 plastic kneading board/cutting board or can use clean work surface such as table top
- 1 large mixing bowl (white plastic bowl in tub)
- 1 bowl for whole wheat flour (container marked whole wheat flour)
- 1 bowl for bread flour (bowl with handle marked on bottom Bread Flour)
- 2 small plastic bowls (to separate egg into)
- 1 wooden or plastic spoon
- 1 plastic fork to beat egg white
- 1 blue KWC bowl scraper to clean bowl and divide dough
- 2 cup liquid measuring cup
- 1 set measuring spoons
- 1 set dry measuring cups
- Digital or Red Star paper Thermometer (check water temperature)

- Ruler
- Red Spatula
- Large plastic bag to crush cereals
- Baking sheet pan lined with one sheet parchment paper
- Pencil
- 1 pair black scissors
- Plastic wrap to cover rolls while rising
- Damp cloth towel to place under cutting board, optional
- Plastic, disposable aprons for each participant

Leader Box: Wear your KWC Apron

- Leader's Guide "Share the Wealth" Baking Workshop
- Copies of Recipes
- Digital Thermometer to check water temperature (black, Taylor brand)
- White round scale
- Kneading board (clear plastic)
- 1 large Glass Mixing Bowl for mixing dough
- Liquid Measuring Cup
- 2 wooden mixing spoons
- Dry measuring cups
- Set of measuring spoons
- 1 pair Betty Crocker scissors
- Red rubber spatula
- 4 black spatulas for removing buns from pans
- Oven Thermometer (Leader) Check oven temperatures before baking
- Digital Timer (Leader) Keep leader on time and can be used for baking
- Hot Pads/Gloves for those helping with the baking
- Cooling racks, optional
- Plastic Bags and Plastic Wrap
- Paper Towels
- Blue Bowl Scrapers
- Parchment Paper

Room Arrangement:

- Have a hand washing station in the room or restrooms nearby
- Presenter will need 1 - 2 work tables in front of group (one to demonstrate on and the other for ingredients/supplies)
- Will need 1 table for handouts and door prizes

- Allow enough tables to give each team room to work. Participants work in pairs. (4 teams per large round table works well or 3 teams per rectangle table)
- Wash and dry work tables and remove chairs
- A separate area can have chairs for participants to use when leader is presenting the “Talking Points.” Younger people can sit on the floor if chairs are unavailable.
- On each table: arrange baking tools and aprons for each team in advance
- On each table: place ingredients in center of table so participants can share ingredients

Helpful Tips:

- Leaders need to allow 1- 1 ½ hours to set-up the workshop. Ask volunteers ahead of time to assist you.
- Participants need to tie back long hair, take off jackets and roll-up sleeves.
- Remind participants to silent their cell phones and keep phones off table.
- If you are teaching more than one session per day, allow at least 1 - 1 ½ hours between sessions for washing tools, re-filling ingredient containers, and re-organization before the next workshop.
- A plastic sheet protector saves recipe from spills.
- Use a LARGE mixing bowl for participants to mix the dough. It is much easier for kids to stir with “room-to-spare!” (Use the large white plastic bowls in tub)
- Tip: place a damp cloth towel under the plastic cutting board while the participants are kneading the dough to keep board from slipping.
- If you are using dry Cultured Buttermilk Blend, mix 2 tablespoons dry mix with enough water to make ½ cup. Have this ready for the participants.
- If workshop is presented in a school or hotel setting, work with the kitchen staff to proof and bake the rolls. Proof box (105 °F at 85 % Relative Humidity) for about 20 minutes.
- This workshop could be structured for a FACS Classroom. Prepare dough one day; flatten dough and place in large sealable bag or container in the refrigerator for the next day’s use.

Demonstrations by Leader:

1. How to measure water temperature and why
Pour water into a clear liquid measuring cup and place on countertop to read at eye level. Insert thermometer into water. Read thermometer and adjust water temperature hotter or cooler according to recipe. Water that is too hot can kill the yeast, which is a living organism, and dough will not rise.

2. How to measure flour correctly

Stir flour in the container. Lightly spoon flour into measuring cup until it is overflowing. Level with the straight edge of a knife.

3. Kneading dough

Work dough with the heels of your hands by flattening, folding over half the dough, press and turning the dough a quarter turn after each press and fold; repeat. IMPORTANT: Add as little flour as possible while kneading to avoid a dry roll.

4. Shaping dough to make 18 rolls

Divide dough in half and then each half into 9 equal pieces. Form each piece into a ball. Smooth dough by gently pulling and pinching dough to underneath side. Hold bottom of dough ball with fingers and dip in egg white and crushed granola cereal, lightly pressing granola into roll.

Talking Points While Dough Rises or Baking Is Taking Place

National Festival of Breads Coming to Manhattan

- Designed for youth and adult amateur home bakers
- It is a way to inspire all ages to bake and “get back to their roots and their kitchens” and promote the nutritional value of grain foods
- New category for youth ages 12 to 17
- Later in 2012, visit www.nationalfestivalofbreads.com for more information
- Entries will be due on-line in January/February 2013
- Categories include ethnic, whole grain, rolls, and time-saving
- Professional judges consider taste, originality, appearance, healthfulness/nutrition and ease of preparation and practicality in their decisions
- You are invited to attend the third National Festival of Breads event:
 - When: Saturday, June 22, 2013 in Manhattan, Kansas
 - Where: Manhattan’s new Hilton Garden Inn and Conference Center
 - Watch 8 adult finalists and 1 youth finalist prepare their winning bread recipes
 - Watch baking sessions given by national speakers, win door prizes, see exhibits and taste bread samples
- For more information contact Cindy Falk at cfalk@kswheat.com or call 785.539.0255

Share Our Strength Great American Bake Sale

- Nearly 1 in 5 kids in America struggle with hunger and that adds up to more than 17 million kids. What can we do? Have a bake sale.
- The 2011 National Festival of Breads hosted their first Share Our Strength Bake Sale and raised over \$2,000 for at-risk children in Wichita.
- Participants in your Quick Raisin Granola Breakfast Rolls baking workshops can sell their rolls in their communities to raise awareness of childhood hunger.
- The Bake Sale Resource Center on-line has all you need to host a Great American Bake Sale in your area! www.GreatAmericanBakeSale.org
- Share Your Strength....YOU can make a difference in the lives of younger children!

Resources

1. Kansas Wheat, Cindy Falk, Home Economist , cfalk@kswheat.com or call 785.539.0255
www.kansaswheat.org Twitter @KansasWheat Kansas Wheat Facebook page
2. Home Baking Association (HBA), Sharon Davis, Family and Consumer Sciences Education, www.homebaking.org
 - *Baking with Friends has recipes, tips and fun facts for teaching kids to bake.* (This book is included in the KWC check-out tub.)
Order from HBA (\$20); Kansas Authors: Sharon Davis & Charlene Patton
Look at: Ten Tips for Baking Success - page 69
The Thrill of Skill – page 68
 - *A Baker's Dozen Baking Lab Manual offers 13 baking labs plus copy-ready resources and is available through HBA.*
Look at: What Happened to the Yeast Bread - page 221
Yeast Bread Handling and Storage - page 223
3. Wheat Foods Council new website: www.wheatfoods.org contains valuable resources

Tips for Better Baking

How to Use RapidRise (instant) Yeast:

- Mix RapidRise Yeast with dry ingredients
- Add water that registers 120 to 130 degrees F; check temperature with thermometer!
- Add remaining ingredients
- Knead dough. Cover; let rest 10 minutes.
- Shape dough as directed in recipe. Cover; let rise until doubled.
- Test by using the indentation test. Insert finger into the dough, if the finger mark closes very slowly the dough is ready to be baked.

Kinds of Yeast

- Fresh or Cake – quite perishable; mostly available during the holiday baking season in the dairy section
- Active Dry – dissolve in warm water before using; dough usually rises twice
- RapidRise, Instant and Bread Machine – all are basically the same (with different names); mix directly into flour ... then add very warm recipe liquids; dough has a 10 minute rest in place of the first rise and rises once – not twice
- Pizza Crust Yeast – just for pizza and flat breads; contains a dough-relaxing enzyme to prevent dough from shrinking or snapping back when rolling

Whole Grains

What are WHOLE grains? Whole grains contain the entire grain kernel.

What are the 3 parts of the whole grain? endosperm, bran and germ.

What whole grains did we use in this recipe?

- White whole wheat flour
- Oats in the granola – first ingredient is whole rolled oats. Oats make a delicious and nutritious addition to breads and also provide a natural anti-oxidant extending the keeping quality of baked products. The oats are naturally low in gluten but tend to add a moist, sweet texture to breads. Oats help lower cholesterol and reduce the risk of heart disease.
- Whole grain wheat is the first ingredient in the Raisin Bran cereal. Wheat bran is the outer layer of the wheat berry that has been coarsely cracked into small pieces. This will add a crunchy texture to your breads.

What are some other whole grains? Bulgur or cracked wheat, whole cornmeal, brown rice, pearl barley, popcorn. (Bulgur, partially cooked cracked wheat, is a good source of carbohydrates and low in fat.)

What's so great about grains? They provide vitamins, minerals, complex carbohydrates, other nutrients and fiber. They may help protect you from chronic diseases. Dietary fiber, found in wheat kernels, is important for digestive health. Soluble fiber, found in whole grains, beans and some fruits and vegetables, may help to protect against heart disease.

How do you know if a grain product is a whole grain? Read the label and look for the words “whole” or “whole grain”. The whole grain should be the first ingredient listed. Just because bread is brown does not mean it is whole grain. Check the ingredient list for whole grain or whole wheat flour as the first ingredient.

Positive Messages about Enriched Grains

- The Dietary Guidelines for Americans recommend 6 one-ounce servings of grain foods daily, with ½ from whole grain sources and the other ½ from enriched grains such as white bread, pasta, bagels and white rice.
- Enriched grains, such as white bread, tortillas, cereal and pasta, contain essential B vitamins (niacin, thiamin and riboflavin) and iron as well as folic acid.
- Enriched grains are the number one source of folic acid in the diets of most Americans.
- Folic acid consumption is critical for the prevention of neural tube birth defects which affect the brain and spinal cord.
- The number of babies born in the U.S. with neural-tube birth defects has declined by 36 percent among both Hispanics and non-Hispanic whites since the FDA required fortification of enriched grains with folic acid in 1998.
- The CDC acknowledges enriched grains, rather than supplements, as responsible for lowering the rate of neural tube birth defects, and recently named folic acid fortification of enriched grains as one of the top 10 public health achievements of the last decade.

Physical Activity- *Physical activity and nutrition work together for better health.*

- Why do we want to be physically active?
- Increase your chances of living longer
- Feel better about yourself
- Decrease your chances of becoming depressed
- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Stay at or get to a healthy weight
- Be with friends or meet new people
- Enjoy yourself and have fun

Ask participants to list ways they stay physically active each day.

Eating Breakfast is Important

Serve Quick Raisin Granola Breakfast Rolls with a glass of milk to begin the day. These pack well if breakfast needs to be on-the-go!

- Studies show that breakfast eaters:
 - Tend to have higher school attendance and less tardiness
 - Fewer hunger-induced stomach aches in the morning
 - Test scores tend to be higher
 - Less likely to be overweight
 - More likely to get enough calcium
 - More endurance and strength
 - Better concentration and problem-solving ability
- Have you ever eaten cold pizza or peanut butter rolled up inside a tortilla for breakfast? Why not? Both are a great way to start the day.

Kitchen Safety Tips

- Wash hands before baking, after handling the egg and again if you touch your hair, face or you cough or sneeze.
- Wear clean clothes or a plastic, disposable apron.
- Before you begin, make sure your countertop is clean. A good way to do this is to sanitize the counter by mixing 2 teaspoons bleach in a quart of water. You can put this mixture in a spray bottle for easy cleaning. Be sure to use a paper towel or clean dishcloth to clean before and after working with food.
- Use dry hot pads to remove baking sheet from oven or ask for adult help.
- Use a spatula to remove rolls from baking sheet and let cool on cooling rack.

Did You Know Trivia

- The wheat life cycle begins with the planting of the seed, the mature plant is then harvested, the grain is milled into flour and the flour is made into wheat foods such as bread, cereal and pretzels.
- Wheat can be found in everything from tortillas and pasta to sauces and candy.
- Wheat is classified by hardness of the grain, color of the kernel and time of planting. The six classes grown in the U.S. include hard red winter, soft red winter, hard red spring, hard white, soft white and durum.
- 1 bushel of wheat contains approximately 1 million individual kernels, which produces 42 pounds of white flour or 60 pounds of whole wheat flour.

- Bleaching flour originated because of public demand for whiter flour; however, nutritionally, bleached and unbleached flour are equivalent.
- Soft wheats are low in protein, which enables them to produce a softer product, making their flour good for use in baked goods like pastries, cakes and cookies, as well as crackers.
- Four B vitamins – thiamin, riboflavin, niacin and folic acid – and iron, present in the bran and germ, are added to enriched white flour, which contains only the endosperm.
- Honey is produced by honeybees. These bees collect nectar from flowers and store it as honey in their hives.
- Wheat is a member of the grass family that produces a dry edible one-seeded fruit commonly called a kernel-the part of the wheat used in food.
- Wheat germ is an excellent source of vitamin E and folic acid.
- Wheat flour is an excellent source of complex carbohydrates, the body's best source of energy.
- Raisins are dried grapes and, like prunes and apricots, are a powerhouse of antioxidants.
- It is recommended you eat 6 ounces of grain foods daily.
- With so many whole grain options, breakfast foods are an easy way to add whole grains to your diet.

CLEAN-UP & RETURN OF TUBS TO KANSAS WHEAT OFFICE

- Wash and dry tools and equipment
- Place items back in appropriate numbered box
- Make notes of any tools or items missing that will be needed for the next presenter.
- Return 3 tubs and Leader Tub ASAP to Kansas Wheat Office



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