

*Kansas Wheat Commission
2013 Recipe Book*



*Featuring Recipes from the
National Festival of Breads!*

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Table of Contents

Onion Parmesan Cracker Bread.....	4
Pennsylvania Dutch Pretzel Slider Buns.....	6
Light & Fluffy Chia Whole Wheat Rolls.....	8
German Streusel Cranberry Bagels.....	10
Rich Italian Bread.....	12
Red Apple Golden Cheddar Challah.....	14
Two Grain Cranberry & Walnut Bread.....	16
Red Velvet Cinnamon Rolls with a Twist.....	18
Family Italian Bread.....	20
Nacho Cheese White Whole Wheat Bread.....	22
Rosemary, Orange, and Golden Raisin Fougasse....	24
Cream Cheese Spinach and Herb Rolls.....	26



A special thanks to Dillons for partnering with Kansas wheat producers to sponsor this recipe book.



Recipes tested in the Syngenta “Speak for Wheat” Test Kitchen at the Kansas Wheat Innovation Center by Cindy Falk, Nutrition Educator. Photos of breads on page 23, 25, and 27 baked by Cindy Falk, others were prepared by National Festival of Breads finalists.

Onion Parmesan Cracker Bread

Rosemary Leicht, Bethel, Ohio

Ingredients

1/3 cup warm water
(100° - 110°F)
1 (1/4 ounce) package
Fleischmann's® Active Dry
Yeast
1 teaspoon honey
1 1/2 cups King Arthur
Unbleached All-Purpose
Flour, plus extra for
rolling dough
1/2 cup King Arthur
Medium Rye Flour
1 tablespoon olive oil
1 teaspoon salt
1/3 cup water, room
temperature (80°F)
2 - 4 tablespoons minced
dried onion
1 large egg white, beaten
2 tablespoons fresh grated
Parmesan cheese, divided

Prep Time: 30 minutes
Bake Time: 20 minutes
Yields: Makes 4 (12 to 13-
inch) cracker breads, 8
servings each



Nutrition Information

One serving provides
approximately 37 calories; 1
g protein; 6 g carbohydrates;
.45 g dietary fiber; 1 g
fat (0 g saturated); 0 mg
cholesterol; 14 mcg folate; .33
mg iron and 85 mg sodium.





Directions

1. Place kneading blade in 11-cup food processor bowl with dough blade. Add 1/3 cup warm water, yeast and honey; pulse a few times. Let stand 10 minutes.
2. Add all-purpose flour, rye flour, olive oil, salt, water and onion. Pulse 3 to 4 times to mix; process 1 minute. Dough should form a ball around the blade. If additional water or flour is needed, add by the tablespoon.
3. Place dough in lightly greased bowl, turning to grease surface of dough. Cover; let rise in a warm place 45 minutes.
4. Arrange oven racks at the top and bottom. Preheat oven to 400°F. Divide dough into four equal balls. Working with one ball at a time, roll dough into a 12 to 13-inch circle. Place on a 16 x 14-inch piece of parchment paper; roll out the remaining dough, placing each on sheets of parchment paper. Dust any remaining flour off dough with pastry brush, otherwise, the surface will become gummy when you brush on the egg white and reduce the crispiness.
5. Allow dough to rest 5 minutes. Brush egg white on dough; sprinkle with half of the cheese.
6. Slide one parchment sheet onto a 16 x 14-inch baking sheet, and repeat with a second baking sheet and another bread portion on parchment. Place one baking sheet on top rack, the other baking sheet on bottom rack; bake 4 to 5 minutes, then reverse sheets top to bottom for another 4 to 5 minutes. Dough should puff up in places and turn golden. Remove breads from parchment paper and place on cooling rack. Repeat with remaining two pieces of dough. Note: The last two breads usually bake faster, as the sheets are now hot, so watch carefully. Break into pieces to serve or place in an airtight container to store.

Pennsylvania Dutch Pretzel Slider Buns

Gloria Piantek, West Lafayette, Indiana

Ingredients

1 (1/4 ounce) package Fleischmann's® Active Dry Yeast
1/4 cup warm water (100° - 110°F)
1/2 cup soft silken tofu, well drained, room temperature
2 tablespoons dark corn syrup
1 large egg
1/4 cup finely shredded sharp Cheddar cheese
1/2 cup King Arthur Unbleached White Whole Wheat Flour
1 1/2-1 3/4 cups King Arthur Unbleached Bread Flour, divided
1/2 teaspoon dry mustard
1 teaspoon ready-to-serve minced garlic
1/2 teaspoon salt
2 tablespoons dry minced onion
3 cups water
3 tablespoons baking soda
1/4 teaspoon poppy seeds, optional
1/2 teaspoon coarse salt or pretzel salt, optional



Prep Time: 1 hour
Bake Time: 16 minutes
Yield: Makes 12 buns

Nutrition Information

One bun provides approximately 128 calories; 5 g protein; 22 g carbohydrates; 1 g dietary fiber; 2 g fat (1 g saturated); 20 mg cholesterol; 37 mcg folate; 1 mg iron and 128 mg sodium.



Directions

1. In measuring cup, sprinkle yeast in warm water; stir until dissolved. Set aside 10 minutes.
2. In large mixer bowl, beat tofu until smooth; beat in corn syrup. Mix in yeast mixture; beat in egg and cheese. Stir in whole wheat flour and 1/2 cup bread flour; beat 2 minutes on medium speed. Beat in dry mustard, garlic, salt and onion. Gradually mix in enough remaining bread flour to make a soft dough. Knead 4 to 5 minutes with dough hook. Place in greased bowl, turning to grease top. Cover; let rise in warm place until double, 30 to 45 minutes.
3. Divide dough into 12 equal pieces. Shape each piece into a smooth ball; lightly flatten tops until about 2 inches wide.
4. Place on greased baking sheet about 2 inches apart. With scissors, make 6 (1/2-inch deep) cuts around the edge of each bun. Cover; let rise in warm place about 30 minutes. Preheat oven to 400°F.
5. In large saucepan, bring 3 cups water and baking soda to a boil. Using a slotted spoon or two spatulas, gently place one bun at a time in water. Spoon water over the top of buns. Drain buns well; return to greased baking sheet. If desired, sprinkle with poppy seeds and salt.
6. Bake 13 to 16 minutes until rich golden brown. Transfer to cooling rack. Slice buns and use for mini slider sandwiches.

Light & Fluffy Chia Whole Wheat Rolls

Merry Graham, Newhall, California

Ingredients

2 1/2 cups King Arthur Whole Wheat Flour, divided
1-1 1/2 cups King Arthur Unbleached All-Purpose Flour, divided
1/4 cup nonfat dry milk
1 1/2 tablespoons Fleischmann's® Active Dry Yeast
1 cup water
1/4 cup grapeseed oil or canola oil
1/4 cup light agave nectar
2 large eggs, lightly beaten
1 1/2 teaspoons sea salt
1 - 2 teaspoons dried minced onion
1/4 teaspoon garlic powder
2 tablespoons toasted wheat germ
2 1/2 tablespoons chia seeds, divided
Egg Wash: 1 large egg plus 1 tablespoon water, beaten



Prep Time: 30 minutes
Bake Time: 18 minutes
Yield: Makes 18 rolls

Nutrition Information

One roll provides approximately 163 calories; 6 g protein; 25 g carbohydrates; 3 g dietary fiber; 5 g fat (1 g saturated); 31 mg cholesterol; 52 mcg folate; 1 mg iron and 213 mg sodium.



Directions

1. In large mixer bowl, with paddle attachment, add 1/2 cup whole wheat flour, 1/2 cup all-purpose flour, dry milk and yeast. Mix 30 seconds to combine ingredients.
2. In microwavable bowl, heat water, oil and agave nectar to 120° to 130°F. Pour liquid into flour-yeast mixture, and beat on low speed 1 minute. Scrape bowl; cover and let rest 15 minutes.
3. Mix in 2 eggs, salt, onion and garlic powder; beat on low speed 1 minute. Add remaining 2 cups whole wheat flour, 1/4 cup at a time. Using dough hook, add enough of the remaining 1 cup all-purpose flour to form a slightly sticky dough.
4. Knead with dough hook 6 minutes on medium speed. Add wheat germ and 1 tablespoon chia seeds; continue kneading 2 minutes.
5. Place dough in large, oiled bowl, turn to coat top. Cover; let rise in warm place until double, about 1 1/2 hours. Lightly oil 18 standard-size, 2 1/2 x 1 1/4-inch muffin cups.
6. Punch down dough; divide into 18 equal pieces. Shape into a smooth ball, and place in muffin cup. Cover; let rise until almost double, about 30 minutes. Carefully brush with egg wash and sprinkle remaining chia seeds on top.
7. Bake in preheated 375°F oven 15 to 18 minutes, until golden brown. Place rolls on cooling rack. Serve warm.

German Streusel Cranberry Bagels

Elke Roby, Lincoln, Nebraska

Ingredients

DOUGH

(Made in 2-pound capacity bread machine)
Zest and juice of 2 medium oranges
4 cups King Arthur Unbleached All-Purpose Flour
2 tablespoons unsalted butter, room temperature
1 teaspoon salt
1 tablespoon vital wheat gluten
3 tablespoons granulated sugar
1 1/2 teaspoons freshly grated orange zest
1 (1/4 ounce) package Fleischmann's® Active Dry Yeast
3/4 cup sweetened dried cranberries

STREUSEL TOPPING

1/2 cup King Arthur Unbleached All-Purpose Flour
4 tablespoons granulated sugar
1 1/2 teaspoons freshly grated orange zest
4 tablespoons unsalted butter, room temperature

BOILING MIXTURE

8 cups water
3 tablespoons granulated sugar
3 tablespoons baking soda



Prep Time: 30 minutes
(plus 90 minutes on bread machine setting)
Bake Time: 18 minutes
Yield: Makes 12 bagels

Nutrition Information

One bagel provides approximately 277 calories; 7 g protein; 48 g carbohydrates; 1 g dietary fiber; 6 g fat (4 g saturated); 15 mg cholesterol; 61 mcg folate; 2 mg iron and 200 mg sodium.



Directions

1. Zest oranges and set aside. Juice oranges adding room temperature water to make 1 1/4 cups. Place liquid and remaining dough ingredients, except cranberries, into the bread machine pan. Program bread machine on DOUGH cycle and start; after 10 minutes, add the cranberries.
2. When cycle is complete, remove dough to work surface; divide into 12 equal pieces. Form each piece into a smooth ball. Poke thumbs through the middle of dough, gently stretching and turning the dough, forming a 3 to 4-inch bagel.
3. Place bagels on two parchment-lined baking sheets. Cover; let rise in a warm, draft-free place until double, about 45 minutes.
4. While bagels are rising, prepare streusel topping. Place all topping ingredients in a medium bowl. Using a pastry cutter or two knives, work the mixture until fine crumbs form. Cover; refrigerate topping.
5. Ten minutes before the end of rising time, preheat oven to 375°F. In a large 4-quart saucepan, bring boiling mixture to a rolling boil. Carefully place bagel onto a wide, slotted spatula, flip bagel top-side down first into the water. Repeat with a second bagel. Boil bagels 1 minute; flip bagels and boil an additional minute. Remove bagels to several layers of paper towels. Boil remaining bagels.
6. Place bagels back on parchment-lined baking sheets. Sprinkle streusel topping on bagels. Bake 16 to 18 minutes, until golden brown. Remove to wire rack.

Rich Italian Bread

Jane Hinrichsen, Cottage Grove, Minnesota

Ingredients

6-6 1/2 cups King Arthur Bread Flour, divided
1 package Fleischmann's® Rapid Rise™ Yeast
2 1/4 cups low-fat milk
2 tablespoons granulated sugar
3 tablespoons olive oil
2 teaspoons salt
2 teaspoons dried Italian seasoning
2 teaspoons garlic powder
1/2 cup finely chopped onion
3/4 cup shredded Parmesan cheese
25 pepperoni slices (1.5 ounces), finely chopped (turkey or original)
1 (14.5-ounce) can diced tomatoes with basil, garlic and oregano, (no salt added), drain well
1 (2.25-ounce) can sliced black olives, drain well
1 tablespoon cornmeal, divided



Prep Time: 1 hour
Bake Time: 50 minutes
Yield: Makes 2 large loaves,
24 slices each

Nutrition Information

One slice provides approximately 133 calories; 8 g protein; 16 g carbohydrates; 1 g dietary fiber; 4 g fat (1 g saturated); 21 mg cholesterol; 39 mcg folate; 1 mg iron and 435 mg sodium.



Directions

1. In large mixer bowl, using paddle attachment, combine 2 1/2 cups flour and yeast.
 2. In microwaveable bowl, heat milk, sugar, oil, salt, Italian seasoning and garlic powder until very warm (120° to 130°F). Add to flour mixture. Beat 2 minutes at medium speed, scraping bowl occasionally. Add onion, Parmesan cheese, pepperoni and 1 1/2 cups flour; stir in well-drained tomatoes and olives. Gradually add enough of the remaining 2 1/2 cups flour to make a soft dough. (If tomatoes are not drained well, the dough will be very sticky and extra flour may be needed.)
 3. Knead with dough hook 10 minutes. Cover bowl; let rest 10 minutes. Sprinkle two 16 x 14-inch baking sheets with cornmeal. On work surface, divide dough into two equal pieces. Shape into two round loaves and place on baking sheets. Cover loaves with plastic wrap that has been lightly coated with nonstick cooking spray. Let rise in warm, draft-free place until double in size, about 45 minutes. Using a sharp serrated knife or baker's slashing tool, make slashes about 1/8-inch deep, slashing the top in quarters.
 4. Bake in preheated 350°F oven 45 to 50 minutes or until golden brown and its internal temperature registers 204°F on an instant-read thermometer.
- Note: Dough may be used for pizza crust, sandwich buns, rolls or soup bowls.

Red Apple Golden Cheddar Challah

Judi Berman-Yamada, Portland, Oregon

Ingredients

2 cups lightly packed, coarsely shredded red apple with skin, about 2 medium apples*
1 tablespoon fresh lemon juice
1/2 cup warm water (100° to 110°F)
1/4 cup honey plus 1 tablespoon honey, divided
2 (1/4 ounce) packages Fleischmann's® Active Dry Yeast
1 cup King Arthur White Whole Wheat Flour
1 tablespoon sea salt
2 tablespoons vegetable oil
2 large eggs, beaten
4 - 4 1/4 cups King Arthur Unbleached Bread Flour, divided
2 cups coarsely shredded, extra sharp Cheddar cheese

TOPPING

1 large egg plus 1 tablespoon water
2 teaspoons fennel seeds, sesame, or poppy seeds, divided
1/2 cup coarsely shredded, extra sharp Cheddar cheese, divided, optional
*Two varieties of apples may be combined, (such as Braeburn apple and Pink Lady apple).



Prep Time: 45 minutes
(rise time not included)
Bake Time: 40 minutes
Yield: Makes 2 large loaves, 16 slices each

Nutrition Information

One slice provides approximately 142 calories; 6 g protein; 20 g carbohydrates; 1 g dietary fiber; 5 g fat (2 g saturated); 27 mg cholesterol; 34 mcg folate; 1 mg iron and 283 mg sodium.



Directions

1. Combine shredded apple with lemon juice; set aside. Combine warm water and 1 tablespoon honey. Sprinkle in yeast; stir until dissolved. Let stand 10 minutes.
2. In large mixer bowl, with paddle attachment, combine yeast, white whole wheat flour, salt, 1/4 cup honey, oil and 2 eggs. Beat 1 minute.
3. Gradually add 2 cups bread flour; beat 2 minutes on low speed; scraping bowl. Mix in shredded apple and 1 cup bread flour; mix on low speed until flour and apple are incorporated into dough. Add 2 cups cheese; beat on low speed 2 minutes.
4. Gradually add enough of the remaining 1 cup bread flour until soft dough is formed. Add the last 1/4 cup flour, only if the dough is too sticky. Knead with dough hook or by hand 8 to 10 minutes until soft and elastic. Place dough in greased bowl, turning to grease surface of dough. Cover; let rise in warm, draft-free place until double in size, about 1 hour.
5. Punch down dough; divide dough into half. Divide each half into six equal pieces; cover, let rest 10 minutes.
6. Six-Strand Braid: Roll each piece of dough into a 12-inch rope, tapering ends. Lay 6 ropes side-by-side; pinch together at top. Always start with the rope that is furthest to the right. Take the rope furthest to the right and weave it towards the left through the other ropes using this pattern: over 2, under 1, over 2. Take the ropes furthest to the right and repeat the pattern again until the whole loaf is braided. Pinch ends together; tuck under loaf and seal. Transfer braid to a parchment-lined baking sheet. Repeat with remaining half of dough. Cover; let rise in warm, draft-free place until double in size, about 45 to 60 minutes.
7. Whisk egg and water until frothy; gently brush on the braids and sprinkle each braid with 1 teaspoon seeds.
8. Bake in preheated 350°F oven 20 minutes. If desired, sprinkle 1/4 cup cheese on top of each braid. Rotate pan, front to back in the oven. Bake an additional 15 to 20 minutes. Tent loaves with foil; bake until golden brown and thermometer inserted in the center registers 190° to 195°F. Cool braids on pan 10 minutes; remove to rack. Bread may be frozen for 1 month; defrost in bag.

Two Grain Cranberry & Walnut Bread

Rita Lutz, Horseshoe Bay, Texas

Ingredients

1/4 cup coconut oil or vegetable oil
1 teaspoon vanilla extract
1/2 cup pure cane syrup, maple syrup, or molasses
1 1/2 cups sweetened dried cranberries
1/2 cup old-fashioned rolled oats, uncooked
1 3/4 cups boiling water
2 (1/4 ounce) packages Fleischmann's® Active Dry Yeast
1/4 cup lukewarm water (100° to 110°F)
1 teaspoon granulated sugar
3 cups King Arthur 100% Whole Wheat Flour
2 – 2 1/4 cups King Arthur Unbleached All-Purpose Flour, divided
3 tablespoons vital wheat gluten
2 teaspoons salt
1 1/4 cups English walnuts, coarsely chopped

TOPPING

1 large egg white, beaten
1 tablespoon old-fashioned rolled oats, divided
1 teaspoon natural cane turbinado sugar, divided



Prep Time: 2 hours
Bake Time: 40 minutes
Yield: Makes 2 loaves, 16 slices each

Nutrition Information

One slice provides approximately 155 calories; 4 g protein; 24 g carbohydrates; 2 g dietary fiber; 5 g fat (2 g saturated); 0 mg cholesterol; 34 mcg folate; 1 mg iron and 151 mg sodium.



Directions

1. In large mixer bowl, with paddle attachment, combine coconut oil, vanilla extract, syrup, cranberries, oats and boiling water. Let cool to lukewarm.
2. In medium bowl, dissolve yeast in lukewarm water with sugar; let stand 10 minutes.
3. When bowl mixture has cooled, stir in yeast. Gradually beat in whole wheat flour, 2 cups all-purpose flour, gluten, salt and walnuts on low speed until combined. Beat 3 minutes on medium speed. If dough is too wet, use additional 1/4 cup all-purpose flour to make a soft dough. Knead with dough hook 8 to 10 minutes or by hand until smooth and elastic.
4. Place in large greased bowl, turning once to coat dough. Cover; let rise in warm place until double, 1 to 1 1/2 hours.
5. Punch down dough; divide into half. Cover; let rest 15 minutes. Roll each half in 13 x 9-inch rectangle; roll up tightly like jellyroll (start at narrow side), sealing at each turn with fingertips. Press down on ends of loaf; fold strips under loaf. Place seam-side down in 2 greased 8 1/2 x 4 1/2-inch metal loaf pans. Cover; let rise until nearly double, about 60 minutes.
6. Beat egg white; brush on loaves. Sprinkle half the oats and sugar on top of each loaf.
7. Bake loaves in preheated 350°F oven 35 to 40 minutes, tenting loaves with foil after 20 minutes. The bread is done when golden brown and its internal temperature registers 196°F or above on an instant-read thermometer. Remove pans from the oven, and after 5 minutes, use a table knife to loosen the edges, and then turn loaves out onto wire rack.

Red Velvet Cinnamon Rolls with a Twist

Marilyn Blankschien, Clintonville, Wisconsin

Ingredients

DOUGH

(Made in 1 to 1 1/2-pound capacity bread machine)
1/2 cup puréed beets (canned or cooked fresh*)
1/2 cup water (80° - 85°F)
1 tablespoon butter, softened
1 large egg
3/4 teaspoon salt
1 cup King Arthur White Whole Wheat Flour
1 3/4 cups King Arthur Unbleached All-Purpose Flour
2 tablespoons unsweetened baking cocoa
3 tablespoons granulated sugar
1 (1/4 ounce) package Fleischmann's® Active Dry Yeast

FILLING

1 tablespoon butter, softened
3 tablespoons granulated sugar
1 1/2 teaspoons ground cinnamon
1/3 cup milk chocolate or semisweet chocolate chips

ICING

1/4 cup (2 ounces) cream cheese, softened
2 tablespoons butter, softened
1 cup sifted confectioners' sugar
1 teaspoon vanilla extract
2-3 teaspoons low-fat milk
1/4 cup chopped, toasted pecans

*Freshly cooked beets give a brighter red color; allow 45 minutes to 1 hour to cook.



Prep Time: 1 hour (plus 1 hour, 30 minutes on bread machine setting)
Bake Time: 12 minutes
Yield: Makes 16 rolls

Nutrition Information

One roll provides approximately 207 calories; 4 g protein; 32 g carbohydrates; 2 g dietary fiber; 7 g fat (3 g saturated); 26 mg cholesterol; 19 mcg folate; 1 mg iron and 133 mg sodium.



Directions

1. Thoroughly drain beets in a colander; puree in food processor.
2. Have all ingredients at room temperature (77° to 85°F). Place dough ingredients in bread machine pan in the order suggested by manufacturer. Set bread machine for DOUGH cycle. After 5 minutes, check dough consistency. Dough should form a soft ball around paddle. If necessary, add a teaspoon of flour or water to the dough until the right consistency is reached.
3. When dough cycle is complete, place dough on lightly floured work surface and roll into a 10 x 16-inch rectangle. Brush dough with 1 tablespoon butter, keeping 1/2-inch away from 16-inch sides.
4. Combine sugar and cinnamon; sprinkle lengthwise over half of dough. Sprinkle and press chocolate chips over sugar-cinnamon mixture. Fold other half of dough over filling, forming a 5 x 16-inch rectangle. Press together and seal 16-inch edge.
5. Cut dough into sixteen 1 x 5-inch strips. Twist each strip and form into a coil, pinching end underneath roll to seal. Place 2 inches apart on parchment-lined baking sheets. Cover; let rise until almost double, about 45 to 55 minutes.
6. Bake in preheated 375°F oven 10 to 12 minutes. Remove rolls to rack.
7. In a medium bowl, stir together the icing ingredients except nuts, beating in enough milk to make drizzling consistency. Stir until smooth and well blended. Drizzle icing on cooled rolls; sprinkle on nuts.

Family Italian Bread

Mardi Traskowsky, Herington, Kansas

Ingredients

2 cups water (80° - 85°F)
2 tablespoons unsalted butter
1/4 cup sour cream
1/4 cup honey
2 teaspoons salt
2 tablespoons Italian seasoning
2 garlic cloves (1 tablespoon), minced
2 tablespoons grated Parmesan cheese
1 cup quick-cooking oats
3 cups King Arthur 100% Whole Wheat Flour
1- 1 1/4 cups King Arthur Unbleached Bread Flour, divided
2 tablespoons vital wheat gluten
1 (1/4 ounce) package Fleischmann's® Rapid Rise™ Yeast

TOPPING

1 tablespoon grated Parmesan cheese, divided
1 tablespoon Italian seasoning, divided



YOUTH CHAMPION

Prep Time: 15 minutes
(plus 60-90 minutes on bread machine setting)
Bake Time: 45 minutes
Yield: 2 loaves, 16 slices each

Nutrition Information

One slice provides approximately 94 calories; 3 g protein; 16 g carbohydrates; 2 g dietary fiber; 2 g fat (1 g saturated); 4 mg cholesterol; 20 mcg folate, 1 mg iron and 159 mg sodium.



Directions

1. Layer ingredients into bread machine in order given. Set the bread machine on DOUGH cycle. Check the dough after 5 minutes. Dough should form a soft ball around the kneading blade. If dough is too dry, add water sparingly. If dough is too wet, add more flour, 1 tablespoon at a time.
2. When cycle is done, remove dough from machine. Divide dough in half. Roll each half of dough into a 12 x 8-inch rectangle. Starting with shorter side, roll up tightly, pressing dough into roll. Pinch edges and ends to seal. Place loaves, seam-side down, into two greased 8 1/2 x 4 1/2-inch loaf pans. Sprinkle tops of loaves with grated Parmesan cheese and Italian seasoning.
3. Cover; let loaves rise until double in size, 45 to 60 minutes. Bake in preheated 375°F oven 40 to 45 minutes or until done. Tent the bread loosely with foil if the bread browns too quickly. Remove from pans; cool on wire rack.

Nacho Cheese White Whole Wheat Bread

Alyssa Ellis, Rhinelander, Wisconsin

Ingredients

1 cup King Arthur Unbleached All-Purpose Flour
1/3 cup yellow cornmeal, plus 2 tablespoons
2 teaspoons freeze-dried snipped chives
1 teaspoon salt
1/2 teaspoon garlic powder
2 (1/4 ounce) packages Fleischmann's® Rapid Rise™ Yeast
3/4 cup very warm water (120° to 130°F)
1 (10 3/4 ounce) can Fiesta Nacho Cheese soup
1/4 cup unsalted butter, softened
1/3 cup coarsely chopped pimento stuffed green olives, drained*
3 - 3 1/4 cups King Arthur White Whole Wheat Flour
2 teaspoons unsalted melted butter, optional
1/4 cup finely shredded sharp Cheddar cheese, divided, optional
*Reduced salt pimento stuffed Manzanilla olives may be used. Variation: replace olives with 1/3 cup coarsely chopped, drained, pickled jalapeño slices.



Prep Time: 1 hour, 30 minutes
Bake Time: 25 min
Yield: 2 loaves, 16 slices each

Nutrition Information

One slice provides approximately 172 calories; 6 g protein; 30 g carbohydrates; 5 g dietary fiber; 3 g fat (1 g saturated); 5 mg cholesterol; 8 mcg folate; 1 mg iron and 172 mg sodium.



Directions

1. Spray 2 round 8 or 9-inch, 1 1/2" to 2 1/2" deep, glass casserole dishes or metal pans with nonstick cooking spray. Dust each pan with 1 tablespoon cornmeal.
 2. In stand-mixer bowl, combine all-purpose flour, 1/3 cup cornmeal, chives, salt, garlic powder, and undissolved yeast. Stir in very warm (120° to 130°F) water; beat 1 minute at low speed, scraping bowl. Add soup and 1/4 cup butter; beat 3 minutes at medium speed.
 3. Remove bowl from mixer and with wooden spoon, stir in olives. Gradually stir in enough of the white whole wheat flour to make a soft batter. Knead dough by hand or with dough hook 8 to 10 minutes until smooth and elastic.
 4. Cover dough; let rest 10 minutes. Divide dough in half and shape each half into a round loaf; place in pans. Cover; let rise in warm, draft-free place until double in size, about 1 hour.
 5. Bake in preheated 375°F oven 23 to 25 minutes or until golden brown and done. Carefully remove from pans; place loaves on a baking sheet. Brush bread tops with melted butter then sprinkle each loaf with 2 tablespoons cheese. Return to oven until cheese melts, about 2 minutes. Cut into wedges, serve warm.
- Variation: Substitute 1 can condensed Cheddar cheese soup.

Rosemary, Orange, and Golden Raisin Fougasse

Deborah Biggs, Omaha, Nebraska

Ingredients

1/2 cup orange juice
1/4 teaspoon orange-flower water
2/3 cup California golden raisins
1 teaspoon sweet orange-flavored liqueur
1/4 cup extra-light olive oil
2 tablespoons coarsely chopped fresh rosemary

SPONGE

2/3 cup warm water (100° to 110°F)
2 tablespoons warm orange juice (100° to 110°F)
2 1/4 teaspoons Fleischmann's® Active Dry Yeast
1 teaspoon granulated sugar
1 teaspoon honey
3/4 cup King Arthur Unbleached All-Purpose Flour

DOUGH

5 teaspoons granulated sugar
1 tablespoon orange-flower water
1 teaspoon finely grated fresh orange zest
1/3 cup plus 1 teaspoon room temperature water
3 – 3 1/4 cups King Arthur Unbleached All-Purpose Flour, divided
1 3/4 teaspoons fine grain sea salt

TOPPING

2 teaspoons olive oil, divided
2 teaspoons coarsely chopped fresh rosemary, divided
2 teaspoons pearl sugar or turbinado sugar, divided



Prep Time: 3 hours, 15 minutes

Bake Time: 27 minutes

Yield: 2 loaves, 14 slices each

Nutrition Information

One slice provides approximately 98 calories; 2 g protein; 16 g carbohydrates; 1 g dietary fiber; 2 g fat (0 g saturated); 0 mg cholesterol; 22 mcg folate; 1 mg iron and 147 mg sodium.



Directions

1. In microwavable bowl, combine orange juice, orange-flower water and raisins. Microwave uncovered on full power for 45 seconds; stir in orange liqueur. Set aside.
2. In small saucepan, carefully heat olive oil and 2 tablespoons rosemary on low heat, just until oil reaches 150°F. Remove from heat; set aside.
3. To prepare sponge, in stand mixer bowl, combine warm water, orange juice and yeast. Let stand 10 minutes. Add sugar, honey and 3/4 cup flour until blended. Cover; let rest 30 minutes.
4. Drain raisins well on paper towels and pat dry; set aside.
5. For dough, add cooled oil mixture, sugar, orange-flower water, orange zest, water, 1 cup flour and salt. Beat with paddle attachment on low speed 3 minutes. Gradually stir in 2 cups flour. Cover; let stand 15 minutes. With dough hook, knead 5 minutes, adding enough remaining flour to make a moist dough. Add raisins; knead until smooth and elastic, about 5 minutes.
6. Place dough in lightly greased bowl. Cover; let rise until double, about 1 1/4 hours. Punch down dough; divide in half. Cover; let rest 10 minutes. Gently pat or roll each portion into 8 x 13-inch oval.
7. Place ovals on two parchment-lined 12 x 18-inch baking sheets. For leaf design make a 10-inch cut lengthwise down the center, cutting all the way through dough, leaving 1-inch of dough intact on ends. Diagonally make 3 slanted cuts in both halves to mimic veins in leaves. Slightly pull cuts apart so they will not close up during baking. Cover; let rise 30 minutes (dough will not double in size but will be puffy).
8. Arrange oven racks in upper and lower thirds of oven; preheat to 375°F. Brush each loaf with olive oil; sprinkle with rosemary and pearl sugar. Bake 15 minutes; switch baking sheets from top to bottom and front to back and continue baking 8 to 12 minutes until loaves are golden brown. Remove to wire racks. Serve Fougasse the same day as baked.

Cream Cheese Spinach & Herb Rolls

Kara Bringewatt, Davidson, North Carolina

Ingredients

DOUGH

1/2 cup low-fat milk
(80° - 85°F)
1/2 cup water (80° -
85°F)
1/4 cup canola oil
1 egg, beaten
3 1/2 cups King Arthur
Unbleached All-Purpose
Flour
1/4 cup granulated
sugar
1 teaspoon salt
1/4 teaspoon dried
thyme leaves
1/4 teaspoon dried
oregano leaves
2 1/4 teaspoons
Fleischmann's® Bread
Machine Yeast

FILLING

6 ounces cream cheese,
room temperature
1 cup packed, finely
chopped fresh baby
spinach
1/3 cup finely shredded
Italian blend cheese



Prep Time: 15 minutes
(plus 60-90 minutes on
bread machine setting)
Bake Time: 13 minutes
Yields: 24 rolls

Nutrition Information

One roll provides
approximately 129
calories; 4 g protein;
16 g carbohydrates; 1
g dietary fiber; 5 g fat
(2 g saturated); 17 mg
cholesterol; 34 mcg folate;
1 mg iron and 142 mg
sodium.



Directions

1. Place all dough ingredients in the bread machine pan in the order specified by your bread machine manufacturer. Select the dough cycle on your bread machine; check dough after first 5 minutes of mixing. The dough should form a ball around the kneading blade. If dough is too dry, gradually add a few tablespoons of water; if too wet, add a few tablespoons of flour.
2. Meanwhile, prepare filling. When cycle is done, remove dough and knead for about 1 minute on a lightly floured surface. Roll dough into a 10 x 18-inch rectangle.
3. Spread cream cheese evenly over the dough. Sprinkle spinach and Italian blend cheese on top of cream cheese.
4. Starting at the longer 18-inch side, roll up the rectangle into a log. Pinch the edge to the log so that it won't unroll. Cut the log into 24 pieces, about $\frac{3}{4}$ inch thick.
5. Place rolls into 2 lightly greased 12 cup standard-size muffin pans. Cover; let rise until almost double, 35 to 40 minutes.
6. Bake in preheated 350°F oven 12 to 13 minutes or until golden brown. Remove rolls to wire rack; serve warm. Store cooled rolls in an airtight container in the refrigerator for a few days and reheat in microwave.

America's Breadbasket

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Fleischmann's Yeast



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Kansas Wheat Commission
1990 Kimball Ave
Manhattan, KS 66502
785-539-0255
kswheat@kswheat.com
www.kswheat.com

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