

KANSAS WHEAT COMMISSION  
2019 RECIPE BOOK



*Featuring recipes from the*  
NATIONAL FESTIVAL OF BREADS

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## SPECIAL AWARDS

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Soy Award Food Blogger Division  
Lucky Five-Spice Cloverleaf Rolls  
Shauna Havey, Roy, Utah

<http://nationalfestivalofbreads.com/lucky>

Soy Award Home Baker Division  
Sicilian Star Bread  
Brenda Watts, Gaffney, S.C.

<http://nationalfestivalofbreads.com/sicilian>



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# HONORABLE MENTIONS

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Gimme S'more Braid | Kelsey Byrnes, Ankeny, Iowa

Gold Goddess Bread | Lanie Smith, Topeka, Kan.

Hawaiian Blossoms | Elke Roby, Lincoln, Neb.

'No Knead to Fret' Cranberry Almond Brunch Bread | Mary Leverette, Columbia, S.C.

Orange Hazelnut Cocoa Twists | Jane Fry, Elk Falls, Kan.

Peppery Southwest Beer Bread | Janet Gill, Canton, Ohio

Russian Red Rose Bread | Sarah Featherstone, Salina, Kan.

Strawberry Sorghum Sticky Buns (White Wheat Award) | Sharon Ricci, Carthage, N.C.

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## BLACKBERRY GINGER SPECULAAS DANISH WREATH

MERRY GRAHAM, NEWHALL, CALIFORNIA

~~~~~ *2019 National Festival of Breads Food Blogger Champion* ~~~~~

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“This soft spiced dough with brown sugar, Speculaas spice blend and blackberry jam swirl, dotted with juicy blackberries and crystallized ginger, is a joy to bake and serve!”

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### INGREDIENTS

#### SPICED DOUGH

3 ½ – 3 ¾ cups KING ARTHUR® Unbleached Bread  
Flour, divided  
½ cup water  
1 (¼ ounce) package RED STAR® Platinum Superior  
Baking Yeast®  
¼ cup granulated sugar  
¼ cup unsalted butter, room temperature  
½ cup whole milk (115°F – 120°F)  
1 large egg  
2 tablespoons cornstarch  
1 teaspoon grated lemon zest  
1 teaspoon vanilla extract  
¾ teaspoon KING ARTHUR® Speculaas Spice\*  
¾ teaspoon fine sea salt  
½ teaspoon ground ginger

#### BLACKBERRY SPECULAAS FILLING

¼ cup unsalted butter, softened  
¼ cup dark brown sugar  
1 ½ teaspoons KING ARTHUR® Speculaas Spice\*  
2 tablespoons KING ARTHUR® Unbleached Bread  
Flour  
1 teaspoon grated lemon zest  
¼ cup blackberry seedless jam or preserves  
2 tablespoons finely chopped crystallized ginger  
¾ cup halved fresh blackberries

**FOOD BLOGGER  
CHAMPION**



# BLACKBERRY GINGER SPECULAAS DANISH WREATH

— CONTINUED FROM PAGE 3

## LEMON GLAZE

1 cup confectioners' sugar, sifted  
1 tablespoon unsalted butter,  
softened  
1 – 2 tablespoons whole milk  
1 tablespoon fresh lemon juice  
¼ teaspoon almond extract  
Pinch of fine sea salt

## GARNISH

Fresh blackberries  
Fresh thyme sprigs  
Grated zest of ½ lemon

## DIRECTIONS

1. In small saucepan over medium heat, whisk 3 tablespoons flour and water until thick. Transfer to bowl of stand mixer. Let cool to 120°F.
2. Using paddle attachment, stir in 2 cups flour, yeast, sugar, butter, milk, egg, cornstarch, lemon zest, vanilla, Speculaas, salt and ginger; mix on low speed 2 minutes. Scrape bowl.
3. Switch to dough hook; add enough remaining flour to make a soft dough. Knead 5 – 6 minutes, until smooth and elastic. Place in greased bowl, cover, let rise until doubled.
4. Line an extra-large baking sheet with parchment, and place it on top of another extra-large baking sheet, to prevent over-browning of bottom crust. Grease the outside of a 3" oven-safe ramekin and invert into center.
5. For filling: In small bowl, mix butter, brown sugar, Speculaas, flour and zest until smooth.
6. On a lightly floured surface, roll dough into 20" x 12" rectangle. Spread filling over dough, then jam, leaving ½" border. Sprinkle on ginger and halved blackberries. Starting at the 20" side, roll dough into tight log; pinch edges to seal.
7. Wrap log, seam-side down, around ramekin. Pinch ends together. Cut 12, 1 ½" slices, ¾ of the way to center leaving center circle attached. To form heart-shape rolls, twist first roll to the left, and place spiral facing up. Twist roll on the right of spiral to the right, and place spiral facing up. Repeat until 6 large hearts are formed. Cover; let rise until almost doubled.
8. Preheat oven to 350°F. Bake 30 – 35 minutes until golden, rotating pan halfway through baking. Cool 5 minutes on baking sheet before sliding to rack. After 15 minutes, remove ramekin and parchment; let cool.
9. For lemon glaze: In small bowl, whisk together ingredients and drizzle over wreath. Decorate with blackberries and thyme. Before serving, finely grate lemon over wreath. Store in refrigerator.

Yield: 1 wreath, 12 servings.

\*To make your own Speculaas: Whisk together 2 ½ tablespoons ground cinnamon, ½ teaspoon ground nutmeg, ½ teaspoon ground cloves, ½ teaspoon ground white pepper (optional), ¼ teaspoon ground anise, ¼ teaspoon ground ginger and ¼ teaspoon ground cardamom. Store in sealable container.

Storage Tip: Wrap individual rolls in parchment paper and place in sealed container; refrigerate up to 7 days. To reheat: Leave individual roll on paper, and heat in microwave, on HIGH, 10 seconds. Serve immediately.

Rising Tip: Place kneaded dough in lightly oiled 8-cup container and cover. When the dough has risen to the 8-cup mark, it is ready to form.

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**NUTRITION INFORMATION PER SERVING (1 SLICE, 121g):** 350 calories, 90 calories from fat, 10g fat, 6g saturated fat, 0g trans fat, 40mg cholesterol, 160mg sodium, 58g carbohydrate, 2g fiber, 24g sugars, 6g protein, 82mcg folate, 5mg vitamin C, 2mg iron.

**HOME BAKER  
CHAMPION**



# CHAI UBE ROSETTE ROLLS

RACHELLE HUBSMITH, NORTH LOGAN, UTAH

~~~~~ **2019 National Festival of Breads Home Baker Champion** ~~~~~

**Special Award: Popular Choice Award Winner**

SPONSORED BY JOHN DEERE

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“The warm, comforting spices in Chai are one of my family’s favorites and pairs perfectly with the Ube.”

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## INGREDIENTS

### DOUGH

1 cup boiled and mashed Ube purple yam\* (about 2 medium)  
¼ cup warm water (110°F – 115°F)  
2 (¼ ounce) packages RED STAR® Platinum Superior Baking Yeast®  
3 tablespoons granulated sugar  
¾ cup whole milk  
6 tablespoons unsalted butter  
½ cup light brown sugar  
1 teaspoon salt  
2 teaspoons ground cinnamon  
1 teaspoon ground ginger  
½ teaspoon ground cardamom  
½ teaspoon ground allspice  
¼ teaspoon ground cloves  
Pinch ground black pepper  
1 large egg  
4 – 4 ½ cups KING ARTHUR® Unbleached Bread Flour

### TOPPING

¼ cup unsalted butter  
¼ cup honey  
Fresh mint leaves, for garnish

## DIRECTIONS

1. Wash yams. In saucepan, boil yams in water until tender, drain, remove skin and mash. Set aside to cool.
2. In small bowl, whisk together ¼ cup warm water, yeast and sugar. Wait 5 – 10 minutes for mixture to proof.
3. In small saucepan, warm milk on medium-low until scalded (180°F). Stir in butter until melted. Pour into bowl of stand mixer fitted with whisk attachment. Mix in brown sugar, mashed yam, salt, cinnamon, ginger, cardamom, allspice, cloves and black pepper. Mix in egg and yeast mixture until combined.
4. Exchange whisk attachment for dough hook. Gradually beat in flour until a soft dough forms. Knead 10 minutes. Transfer dough to large greased bowl. Cover; let rise until doubled.
5. Deflate dough. On floured work surface, roll dough into 24” x 18” rectangle. Cover; let rest 10 minutes.
6. Using 3 ½” round cutter or wide mouth canning jar ring, cut 36 circles. Place 3 circles in a vertical row, slightly overlapping edges. Starting on short side, roll up dough and seal edges. Make one vertical cut in center to form 2 rosettes. Place each in well-greased, 12-cup muffin tins. Repeat with remaining circles. Re-roll scraps. Cover rosettes with greased plastic wrap and let rise until doubled.
7. Near the end of the rise, preheat oven to 350°F. Bake 12 – 15 minutes or until done. Remove rolls to a rack to cool.
8. To make topping: Soften butter and stir in honey. Brush over warm rolls. Garnish with mint leaves.

Yield: 24 – 30 rolls.

\*Orange sweet potatoes may be substituted.

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**NUTRITION INFORMATION PER SERVING (1 ROLL, 48g):** 150 calories, 40 calories from fat, 4.5g fat, 2.5g saturated fat, 0g trans fat, 15mg cholesterol, 85mg sodium, 23g total carbohydrate, 1g dietary fiber, 7g sugars, 3g protein, 44mcg folate, 0mg vitamin C, 1mg iron.



# BEETROOT AMARETTO ROLLS

SHAUNA HAVEY, ROY, UTAH

**Special Award:** *Online People's Choice Award Winner*

SPONSORED BY JOHN DEERE

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“Whether you’re a beet lover or not, you won’t be able to resist the sweet and earthy flavors of this pretty bread, made from nothing other than my favorite vegetable.”

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## INGREDIENTS

### FILLING

2 medium fresh beets  
⅓ cup (3.5 ounces) almond paste  
2 tablespoons KING ARTHUR®  
Almond Flour  
⅓ cup granulated sugar  
¼ teaspoon salt  
1 ½ tablespoons unsalted butter,  
softened  
1 teaspoon vanilla extract  
1 large egg white  
¼ cup finely chopped sliced almonds,  
divided

### DOUGH

1 cup unsweetened vanilla almond milk  
(110°F – 115°F)  
⅓ cup granulated sugar  
1 (¼ ounce) package RED STAR®  
Platinum Superior Baking Yeast®  
¼ cup unsalted butter, melted  
1 large egg  
2 teaspoons almond extract  
1 ½ teaspoons vanilla extract  
1 teaspoon salt  
2 tablespoons instant nonfat dry milk  
3 ½ – 3 ¾ cups KING ARTHUR®  
Unbleached Bread Flour

### EGG WASH & TOPPING

1 large egg white, plus 1 tablespoon  
water  
2 tablespoons finely chopped sliced  
almonds  
1 tablespoon turbinado sugar

## DIRECTIONS

1. To roast beets: Preheat oven to 400°F. Rinse beets well; trim stems leaving 2 inches. Wrap in foil and place on rimmed baking sheet, roast 1 hour or until fork tender. Cool slightly, remove skin, and mash.
2. For filling: In bowl of food processor fitted with steel blade, crumble almond paste. Pulse 4 ½ ounces (⅓ cup) beets, almond flour, sugar, salt, butter, vanilla and egg white until a thick puree. Cover and refrigerate.
3. For dough: Combine warm almond milk, sugar and yeast; let proof 5 minutes.
4. In bowl of stand mixer fitted with paddle, mix butter, egg, almond extract, vanilla, salt, dry milk and yeast mixture.
5. Exchange paddle for dough hook; gradually stir in enough flour until soft dough is formed. Knead on low speed 7 minutes. Transfer dough to greased bowl. Cover; let rise 1 hour.
6. Deflate dough; scale into 12 equal pieces. Roll each into 12” x 3” rectangle. Spread 1 rounded tablespoon filling on dough almost to edges, and sprinkle with 1 teaspoon almonds.
7. Starting from long end, roll each into a log. Place logs on cookie sheet; cover and place in freezer 10 minutes. With seam-side down, cut log in half lengthwise. With cut-sides up, starting in center, twist together. Shape into a wreath; pinch ends together and seal.
8. Place rolls on two 12” x 18” parchment-lined baking sheets, leaving 2” between each roll. Cover; let rise until almost doubled. Near the end of the rise, preheat oven to 350°F.
9. Whisk egg white with water and brush on rolls. Sprinkle on almonds and turbinado sugar. Bake 18 – 20 minutes, until lightly golden and internal temperature is 190°F – 195°F. Remove rolls to rack and cool.

Yield: 12 rolls.

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**NUTRITION INFORMATION PER SERVING (1 ROLL, 118g):** 340 calories, 100 calories from fat, 11g fat, 4g saturated fat, 0g trans fat, 30mg cholesterol, 280mg sodium, 50g total carbohydrate, 2g dietary fiber, 17g sugars, 9g protein, 90mcg folate, 2mg vitamin C, 3mg iron.

HOME BAKER

Brenda



National Festival of Breads



# SICILIAN STAR BREAD

BRENDA WATTS, GAFFNEY, SOUTH CAROLINA

***Special Award: Best Recipe Using Soy Ingredients***

SPONSORED BY KANSAS SOYBEAN COMMISSION

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“I created a special recipe using my family’s favorite Italian flavors and incorporated nutritious soy ingredients.”

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## INGREDIENTS

### DOUGH

- 1 (¼ ounce) package RED STAR® Quick-Rise™ Yeast
- ¼ cup warm water (110°F–115°F)
- ¼ cup silken tofu, at room temperature
- ¼ cup unsalted butter, softened
- 1 large egg, beaten
- ¾ cup warm vanilla soymilk (110°F – 115°F)
- ½ teaspoon salt
- 3 ½ – 3 ¾ cups KING ARTHUR® Unbleached All-Purpose Flour, plus extra for dusting
- ½ cup finely shredded Romano cheese
- ½ cup pitted Kalamata olives, drained, finely chopped
- 1 tablespoon finely chopped fresh basil leaves

### FILLING

- 4 tablespoons extra-virgin olive oil, divided
- 9 tablespoons marinara sauce, divided
- 3 tablespoons fresh baby spinach leaves, julienned, divided

### GARNISH

- Fresh basil, optional
- Marinara sauce, for dipping

## DIRECTIONS

1. In small bowl, dissolve yeast in warm water and wait 5 minutes for mixture to foam (proof).
2. In bowl of stand mixer fitted with paddle, combine tofu and butter until mixture is light and fluffy. Add egg, yeast mixture, warm soymilk, salt and 3 cups flour. Gradually add enough flour until soft dough forms.
3. Exchange paddle for dough hook. Stir in cheese, olives and basil. Knead 8 minutes until dough is smooth and elastic. Place dough in greased bowl. Cover; let rise until doubled, about 1 hour.
4. Line 14” pizza pan with parchment. Deflate dough; divide into 4 equal pieces and cover. Roll one piece of dough into 12” circle. Transfer onto pizza pan.
5. Leaving a 1” edge, brush circle with 1 tablespoon olive oil and 3 tablespoons marinara sauce. Sprinkle on 1 tablespoon spinach. Repeat process until all pieces of dough are evenly layered, leaving the last circle plain.
6. Place 2 ½” round biscuit cutter in center of top dough circle (do not press down). With sharp knife, make 16 evenly spaced cuts to edge of dough; remove cutter. With two hands, pick up two adjacent strips and twist away from each other twice, pinch ends together to seal. Repeat.
7. Preheat oven to 375°F. Brush remaining olive oil over top. Cover loosely with plastic wrap; let rise until puffy, about 20 – 25 minutes.
8. Bake 25 – 30 minutes or until golden brown and internal temperature registers 200°F – 210°F. Garnish with basil; serve bread warm with marinara sauce.

Yield: 1 loaf, 16 servings.

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**NUTRITION INFORMATION PER SERVING (1 SLICE, 79g):** 210 calories, 80 calories from fat, 10g fat, 3.5g saturated fat, 0g trans fat, 20mg cholesterol, 240mg sodium, 24g total carbohydrate, 1g dietary fiber, 1g sugars, 6g protein, 58mcg folate, 1mg vitamin C, 2mg iron.



# PEANUT BUTTER PRETZEL ROLLS

SUZY NEAL, SAUTEE NACOOCHEE, GEORGIA

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“I created my recipe as a nod to childhood. My favorite lunchbox was one that included a peanut butter and jelly sandwich, pretzels and banana lovingly packed by my mom.”

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## INGREDIENTS

### DOUGH

2 cups warm water (110°F – 115°F)  
2 tablespoons honey  
1 (¼ ounce) package RED STAR®  
Platinum Superior Baking Yeast®  
½ cup powdered peanut butter\*  
1 tablespoon vegetable oil, plus 2  
teaspoons  
1 tablespoon unsalted butter, melted  
2 teaspoons kosher salt  
5 – 5 ¼ cups KING ARTHUR®  
Unbleached All-Purpose Flour

### BOILING SOLUTION

10 cups water  
½ cup baking soda

### TOPPING

1 large egg yolk plus 2 teaspoons water  
¼ cup coarsely chopped roasted salted  
peanuts  
1 – 1 ½ teaspoons KING ARTHUR®  
Pretzel Salt

\*Suzy uses PB2 Powdered Peanut  
Butter.

## DIRECTIONS

1. In bowl of stand mixer fitted with dough hook, combine water, honey and yeast; let proof 5 minutes.
2. Mix in powdered peanut butter, 1 tablespoon vegetable oil, butter and salt. Gradually add enough flour to form a soft dough that pulls away from sides of bowl.
3. Knead dough with hook 3 – 4 minutes to form a smooth dough. Grease large bowl with 2 teaspoons vegetable oil. Place dough in bowl, turning to coat. Cover; let rise in warm place until doubled.
4. Preheat oven to 400°F. Deflate dough and turn out on floured work surface. Scale 3-ounce pieces of dough; shape into smooth rolls. Place rolls on a greased 12” x 18” pan or lined with non-stick baking mat.
5. In 4-quart or larger Dutch oven, combine water and baking soda, bring to a boil. Boil 3 rolls at a time for 40 – 45 seconds, turning occasionally. Use slotted spoon to remove rolls to pan.
6. Using a sharp knife, cut ¼” deep “X” in the top of rolls. Beat together egg yolk and water; brush on rolls. Sprinkle on peanuts and salt.
7. Bake on middle rack of oven 20 – 25 minutes until dark golden brown and internal temperature is 205°F – 210°F. Remove rolls to a rack and cool. Serve with butter and jam.

Yield: 14 rolls.

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**NUTRITION INFORMATION PER SERVING (1 ROLL, 115g):** 233 calories, 45 calories from fat, 5g fat, 1g saturated fat, 0g trans fat, 15mg cholesterol, 517mg sodium, 40g total carbohydrate, 3g dietary fiber, 3g sugars, 7g protein, 92mcg folate, 2mg vitamin C, 3mg iron.

*Tiffany*



# MULLED SPICED APPLE CIDER CRISP LOAVES

TIFFANY AARON, QUITMAN, ARKANSAS

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“I combined mulling spices with two of my favorite desserts....Apple Crisp and Cinnamon Rolls. The result was a cozy, all-American dessert bread sure to please even the most refined palates.”

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## INGREDIENTS

### MULLED SPICED CIDER

- 8 whole green cardamom pods
- 8 whole cloves
- 4 whole star anise
- 4 cinnamon sticks
- 1 large Granny Smith apple, peeled, diced
- 1 ½ cups unsweetened apple juice
- ¼ cup pure maple syrup

### DOUGH

- 1 cup warm 2% milk (110°F – 115°F)
- ½ cup dark brown sugar
- 2 (¼ ounce) packages RED STAR® Platinum Superior Baking Yeast®
- 1 large egg, beaten
- ½ cup mashed apple, reserved from cider
- ½ cup butter, melted
- 2 cups KING ARTHUR® Unbleached All-Purpose Flour
- 2 ½ – 3 cups KING ARTHUR® Unbleached Bread Flour
- 2 teaspoons apple pie spice
- 1 teaspoon salt

### FILLING & TOPPING

- 1 ½ cups quick-cooking oats
- 2 teaspoons ground cinnamon
- 1 cup dark brown sugar
- ½ cup butter, melted
- 1 cup finely chopped pecans, divided
- 2 tablespoons KING ARTHUR® Unbleached All-Purpose Flour
- ½ cup butter, softened

### GLAZE

- 4 tablespoons butter, melted
- 2 cups confectioners' sugar
- 6 tablespoons mulled spiced cider

## DIRECTIONS

1. For mulled spiced cider: Place cardamom, cloves and anise in a spice bag and securely tie. In medium saucepan, combine spice bag, cinnamon sticks, apple, apple juice and syrup. Bring to boil; reduce heat and simmer on low 10 minutes. Remove apple, drain well and mash. Reserve mulled spiced cider.
2. In bowl of stand mixer fitted with dough hook, combine milk, brown sugar and yeast; wait 10 minutes for mixture to foam (proof). Stir in egg, mashed apple and butter.
3. Mix in all-purpose flour, 2 cups bread flour, apple pie spice and salt. Gradually add enough remaining bread flour to form a soft dough; knead 10 minutes. Transfer dough to greased bowl. Cover; let rise until doubled.
4. For filling: In medium bowl, stir together oats, cinnamon, brown sugar, melted butter and ½ cup pecans.
5. For topping: Measure ½ cup of filling and place in separate bowl. Stir in remaining pecans and flour.
6. On a lightly floured surface, roll dough into 15" x 24" rectangle. Spread softened butter on dough leaving ½" border; sprinkle on filling. Starting on 24" side, tightly roll. Cut into two 12" logs; place seam-side down on parchment-lined baking sheets.
7. Cut each log into twelve 1" slices, leaving slices slightly connected at the bottom. Lay each slice to the side, cut-side up, alternating left and right. Sprinkle on topping. Cover; let rise 30 minutes.
8. Near the end of the rise, preheat oven to 375°F. Bake 25 – 30 minutes. Rotate pan and tent bread with foil after 15 minutes. Bread is done when golden and internal temperature registers about 200°F.
9. Whisk together glaze ingredients and drizzle on warm loaves.

Yield: 2 loaves, 12 servings each.

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**NUTRITION INFORMATION PER SLICE (1 SLICE, 82g):** 328 calories, 110 calories from fat, 13g fat, 6g saturated fat, 0g trans fat, 30mg cholesterol, 180mg sodium, 50g total carbohydrate, 2g dietary fiber, 25g sugars, 5g protein, 56mcg folate, 2mg vitamin C, 2mg iron.



# TART CHERRY, PECAN AND ROSEMARY BOULE

KRISTIN HOFFMAN, CHICAGO, ILLINOIS

---

“This is a perfect introductory artisan style bread with unique flavors that will leave the baker feeling that they really made something special.”

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## INGREDIENTS

### DOUGH

- 1 ¼ cups KING ARTHUR® Premium 100% Whole Wheat Flour
- 3 cups, minus 1 ½ tablespoons KING ARTHUR® Unbleached Bread Flour
- 1 ⅔ cups water
- ¾ cup finely chopped toasted pecans
- 1 cup finely chopped dried tart cherries
- 2 tablespoons finely minced fresh rosemary
- 2 teaspoons fine sea salt
- 1 (¼ ounce) package RED STAR® Platinum Superior Baking Yeast®
- 2 tablespoons warm water (110°F – 115°F)
- 2 tablespoons honey
- 2 – 3 tablespoons white rice flour, for dusting

## DIRECTIONS

1. Combine in large mixing bowl whole wheat flour, bread flour and 1 ⅔ cups water. Stir until shaggy and sticky. Do not add extra flour. Cover bowl with greased plastic wrap; let set 30 minutes.
2. Sprinkle pecans, cherries, rosemary and salt over dough.
3. In small bowl, whisk yeast and 2 tablespoons warm water together. Stir yeast and honey into dough. Incorporate ingredients by stretching and folding the dough over itself. Gently knead dough in bowl 3 – 4 minutes. The dough remains sticky but avoid adding more flour. Cover with greased plastic wrap and let rise 30 minutes.
4. To fold dough: Moisten hand, reach underneath the dough, and pull up until you feel resistance. Fold it over top of dough. Turn bowl slightly, making one full turn, to form a tightened ball. Cover with greased plastic wrap and let rise at room temperature 1 hour.
5. Dust a round 9-inch banneton basket thoroughly with rice flour. Alternatively, line a bowl with a non-terry kitchen towel dusted with flour. Moisten hand, gently perform another round of folds to form a tightened ball, without deflating the dough. Pinch seam together. Place hand over top of seam and invert bowl; transfer dough to basket, seam-side up. Cover with greased plastic wrap; let rise 60 – 90 minutes.
6. Position oven racks in center and bottom. Place baking stone on bottom rack and preheat oven to 425°F for a minimum of 1 hour. To check if loaf is finished rising: press finger in dough, ½-inch deep. If dough springs back immediately it needs extra time. If dough springs back slowly, loaf is ready.
7. Gently tip the dough out onto a piece of parchment. Score top with a lame or very sharp knife in a tic-tac-toe slash or cross-hatch pattern.
8. Transfer dough on parchment and place into a cold, 4-quart Dutch oven. Cover with lid and bake on center rack 35 minutes. Remove lid and bake 5 – 15 minutes, until crust is dark and crispy and internal temperature is 200°F – 205°F. Cool on rack before slicing.

Yield: 1 large loaf, 20 servings.

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**NUTRITION INFORMATION PER SERVING (1 SLICE, 64g):** 160 calories, 30 calories from fat, 3.5g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 230mg sodium, 28g total carbohydrate, 4g dietary fiber, 5g sugars, 4g protein, 42mcg folate, 1mg vitamin C, 1mg iron.



# LOADED BAKED POTATO BREAD

LAUREN KATZ, ASHBURN, VIRGINIA

---

“We had mashed potatoes left over from dinner, and with a few extra ingredients, it came together beautifully into this delicious, hearty bread.”

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## INGREDIENTS

### DOUGH

- 3  $\frac{3}{4}$  cups KING ARTHUR® Bread Flour, plus more for shaping
- 1 ( $\frac{1}{4}$  ounce) package RED STAR® Platinum Superior Baking Yeast®
- 1  $\frac{1}{2}$  teaspoons kosher salt
- 1 teaspoon granulated sugar
- 2 cups mashed potatoes
- $\frac{1}{4}$  cup sour cream
- 3 tablespoons vegetable oil
- $\frac{1}{2}$  –  $\frac{3}{4}$  cup whole milk (120°F – 130°F)

### FILLING

- $\frac{1}{4}$  cup finely chopped fresh chives
- $\frac{3}{4}$  cup shredded sharp Cheddar cheese
- $\frac{1}{2}$  cup crispy cooked bacon, crumbled (about 5 slices)

## DIRECTIONS

1. In large mixing bowl, whisk together flour, yeast, salt and sugar.
2. In medium bowl, combine mashed potatoes, sour cream and vegetable oil; heat to 120°F – 130°F. Whisk well and pour into flour mixture. Stir together and gradually beat in enough milk to create a workable dough.
3. Knead dough 5 minutes on lightly floured work surface and form into a ball. Place dough in large greased bowl. Cover; let rise 20 minutes.
4. For filling: In bowl, stir together chives, cheese and bacon.
5. Deflate and flatten dough into a rough oval. Sprinkle filling evenly over dough, pressing in. Fold dough in half and knead until filling is well distributed.
6. Return dough to bowl. Cover; let rise 45 minutes, until doubled.
7. Deflate dough and divide in half. Form each half into potato-shaped (oval) loaves. Seal ends and seam. Roll loaves in a small amount of flour; dust off excess. Place loaves side-by-side on a parchment-lined 12" x 18" baking sheet, at least 3" apart. Cover; let rise 45 minutes, until almost doubled.
8. Preheat oven to 425°F. Using sharp knife, make  $\frac{1}{2}$ " deep long "X" cut on top of each loaf. Bake 25 – 30 minutes, until golden and internal temperature registers 200°F – 210°F. Cool 15 minutes and serve warm.

Yield: 2 loaves, 16 servings each.

Time-Saving Tip: Use prepared mashed potatoes found in the refrigerated section at supermarket and pre-cooked bacon.

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**NUTRITION INFORMATION PER SERVING (1 SLICE, 43g):** 100 calories, 30 calories from fat, 4g fat, 2g saturated fat, 0g trans fat, 5mg cholesterol, 160mg sodium, 14g total carbohydrate, 1g dietary fiber, 0g sugars, 3g protein, 31mcg folate, 1mg vitamin C, 1mg iron.



Recipes tested in the KWC “Speak for Wheat” Test Kitchen by NFOB co-directors Cindy Falk, Nutrition Educator, and Julene DeRouchey, Nutrition Educator Assistant.

For more recipes, baking tips and future contest information:  
**[nationalfestivalofbreads.com](http://nationalfestivalofbreads.com)**



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