

Kansas Wheat Commission 2010 Recipe Book



“Speak For Wheat”

This book recognizes the “Speak for Wheat” spokespersons’ 25th anniversary.

Volunteers share information about wheat production, wheat food preparation and nutrition to audiences of all ages. Sharon Patterson Davis, Nutritionist, created the spokesperson program and directed it from 1985 until 1993. Since that time, Cindy Hartwich Falk has directed the program. Enjoy a sampling of the spokespersons’ recipes featured in their programs.

Contents:

Ice Box Rolls

No-Knead Apricot Pineapple Braids

Easy Calico Bread

White Whole Wheat Carrot Cake

Cracked Wheat Muffins

Taco Pinwheels

Oven-Baked Cheeseburgers

Wheat Scones

Broccoli Wheat Bake

Pumpkin Pecan Bread (Bread Machine)

Bread in a Bag

Fruit Crunch

On the Cover: (Clockwise beginning at top right) Pumpkin Pecan Bread (Bread Machine), Taco Pinwheels, Bread in a Bag, White Whole Wheat Carrot Cake, No-Knead Apricot Pineapple Braid, Broccoli Wheat Bake, Easy Calico Bread, Cracked Wheat Muffins, Wheat Scones, and Fruit Crunch.

Recipes tested by Cindy Falk, Home Economist, Kansas Wheat

Cover photo: Diane Roggenkamp, Always Picture This, Onaga, Kansas; food stylist, Cindy Falk

Ice Box Rolls

1 pkg. active dry yeast (2 ¼ tsp.)	½ c. margarine or butter (1 stick), softened
½ c. lukewarm water (110°-115°F)	1½ tsp. salt
1 tsp. sugar	3 lg. eggs, slightly beaten
1 c. skim milk*	6 - 7 c. bread flour (may be half whole wheat flour)
½ c. granulated sugar	

*Milk should be scalded (180°F) unless evaporated or nonfat dry milk is used.

1. In liquid measuring cup, dissolve yeast in lukewarm water with 1 tea-spoon sugar.
2. In large sealable bowl, combine scalded milk, sugar, margarine, and salt. Cool to lukewarm.
3. With spoon, beat in eggs, yeast mixture, and flour, one cup at a time. Dough should not be batter like but will be slightly sticky.
4. Cover, let dough rise until doubled in warm (80°F) place. Punch down dough with lightly greased hands into a ball. Seal bowl and refrigerate. Dough will keep approximately three days in the refrigerator. Punch down dough once every twenty-four hours.
5. Remove dough from refrigerator 2 ½ to 3 hours before rolls are to be served. Shape dough into dinner or cinnamon rolls. Cover rolls, let rise in warm place until doubled in size.
6. Bake rolls in preheated 375°F. oven 10 to 15 minutes or until done.

Yield: 2 to 2 ½ dozen rolls

EACH DINNER ROLL About 167 calories, 5 g protein, 27 g carbohydrate, 1 g dietary fiber, 4 g total fat (1 g saturated fat), 18 mg cholesterol, 61 mcg folate, 2 mg iron, 128 mg sodium

No-Knead Apricot Pineapple Braids

2 pkg. active dry yeast (4 ½ tsp.)
½ c. lukewarm water (110°-115°F)
¾ c. skim milk
½ c. granulated sugar
2 tsp. salt
1 lg. egg, slightly beaten
4 ½ - 4 ¾ c. bread flour, divided
½ c. margarine or butter (1 stick),
softened

Apricot-Pineapple Filling

1 (6 oz.) pkg. dried apricots or
peaches, finely chopped
1 can (8 oz.) crushed pineapple,
undrained
½ c. packed brown sugar
¾ c. water
Confectioners' sugar icing, optional

1. In electric mixer bowl, dissolve yeast in water 5 minutes.
2. Stir in milk, sugar, salt, egg, 2 cups flour, and margarine; beat 2 minutes on medium speed. Stir in enough of the remaining flour to make a stiff batter; beat 2 minutes.
3. Place dough in a greased, sealable bag. Refrigerate 2 hours or overnight.
4. In saucepan, combine filling ingredients; bring to a boil, stirring constantly. Cook until liquid is absorbed and filling is spreading consistency; cool.
5. Divide dough into two equal pieces. Roll each piece into 15 x 8-inch rectangle. Place each rectangle on greased or parchment lined baking sheets. Spread half of the filling down the center third of each rectangle.
6. Make cuts in dough along each side of filling 1 inch apart. Fold strips at an angle across filling, alternating from side-to-side. Cover, let rise until doubled.
7. Bake in preheated 350°F. oven 23 to 25 minutes, or until golden. Cool. If desired, drizzle on icing.

Yield: 2 braids, 16 servings each

EACH SERVING About 147 calories, 3 g protein, 26 g carbohydrate, 1 g dietary fiber, 3 g total fat (1 g saturated fat), 6 mg cholesterol, 39 mcg folate, 1 mg iron, 155 mg sodium

Easy Calico Bread

<i>1 pkg. active dry yeast (2 ¼ tsp.)</i>	<i>1 tsp. salt</i>
<i>1 ¼ c. lukewarm water (110° - 115°F)</i>	<i>2 ½ c. bread flour, reserve ½ c.</i>
<i>2 Tbsp. granulated sugar</i>	<i>½ c. whole wheat flour</i>
<i>2 Tbsp. shortening</i>	<i>Melted butter</i>

1. In large mixing bowl, dissolve yeast in water. Add sugar, shortening, salt, and 2 cups bread flour.
2. Beat on medium speed 4 minutes, or 400 vigorous strokes by hand. Scrape bowl several times.
3. Divide batter between two bowls (1 c. batter per bowl.) In one bowl, add the remaining ½ cup bread flour and blend 2 minutes. Add the whole wheat flour to the remaining batter and blend 2 minutes.
4. Scrape dough from sides of bowls with spatula. Cover bowls with plastic wrap and let rise until doubled. Stir batter down by beating about 25 strokes.
5. Grease a 9 x 5 x 3-inch loaf pan or 9-inch round baking pan. Spoon small amounts of light and dark batters alternately into pan to give patchwork effect. Batter will be sticky. Smooth out top of loaf by lightly flouring hand and patting into shape.
6. Loosely cover with plastic wrap that has been sprayed with nonstick spray; let rise in warm place until doubled.
7. Preheat oven to 375°F. Bake 45 to 50 minutes, or until golden. To prevent over browning, tent loaf with foil last 8 to 10 minutes. Immediately remove from pan and place on cooling rack. Brush top with melted butter.

Yield: 1 loaf, 12 servings

EACH SERVING About 149 calories, 4 g protein, 27 g carbohydrate, 1 g dietary fiber, 3 g total fat (1 g saturated fat), 0 mg cholesterol, 54 mcg folate, 1 mg iron, 198 mg sodium

White Whole Wheat Carrot Cake

½ c. vegetable oil

¾ c. granulated sugar

2 lg. eggs, beaten

½ c. water

2/3 c. nonfat dry milk powder

2 c. shredded carrots

*1 can (8 oz.) crushed pineapple,
undrained, (no sugar added)*

½ c. raisins

2 ¼ c. white whole wheat flour

1½ tsp. ground cinnamon

1 tsp. baking soda

½ tsp. salt

*½ c. chopped English walnuts, op-
tional*

Whipped topping, for garnish

1. Preheat oven to 350°F. Grease the bottom of a 13 x 9 x 2-inch baking pan.
2. In a large bowl, whisk together oil, sugar, eggs, water, dry milk powder, carrots, pineapple with juice, and raisins.
3. Stir together whole wheat flour, cinnamon, baking soda, salt, and walnuts. Add to carrot mixture; mix until combined.
4. Spread batter into pan. Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack.
5. To serve, cut cake and divide slices among serving plates. Top each slice with dollop of whipped topping.

Yield: 12 servings

EACH SERVING About 317 calories, 7 g protein, 44 g carbohydrate, 4 g dietary fiber, 14 g total fat (2 g saturated fat), 30 mg cholesterol, 15 mcg folate, 1 mg iron, 316 mg sodium

Cracked Wheat Muffins

1 c. cracked wheat

1 c. skim milk

1 lg. egg, beaten

¼ c. vegetable oil

1/3 c. honey or ½ c. granulated sugar

1 ¼ c. all-purpose flour

3 tsp. baking powder

¼ tsp. salt

½ c. raisins or dried cranberries,
optional

1. In medium bowl, mix cracked wheat and milk. Cover; place in the refrigerator to soak overnight. Remove from refrigerator; let sit 15 to 20 minutes.
2. Preheat oven to 375°F. Line 12 muffin cups with paper baking cups or spray with nonstick cooking spray.
3. In small bowl, whisk together egg, oil, and honey. Whisk into cracked wheat mixture.
4. In medium bowl, stir together flour, baking powder, and salt.
5. Stir cracked wheat mixture into flour mixture; stir just until dry ingredients are moistened.
6. Fill muffin cups 2/3 full.
7. Bake 23 to 25 minutes, or until golden brown. Serve warm.

Variation: Presoak ½ cup raisins or dried cranberries in ½ cup water 5 minutes; drain well. Stir raisins or cranberries in with wet ingredients.

Yield: 12 muffins

EACH MUFFIN (without raisins or cranberries) About 167 calories, 4 g protein, 26 g carbohydrate, 2 g dietary fiber, 5 g total fat (1 g saturated fat), 15 mg cholesterol, 31 mcg folate, 1 mg iron, 174 mg sodium

Taco Pinwheels

1 lb. loaf frozen wheat or white bread dough, thawed
1 lb. extra-lean (97%) ground beef or turkey
1 Tbsp. dried onion or 1 sm. onion, finely chopped
2 Tbsp. taco seasoning (30% less sodium)
1 can (8 oz.) tomato sauce, unsalted
1 ¼ c. shredded Cheddar cheese

1. Thaw frozen dough as instructed on package.
2. Brown meat and drain thoroughly. Stir in onion, taco seasoning, and tomato sauce. Simmer 5 minutes; let cool.
3. On lightly floured surface, roll bread dough into 12 x 8-inch rectangle. Spread with filling. Roll up from long side and pinch edges together.
4. Cut into 12 one-inch thick rolls. Place cut-side-up in a greased 13 x 9 x 2-inch baking pan **or** 2 inches apart on a parchment lined baking sheet. Cover loosely with plastic wrap; let rise until doubled in size.
5. Bake in preheated 400° F oven 15 to 18 minutes, or until golden brown. Sprinkle with cheese and serve warm.

Variation: Use 1/3 of the Ice Box Rolls dough in place of the bread dough.

Tip: Recipe can be doubled. After baking the pinwheels let cool on wire rack; place in freezer bags, date and store in freezer. For a quick meal, warm in microwave or oven and top with Cheddar cheese before serving.

Yield: 12 pinwheels

EACH PINWHEEL About 184 calories, 15 g protein, 23 g carbohydrates, 3 g dietary fiber, 4 g total fat (1 g saturated fat), 22 mg cholesterol, 11 mcg folate, 2 mg iron, 406 mg sodium

Oven-Baked Cheeseburgers

<i>1 lb. extra lean ground beef or pork</i>	<i>1 ½ c. shredded Cheddar cheese, divided</i>
<i>1/3 c. chopped onion</i>	<i>2 Tbsp. prepared mustard</i>
<i>¼ c. diced celery</i>	<i>8 slices whole wheat or white bread (preferably day-old)</i>
<i>Salt and pepper</i>	
<i>1 lg. egg, beaten</i>	
<i>1 ¾ c. skim milk</i>	

1. Spray a 9-inch square baking pan with nonstick cooking spray.
2. In 12-in. skillet, brown beef, onion, and celery. Drain grease and season with salt and pepper.
3. In small bowl, beat egg, milk, 1 cup cheese, and mustard together. Pour half of the mixture into baking pan.
4. Place 4 bread slices in bottom of pan. Spoon meat mixture evenly over bread. Place remaining 4 bread slices on top of meat.
5. Pour the remaining egg mixture over bread; sprinkle on ½ cup cheese.
6. Bake in preheated 325°F. oven 35 to 40 minutes, or until set and lightly browned. Serve immediately.

Tip: Prepare recipe in advance. Cover casserole, refrigerate, and bake later. Allow an additional 5 to 10 minutes bake time.

Yield: 8 servings

EACH SERVING (made with whole wheat bread) About 233 calories, 25 g protein, 27 g carbohydrate, 8 g dietary fiber, 5 g total fat (2 g saturated fat), 57 mg cholesterol, 16 mcg folate, 2 mg iron, 438 mg sodium

Wheat Scones

¾ c. whole wheat flour

¾ c. all-purpose flour

1 ½ tsp. baking powder

¼ tsp. baking soda

¼ tsp. salt

2 Tbsp. granulated sugar

*¼ c. margarine or butter (½ stick),
room temperature*

½ c. low-fat buttermilk

1. Preheat oven to 425°F.

2. In large bowl, whisk together whole wheat flour, all-purpose flour, baking powder, baking soda, salt, and sugar. Drop the margarine in the center, cover it with the flour mixture, and quickly rub it in with your fingertips until the mixture looks like coarse crumbs.

3. Add buttermilk; stir quickly with fork 20 strokes. Turn dough onto a lightly floured surface; knead gently 6 to 8 strokes, until dough holds together.

4. With a lightly floured rolling pin, gently roll dough into an 8-inch circle.

5. Cut dough into eight pie-shaped wedges. Place wedges slightly apart on greased baking sheet. Bake 12 to 14 minutes, or until golden.

6. Serve warm, fresh from the oven. Best on day they are made.

Yield: 8 scones

EACH SCONE About 152 calories, 3 g protein, 22 g carbohydrate, 2 g dietary fiber, 6 g total fat (1 g saturated fat), 1 mg cholesterol, 26 mcg folate, 1 mg iron, 279 mg sodium

Broccoli Wheat Bake

<i>1 c. cracked wheat</i>	<i>½ c. skim milk</i>
<i>3 c. water</i>	<i>1 c. shredded carrot</i>
<i>½ c. chopped onion</i>	<i>1 c. shredded Cheddar cheese</i>
<i>1 Tbsp. unsalted butter</i>	<i>1 pkg. (16 oz.) chopped, frozen</i>
<i>1 can (10.5 oz.) lower-sodium cream</i>	<i>broccoli, thawed*</i>
<i>of chicken soup (98% fat free)</i>	<i>½ tsp. black pepper</i>

**1 lb. chopped, fresh broccoli florets, cooked 3 minutes in 1 cup boiling water or until just tender may be substituted. Drain well.*

1. Soak cracked wheat in water for 1 hour; drain thoroughly.
2. In large skillet, sauté onion in butter. Add soup and milk; heat to boiling.
3. Reduce heat and stir in carrot, cheese, broccoli, cracked wheat, and black pepper.
4. Place mixture in greased 2-quart baking dish. Bake casserole in preheated 350°F oven 35 minutes, or until golden and bubbling.

Yield: 12 (½ cup) servings

EACH ½ CUP About 106 calories, 6 g protein, 16 g carbohydrate, 4 g dietary fiber, 2 g total fat (1 g saturated fat), 6 mg cholesterol, 29 mcg folate, 1 mg iron, 213 mg sodium

Pumpkin Pecan Bread (Bread Machine)

	<u>1½ lb. Loaf</u>	<u>2 lb. Loaf</u>
Skim milk	½ c.	2/3 c.
Pumpkin, canned	½ c.	2/3 c.
Egg, beaten	1 lg.	1 lg.
Margarine or butter	2 Tbsp.	3 Tbsp.
Bread flour	3 c.	4 c.
Brown sugar, packed	3 Tbsp.	¼ c.
Salt	¾ tsp.	1 tsp.
Ground nutmeg	¼ tsp.	½ tsp.
Ground ginger	¼ tsp.	¼ tsp.
Ground cinnamon	1/8 tsp.	¼ tsp.
Active dry yeast OR		
Bread machine yeast	1 tsp.	1 ¼ tsp.
Pecans, chopped	½ c.	¾ c.

1. Have ingredients at room temperature. Accurately measure all ingredients. For flour, first stir, then spoon into a dry measuring cup and level off.
2. Add the ingredients to the machine's pan as suggested by the manufacturer.
3. Select the BASIC white, LIGHT, bread cycle. For food safety reasons, DO NOT use the delayed bake feature when making this bread.
4. Open the machine and touch the dough to check its consistency after 5 minutes. The dough should form a soft ball around the kneading blade. If it is too dry, add ½ to 1 tablespoon water; if dough is too wet, add 1 tablespoon flour at a time until the right dough consistency is reached.
5. Remove bread from pan and cool on wire rack.

Yield: 1½ lb. loaf, 12 slices OR 2 lb. loaf, 16 slices

EACH SERVING About 199 calories, 6 g protein, 30 g carbohydrates, 2 g dietary fiber, 6 g total fat (1 g saturated fat), 15 mg cholesterol, 74 mcg folate, 2 mg iron, 182 mg sodium

Bread in a Bag

<i>½ c. bread or all-purpose flour</i>	<i>1 Tbsp. vegetable oil</i>
<i>1 pkg. fast-rising dry yeast (2 ¼ tsp.)</i>	<i>2 tsp. salt</i>
<i>2 Tbsp. granulated sugar, divided</i>	<i>¾ c. very warm water (120°-</i>
<i>½ c. very warm water (120°-130°F)</i>	<i>130°F)</i>
<i>2 c. white whole wheat flour or whole wheat flour</i>	<i>1-1½ c. bread or all-purpose flour</i>

1. Allow 2 to 2 ½ hours for activity. In a heavy-duty, 2 gallon sealable bag, mix bread flour, yeast and 1 Tbsp. sugar. Check water temperature with thermometer; add ½ cup water to bag.
2. Close bag. Work bag with fingers until mixture is blended; let rest 15 min.
3. To bag, add 1 tablespoon sugar, whole wheat flour, oil, salt, and ¾ cup water. Slowly add enough flour to form dough that pulls away from side of bag.
4. On floured surface, knead dough 5 minutes. Dough should be slightly sticky. Too much flour will make bread low-volume and dry.
5. Divide dough into thirds; cover with bag and let rest 10 to 15 minutes. Spray three disposable 5 x 3-inch mini loaf pans with nonstick cooking spray.
6. Pat dough into 6 x 4-inch rectangle. Beginning at short end, roll up tightly like sleeping bag. Pinch the edge forming a seam. Pinch edges and ends to seal. Place dough, seam-side-down, in pans. Mark each pan with child's name.
7. Place pans two inches apart on baking sheet. Cover loosely with plastic wrap; let rise until doubled, about 35 minutes.
8. Bake in preheated 350°F convection oven 15 to 18 minutes or 375°F conventional oven 23 to 25 minutes, or until golden. Immediately remove from pans; cool on wire rack.

Yield: 3 mini-loaves, eight slices each

EACH SERVING About 91 calories, 3 g protein, 17 g carbohydrate, 2 g dietary fiber, 1 g total fat (.12 g saturated fat), 0 mg cholesterol, 22 mcg folate, 1 mg iron, 198 mg sodium

Fruit Crunch

5 - 6 c. fresh or frozen fruit*
¼ c. granulated sugar, optional
2/3 c. whole wheat or all-purpose
flour
1 tsp. ground cinnamon
¼ tsp. ground nutmeg

1 c. old-fashioned or quick-cooking
rolled oats, uncooked
1 c. packed brown sugar
½ c. margarine or butter (1 stick),
slightly softened

**Peeled, sliced, apples or peaches, sliced rhubarb, cherries, or blueberries*

1. Preheat oven to 350°F. Spray a 13 x 9 x 2-inch baking pan or 9-inch deep-dish pie plate with nonstick cooking spray.

2. Place fruit in pan. If fruit is tart, sprinkle on ¼ cup granulated sugar; toss fruit to coat.

3. In medium bowl, mix flour, cinnamon, and nutmeg. Add oats, brown sugar, and margarine. With pastry blender or fork, cut in margarine until crumbly.

4. Sprinkle topping over fruit; press gently. Bake 35 to 40 minutes or until golden and bubbly. Serve warm.

Yield: 12 servings

EACH SERVING (using apples) About 230 calories, 2 g protein, 39 g carbohydrate, 2 g dietary fiber, 8 g total fat (1 g saturated fat), 0 mg cholesterol, 3 mcg folate, 1 mg iron, 76 mg sodium

“Speak for Wheat” Spokespersons (1985-2010)

Linda Anderson, Topeka
Jean & Ray Applegarth,
Holton

Joyce Banbury, Russell
Joyce Besthorn, Clafin

*Mary Beth Bowers, Marion

*Betty Bunck, Everest

Doris Coats, Cherryvale

*Cherry Coen, Wellsville

*Donita Cohorst, Marysville

Jeanne Crangle, Lincoln

DeAnn Dail, Sylvan Grove

Debbie Davis, Wichita

Sharon Davis, Manhattan

*Rita Dawson, Lebo

*Julene DeRouchey, St. Marys

Sandra Dikeman, Syracuse

*Ann Domsch, Manhattan

Jennifer Drake, Iuka

*Melanie Eddy, Syracuse

Joyce Esfeld, Great Bend

*Cindy Falk, Onaga

Bertha Fikan, Colby

*Karen Fitzgerald, Wichita

*Carol Ann Flock, Madison

*Randy Fritzemeier, Stafford

Sandra Frizell, Emporia

Janet Gibson-Forester,

Olathe

Dorinda Gates, Anthony

*Janice Gates, Anthony

Brinda Govindarajan,

Manhattan

Nadine Griffin, Abilene

Karen Hanson, Wamego

Judy Ries-Harper, Goodland

*Jean Hixson, WaKeeney

Debbie Hochard, Oskaloosa

*Kendall Hodgson, Little River

*MeloDee Homeier, Ellsworth

*Connie Hudson, Sharon

Springs

Lynnea Huffman, Pratt

Linda Jaynes, Weir

Ann Jilka, Assaria

*Betty Kandt, Manhattan

*Lois Keller, Ellis

*Larry & Virginia Kepley, Ulysses

*Donna Keyser, Manhattan

Joyce Kramer, Manhattan

*Steve & Linda Korthanke,

Robinson

*Ann Kuhlman, Ness City

Dallas & Evelyn Nelson,

Wakefield

Julia Nelson, Minneapolis

Joyce Kramer, Manhattan

*Erin Laurie, Ottawa

Linda Lierz, Powhattan

Shonda & Sherry Leighty,

Ulysses

*Angela Patton, McPherson

*Jana Patton, Topeka

*Krista Patton, Topeka

*Lori Patton, Topeka

*Megan Patton, Topeka

Ann Perl, Manhattan

Kristi Rennie, Columbus

*Dee Ann Roths, Wichita

*Frances Russell, Hugoton

Irene Santee, Independence

Karen Schulteis, Harper

Suzanne Sharp, Bennington

Debbie & Bobbi Sheldon,

Halstead

*Mary Anne Shriwise,

Jetmore

*Nada Thoden, Paola

Becky Thrasher, St. John

*Jean Ann Troutt, Satanta

*Cricket Turley, Dodge City

Pam Turner, Stafford

Christy Wagner, Manhattan

*Kathy Walsten, Manhattan

*Jay Warner, McPherson

*Karen White, Wamego

*Reba White, Hoxie

*denotes current spokespersons

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