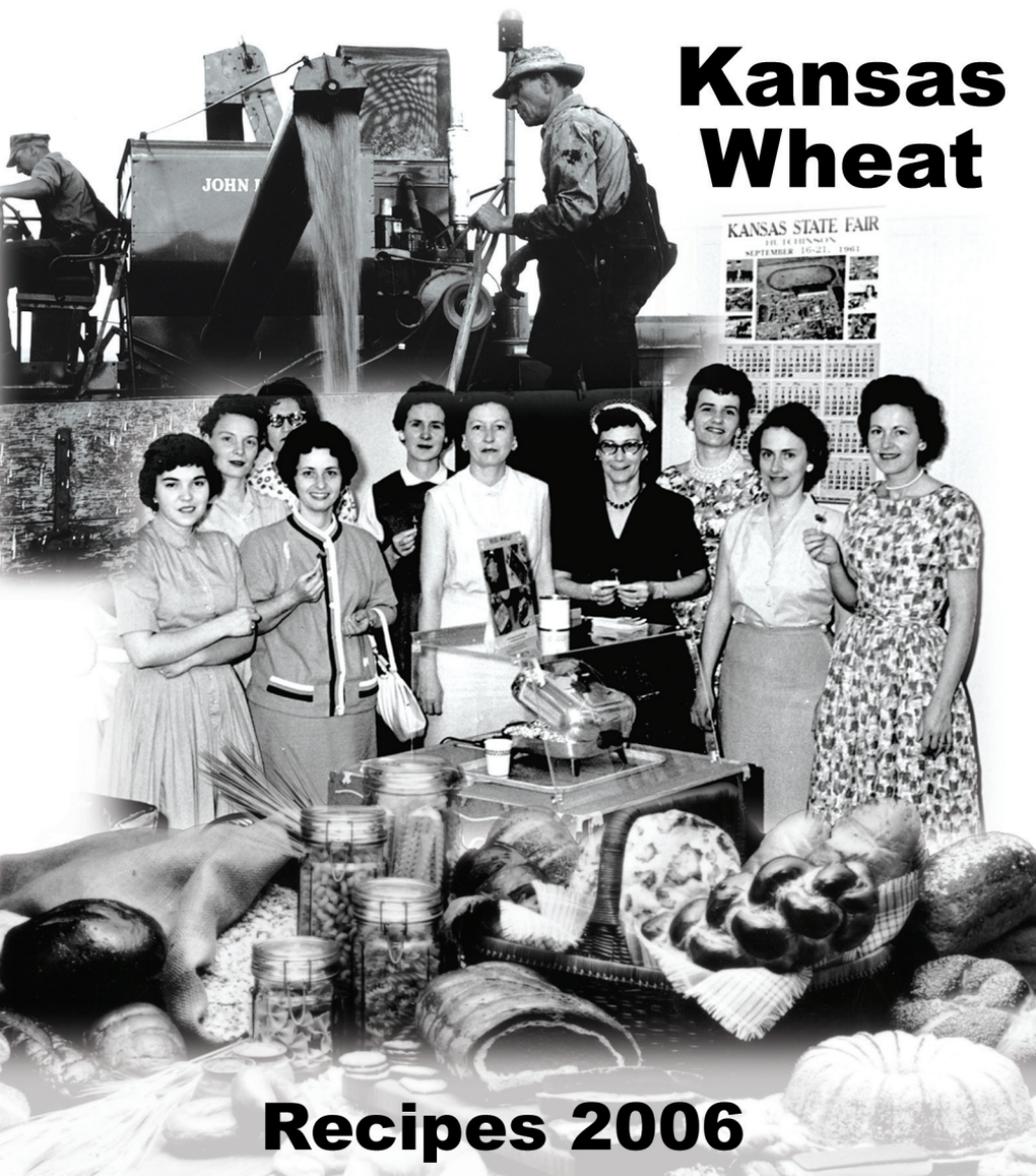


# Kansas Wheat



**Recipes 2006**

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**Pictured on front cover:** Traveling back in time. Men unloading wheat from a John Deere combine in 1950. Photo by: Edith Soukup, Ellsworth. Promotion of the use of the new canned Redi-Wheat in 1961. Wheat foods poster from the 1970s.

# Multigrain Bread

*Professional Category Champion Jane Fry, Elk Falls,  
uses the bread machine for convenience.*

- 1 ¼ cups water (80°F)
- ¼ cup molasses
- 1 tablespoon margarine
- 1 ½ teaspoons salt
- ½ cup old-fashioned oats
- ½ cup whole wheat flour
- 2 ¾ cups bread flour
- 2 teaspoons active dry yeast

Add ingredients to bread machine pan in the order given. Use DOUGH cycle. Check dough after 5 minutes. If it is too dry, add 1 teaspoon water; if too sticky, add 1 teaspoon flour at a time. In approximately 1 ½ hours, the cycle will be completed.

Remove dough from the bread machine.

Shape the dough into a flattened ball and place in a greased 9-inch pie pan. Cover; let dough rise until doubled.

Bake in preheated 375°F oven 30-40 minutes or until done. To prevent over-browning, tent with foil last 10 minutes. Remove from pan and let cool on wire rack.

Makes 1 large loaf, 24 servings.

**Nutritional analysis:** One slice provides approximately 85 calories, 3 g protein, 17 g carbohydrates, 1 g fat (0 g saturated), 0 mg cholesterol, 1 g fiber, 34 mcg folate, 2 mg iron, 156 mg sodium.

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## Did You Know?

The main purpose of the Farm Bill is to maintain a safe and affordable domestic food supply — a more fitting name would be the “food security bill.”

# Hamburger Buns

*These beautiful buns earned Sydney Winston,  
Goodland, the Youth Category Runner-Up award.*

- 3 ½ cups low-fat milk, scalded
- 1 tablespoon salt
- ¾ cup vegetable shortening
- ½ cup sugar
- 2 packages active dry yeast
- 1 cup warm water (110-115°F)
- 2 eggs, beaten
- 11 ½ - 12 cups bread flour

In mixer bowl, stir together scalded milk, salt, shortening and sugar. Cool to luke-warm (95°F). Dissolve yeast in warm water. Add yeast and eggs; beat 1 minute.

Gradually stir in enough flour to make a moderately soft dough. Knead dough for approximately 10 minutes until smooth and elastic. Place dough in lightly greased bowl and turn to grease top. Cover; let rise until doubled.

Punch down dough. Pinch off small balls, 3-inches in diameter, or about 2 ounces and form into round rolls. Place on greased cookie sheets 2 inches apart and flatten into buns. Cover, let rise until doubled.

Bake in preheated 400°F oven for about 10 minutes, or until golden. Remove from pans and cool on wire rack. Buns freeze well for later use.

Makes 4 dozen buns.

**Note:** This recipe can also be used for dinner rolls.

**Variation:** Half whole wheat flour may be substituted for half of the bread flour.

**Nutritional analysis:** One bun provides approximately 172 calories, 5 g protein, 28 g carbohydrates, 4 g fat (1 g saturated), 10 mg cholesterol, 1 g fiber, 60 mcg folate, 2 mg iron, 160 mg sodium.

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## Did You Know?

U.S. farm policy under the Farm Bill costs each American a mere 4¢ per meal.

# Honey Wheat Bread

*A hearty loaf with good flavor earned Meredith Peterson, Little River, the Runner-Up award in the Senior Category.*

- 4 ½ - 5 cups bread flour, divided
- 2 teaspoons salt
- 2 packages quick-rising yeast
- 1 cup water
- ½ cup honey
- 4 tablespoons butter
- 1 cup low-fat cottage cheese
- 2 eggs
- 1 cup whole wheat flour
- ½ cup old-fashioned oats
- 1 cup chopped pecans or walnuts

In mixer bowl, blend thoroughly 4 cups of the flour, salt and yeast.

Heat in saucepan till warm (120-130°F) the water, honey, butter and cottage cheese. Add to flour mixture. Mix well, approximately 2 minutes.

Add eggs, whole wheat flour, oats and nuts; mix well. Gradually add enough of the remaining bread flour to make a soft dough. Knead 10-12 minutes or until smooth and elastic. Place in lightly greased bowl, turning to coat top. Cover dough, let rise until doubled.

Punch down dough, divide in half. Cover, let rest 10 minutes. Shape into two loaves and place in greased 8 ½ x 4 ½-inch loaf pans. Cover, let rise until doubled.

Bake in preheated 375°F oven 35-40 minutes or until done. Tent top of loaves with foil last 10 minutes to prevent over-browning.

Makes 2 loaves, 24 servings.

**Nutritional analysis:** One slice provides approximately 213 calories, 7 g protein, 33 g carbohydrates, 7 g fat (2 g saturated), 24 mg cholesterol, 2 g fiber, 65 mcg folate, 2 mg iron, 234 mg sodium.

# Wheat and Flax Bread

*Adult Champion Jené Yoder, Topeka, says her kids love this bread.*

- 1 tablespoon butter
- 1 tablespoon molasses
- 1  $\frac{1}{3}$  cups water (80°F)
- 3 cups whole white wheat flour
- $\frac{3}{4}$  teaspoon salt
- 2 tablespoons wheat gluten
- 1 tablespoon wheat germ
- $\frac{1}{3}$  cup flax seed meal
- 1  $\frac{1}{2}$  teaspoons active dry yeast

Place ingredients in order listed into bread machine pan. Select DOUGH cycle. Check dough after 5 minutes. If it is too dry, add 1 teaspoon water; if too sticky, add 1 teaspoon of flour at a time. When cycle is completed, remove the dough from the machine.

Shape into a loaf and place into a greased 8  $\frac{1}{2}$  x 4  $\frac{1}{2}$ -inch loaf pan. Cover; let rise until doubled, about 45 minutes.

Bake in preheated 375°F oven 30-35 minutes (24 minutes in a convection oven) or until done. Tent loaf with foil last 10-15 minutes to prevent over-browning. Remove immediately from pan onto a cooling rack and allow to cool before slicing.

Makes 1 loaf, 16 slices.

**Jene's Variations:** substitute 1-2 tablespoons of barley flour and 1-2 tablespoons of soy flour in place of the whole wheat flour.

**Nutritional analysis:** One slice provides approximately 111 calories, 4 g protein, 20 g carbohydrates, 2 g fat (1 g saturated), 2 mg cholesterol, 4 g fiber, 11 mcg folate, 2 mg iron, 113 mg sodium.

\*\*\*\*\*

## Did You Know?

Almost half of the Farm Bill supports nutrition programs, such as school lunch funding and food stamps.

## Two Cheese Wheat Braid

*Senior Category Runner-Up Judy Burnette, Great Bend, entered this aromatic, delicious and beautifully shaped bread.*

½ cup plus 2 tablespoons low-fat milk	1 tablespoon dough enhancer * or vital wheat gluten
½ cup low-fat cottage cheese, sieved	⅓ cup grated parmesan cheese
3 tablespoons butter	1 teaspoon salt
2 tablespoons honey	1 teaspoon dried dill weed
1 egg, beaten	½ teaspoon onion powder
1 cup whole wheat flour	½ teaspoon garlic powder
2 cups bread flour	1 package quick-rising yeast
	1 egg
	Sesame seeds

\* Available through baking catalogs or the internet.

Warm milk, cottage cheese and butter to 80°F. Place ingredients in bread machine pan in order listed. Select DOUGH cycle. Do not use the delay timer. Check dough after 5 minutes. If it is too dry, add 1 teaspoon water; if too sticky, add 1 teaspoon of flour at a time. Remove dough from machine; divide into 6 equal pieces. Cover; let rest 10 minutes.

Shape into a six-stranded braid. Roll each piece into a rope approximately 14 inches long. Pinch together six ropes at one end, with the tips facing you. From the left, number the strands 1-6. Follow this pattern: 5 over 1; 6 over 4; 2 over 6 and 1 over 3.

Repeat; pinch tips together at the end. Tuck under ends and pinch to seal.

Cover; let rise until doubled. Brush with beaten egg; sprinkle on sesame seeds.

Bake in preheated 350°F oven 25-30 minutes. Tent braid with foil the last 15 minutes.

Makes 1 large braid, 24 servings.

**Nutritional analysis:** One slice provides approximately 97 calories, 4 g protein, 14 g carbohydrates, 3 g fat (1 g saturated), 24 mg cholesterol, 1 g fiber, 29 mcg folate, 1 mg iron, 151 mg sodium.

# Old-Fashioned Cracked Wheat Bread

*Kelly Dumford, Wichita, won the Top Hard White Wheat Award.*

½ cup cracked white wheat*	2 packages quick-rising yeast
2 cups boiling water	1 ½ cups water
7 ½ - 8 cups stoneground, whole white wheat flour, divided	1 ½ cups low-fat milk
¼ cup wheat gluten	½ cup honey
	2 ½ teaspoons salt
	⅓ cup vegetable oil

Soak cracked wheat overnight in 2 cups boiling water; drain well.

In mixing bowl, combine 3 cups flour, gluten and yeast.

In microwaveable bowl, combine drained cracked wheat, 1 ½ cups water, milk, honey, salt and oil. Heat to 120-130°F. Gradually add to the ingredients in the mixing bowl; beat 2 minutes.

Cover, let set 30 minutes. Stir in enough of the remaining flour to make a soft dough.

Knead dough 10-12 minutes or until smooth and elastic. Place in a greased bowl and turn once. Cover; let rise until doubled. Punch dough down. Divide dough in half. Cover; let rest 10 minutes.

Flatten each piece into a 1-inch thick rectangle. Roll up from long edge and pinch seams closed. Place seam-side-down on greased baking sheets. Cover; let rise until doubled. With sharp knife, gently make parallel slashes on top of bread.

Bake in preheated 375°F oven 30-35 minutes or until golden brown.

Makes 2 large loaves, 32 servings.

\*Note: Kelly's source of hard white winter wheat can be found at [www.normsflour.com](http://www.normsflour.com)

**Nutritional analysis:** One slice provides approximately 160 calories, 5 g protein, 31 g carbohydrates, 3 g fat (0 g saturated), 1 mg cholesterol, 4 g fiber, 11 mcg folate, 2 mg iron, 191 mg sodium.

\*\*\*\*\*

## Did You Know?

U.S. farm policy under the Farm Bill is less than half of 1% of the total federal budget.

# Quick Italian Rolls

*Derek Williams, McLouth, received a Runner-Up award in the Youth Category with these easy rolls.*

½ cup water (80°F)

1 cup low-fat milk

1 egg, beaten

2 tablespoons butter,  
cut into small pieces

2 tablespoons sugar

2 teaspoons garlic salt

1 teaspoon Italian Seasoning

½ cup Parmesan cheese

4 cups bread flour

¼ cup soy flour

4 ½ teaspoons active dry yeast

**Topping:** optional

Melted butter

Parmesan cheese

Have water at 80°F and all other ingredients at room temperature. Place ingredients in bread machine pan in the order specified in the owner's manual. Select DOUGH cycle. Do not use the delay timer. Check dough after 5 minutes. If it is too dry, add 1 teaspoon water; if too sticky, add 1 teaspoon flour at a time until the dough forms a soft ball around the kneading blade.

When the cycle is completed, remove the dough from the machine and punch down. Divide into 4 equal parts. Divide each into 4 pieces or scale out into 2 ounces. Shape each piece into a smooth ball and place into a greased muffin tin. Cover; let rise in a warm place until doubled.

Bake in a preheated 375°F oven 15-18 minutes or until golden. Remove rolls from muffin tins and place on cooling rack. If desired, brush rolls with melted butter and sprinkle on Parmesan cheese.

Makes 16 rolls.

**Nutritional analysis:** One roll provides approximately 179 calories, 8 g protein, 28 g carbohydrates, 4 g fat (2 g saturated), 22 mg cholesterol, 1 g fiber, 81 mcg folate, 2 mg iron, 304 mg sodium.

\*\*\*\*\*

## Did You Know?

A Kansas wheat farmer receives only 3¢ from the price of a loaf of bread.

# Rustic Italian Loaf

*Professional Category Runner-Up Angela Patton, McPherson, entered this crusty European-style bread made with a starter or poolish.*

## Starter:

¼ teaspoon active dry yeast  
1 ½ cups bread flour  
1 ½ cups lukewarm water  
(110-115°F)

## Dough:

¾ teaspoon active dry yeast  
3 ½ teaspoons salt  
1 tablespoon sugar  
1 ½ cups lukewarm water  
(110-115°F)  
6 ¾ - 7 cups bread flour  
Cornmeal for dusting, optional

In medium-sized plastic or glass container combine the starter ingredients. Cover; set aside at room temperature 10 to 12 hours.

In mixer bowl, combine starter and dough ingredients. Stir in enough flour to form a soft dough; knead dough 10 -12 minutes. (The dough should feel wet, sticky) Place in a lightly oiled bowl, cover, and let rise for about 1 ½ hours.

Do not punch down dough. Remove from bowl and gently divide into two equal pieces. Flatten each piece into a 1-inch – thick rectangle. Roll up from long edge and pinch seams closed.

Place seam-side-down on a peel or baking sheet dusted with cornmeal. Cover; let rise until doubled. Make one long slash the entire length of loaf, ½ inch deep.

Although a baking stone is recommended for a crispier crust, the bread may be baked on pans.

Preheat oven with baking stone to 450°F and transfer bread to stone. Spritz loaves with water. After two minutes, open the oven door slightly and spritz the stone and oven walls. Quickly shut the door. (Spray three times at 30-second intervals.)

Bake 25 minutes or until loaves are golden brown and done.

Remove from stone or pan and cool on wire rack. Makes 2 large loaves, 32 servings.

**Nutritional analysis:** One slice provides approximately 133 calories, 4 g protein, 27 g carbohydrates, 1 g fat (0 g saturated), 0 mg cholesterol, 1 g fiber, 59 mcg folate, 2 mg iron, 258 mg sodium.

# Country Bread

*Youth Category Champion Michelle Deters, Baileyville,  
entered this gorgeous loaf.*

2 packages active dry yeast  
½ cup warm water (110-115°F)  
1 cup warm low-fat milk (110-  
115°F)  
4 tablespoons butter, softened  
¼ cup sugar  
1 teaspoon salt

¼ teaspoon ground ginger  
2 eggs, beaten slightly  
5 - 6 cups bread flour, divided  
**Topping:**  
1 egg  
1 tablespoon water  
2 tablespoons sesame seeds

In mixer bowl, dissolve yeast in warm water. Add the milk, butter, sugar, salt, ginger, eggs and 3 cups flour. Beat until smooth. Stir in enough remaining flour to form a soft dough.

Knead by hand or with dough hook 10–12 minutes or until smooth and elastic. Place in a greased bowl turning once to grease top. Cover; let rise in a warm place until double, about 1 hour. Punch dough down.

Divide dough into six equal pieces. Cover; let rest 10 minutes. Shape each into a 12-inch rope. Braid three ropes together; pinch ends together and tuck under loaf.

Repeat with remaining dough. Place in two greased 9 x 5 x 3-inch loaf pans. Cover and let rise until doubled, about 30 minutes.

Beat egg and 1 tablespoon water together. Brush over dough, being careful to cover the entire top. Sprinkle on sesame seeds.

Bake in preheated 350°F oven 35-37 minutes or until golden brown. Tent with foil last 5-10 minutes to prevent over browning. Remove from pans to wire rack to cool.

Makes 2 loaves, 24 servings.

**Nutritional analysis:** One slice provides approximately 169 calories, 6 g protein, 28 g carbohydrates, 4 g fat (2 g saturated), 32 mg cholesterol, 1 g fiber, 70 mcg folate, 2 mg iron, 113 mg sodium.

# Buttermilk Parmesan Seeded Loaf

*Adult Category Runner-Up Beth Ralph, Ellinwood, stated this recipe requires you to plan ahead, but is well worth the extra steps.*

- 1 ½ cups whole wheat flour
- ½ cup quick-cooking oats
- 1 ½ teaspoons fast-rising yeast
- ¼ cup sprouted wheat berries
- 1 ½ cups low-fat milk
- 2 eggs, beaten
- ½ cup vegetable oil
- ½ cup buttermilk, heated to 100-105°F
- 1 ½ teaspoon salt
- 2 tablespoons brown sugar

- ½ cup grated Parmesan cheese
- 3 ½ - 4 cups bread flour
- 3 tablespoons each poppy seeds, hulled pumpkin seeds, raw sunflower seeds, sesame seeds

## Topping:

- 1 egg plus 1 tablespoon water
- 3 tablespoons reserved seed mixture
- 3 tablespoons grated Parmesan cheese

**To sprout wheat berries:** place 3 tablespoons berries in bowl with 2 cups water. Cover; soak 12 hours in a dark place at room temperature. Rinse; place wet paper towel in bottom of bowl with berries on top. Cover; place in a dark place. Every 6-8 hours rinse berries in colander. Continue process; sprouts should be length of berry. (Note: 3 tablespoons of wheat soaked makes more than ¼ cup sprouted berries. Store covered in refrigerator.)

Combine whole wheat flour, oats, and yeast in mixer bowl. In blender, place ¼ cup sprouted berries and milk; blend on HIGH 2 minutes. Remove from blender and heat to 120-130°F. Add to flour mixture; mix 2 minutes. Cover; let set 30-45 minutes.

Add eggs, oil, buttermilk, salt, brown sugar, Parmesan cheese and 3 cups flour. Combine seeds reserving 3 tablespoons for topping.

Stir in seeds and flour to form a soft dough. Knead dough 10-12 minutes; place in greased bowl. Cover; let rise until doubled. Punch down dough; divide into 2-3 pieces. Shape into loaves. Cover, let rise until doubled.

For topping, beat egg and water; brush on loaves. Combine seed mixture and Parmesan cheese; sprinkle on loaves. Bake in preheated 375°F oven 25-30 minutes. Tent with foil last 10 minutes. Makes 2 to 3 loaves, 36 servings.

**Nutritional analysis:** One slice provides approximately 146 calories, 5 g protein, 18 g carbohydrates, 6g fat (1 g saturated), 21 mg cholesterol, 2 g fiber, 33 mcg folate, 1 mg iron, 153 mg sodium.

# Nutritious Whole Wheat Knot

*Judy Burnette, Great Bend, earned the honor of Senior Category Champion with this beautiful loaf.*

1 cup low-fat milk	1 teaspoon salt
¼ cup heavy wheat bran*	¼ cup wheat bran
1 egg, beaten	¼ cup quick oats
3 tablespoons butter, diced	¼ cup sprouted wheat berries, finely chopped
3 tablespoons honey	1 package quick-rising yeast
1 cup white whole wheat flour	1 egg for wash
1 tablespoon wheat gluten	Wheat bran
2 cups bread flour	

\*Available from Farmer Direct Foods, Inc. [www.farmerdirectfoods.com](http://www.farmerdirectfoods.com)

**To sprout wheat berries:** place 3 tablespoons berries in bowl with 2 cups water. Cover; soak 12 hours in a dark place at room temperature. Rinse; place wet paper towel in bottom of bowl with berries on top. Cover; place in a dark place. Every 6-8 hours rinse berries in colander. Continue process; sprouts should be length of berry. (Note: 3 tablespoons of wheat soaked makes more than ¼ cup sprouted berries. Store covered in refrigerator.)

Soak milk and heavy wheat bran in bread machine pan 20 minutes. Add remaining ingredients. Select DOUGH cycle. Do not use the delay timer. Check dough after 5 minutes. If dough is too dry, add liquid 1 teaspoon at a time; if dough is sticky, add flour 1 teaspoon at a time.

When cycle is completed, shape into knotted loaves or preferred shape.

**To shape a knot:** divide dough into 6 equal pieces, cover, let rest 10 minutes. Roll into 14-inch ropes. Braid three ropes; pinch ends. Coil into a greased 8-inch cake pan, forming a snail shape. Repeat with remaining ropes.

Cover, let rise until doubled. Beat egg; brush on loaves and sprinkle on bran.

Bake in preheated 350°F oven 23-25 minutes. Tent with foil last 10 minutes. Makes 2 loaves, 24 servings.

**Nutritional analysis:** One slice provides approximately 105 calories, 4 g protein, 19 g carbohydrates, 2 g fat (1 g saturated), 13 mg cholesterol, 2 g fiber, 27 mcg folate, 1 mg iron, 107 mg sodium.

# Pick a **better** snack™



*Kansas Wheat*  
[www.kansaswheat.org](http://www.kansaswheat.org)

*Kansas Nutrition Network*  
[www.kansasnutritionnetwork.org](http://www.kansasnutritionnetwork.org)

*Kansas Wheat; Kansas Nutrition Network, a program of K-State Research and Extension; and Larksfield Place, a community for living in Wichita, all partnered to produce the Pick a Better Snack Whole Grain promotional campaign. The campaign provides educational materials on how to identify whole grains and easy ways to add whole grains to the diet each day. Toast a piece of whole grain bread. Add a low-fat or fat-free spread. Eat. How easy is that? Funding was also provided by USDA Food Stamp Nutrition Education.*

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## **Did You Know?**

About ¼ of the Farm Bill goes for soil and water conservation, food aid, forestry and other programs which provide long-term benefits, but do not directly benefit farmers.

## 2006 Kansas Festival of Breads Sponsors

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The Kansas Festival of Breads is a biennial event in which Kansans of all ages enter yeast breads to compete for the honor of having the best bread in Kansas. This year the KWC received more than 300 entries. Judges score the entries on taste, quality, appearance, originality and ease of preparation and practicality. The contest is divided into four divisions: youth, adult, senior and professionals. Each contestant that enters receives an evaluation form from the judges.

This booklet is provided to you through funding from Kansas wheat producers.

Each recipe has been tested to ensure your success and enjoyment.

*Cindy Falk, Nutrition Educator  
Betty Kandt, Spokesperson*



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