
KANSAS WHEAT COMMISSION

2015 RECIPE BOOK



FEATURING RECIPES *from the*
NATIONAL FESTIVAL OF BREADS



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SMOKEHOUSE CRANBERRY CHEESE BREAD

Lisa Keys, Kennett Square, Pennsylvania

2015 NATIONAL FESTIVAL OF BREADS CHAMPION

“Memories of visits with my in-laws in Quechee, Vermont inspired this bread. My mother-in-law always had smoked cheeses from the local farmers and fresh maple syrup tapped from trees in town.

She was also into healthy foods and introduced me to tofu in delicious breakfast smoothies.

This bread honors all of her goodness.”

INGREDIENTS

2 (1/4 ounce) packages **RED STAR® Quick-Rise™ Yeast**
3 tablespoons (1 ounce) warm water (110°F - 115°F)
2 tablespoons (1 ounce) maple syrup
1 cup (8 ounces) unsalted butter, softened
1/2 cup (4 ounces) silken tofu
4 large eggs
2 cups (6 ounces) shredded smoked Gouda or smoked Cheddar cheese
1 teaspoon salt
1/2 teaspoon ground black pepper
4 1/2 - 5 cups (19 - 22 ounces) **King Arthur® Unbleached Bread Flour**, divided
1 cup (5 ounces) sweetened dried cranberries

DIRECTIONS

1. In small bowl, whisk together yeast, water, and maple syrup. Wait 5 - 10 minutes for mixture to foam (proof).
2. In the bowl of a stand mixer fitted with paddle, blend together butter and tofu until mixture is light and fluffy, about 2 minutes. Scrape sides of bowl as needed.
3. Beat in eggs one at a time. Stir in cheese, salt, pepper, yeast mixture, and 4 cups of flour; blend well. Exchange paddle for dough hook.
4. Mix in cranberries and gradually add enough remaining flour until a soft dough forms. Knead dough until smooth and elastic, about 8 minutes on low to medium speed. Place dough in greased bowl, cover, and let rise until doubled, about 1 hour.
5. Deflate dough and divide in half. Shape into 6" - 7" round loaves, and place into two buttered 9" round cake pans. Cover; let dough rise until doubled, 40 - 45 minutes. Near the end of the rise, preheat oven to 400°F. Uncover and with a sharp knife or lame, make a 1/4" deep "X" slash across the top of each loaf.
6. Bake 25 - 27 minutes until golden brown, tenting with aluminum foil to prevent excess browning. An instant-read thermometer inserted into the middle of the loaf should register about 200°F. Remove from oven, and after a few minutes turn loaves out onto a rack to cool.

Yield: 2 loaves, 22 servings each.

NUTRITION INFORMATION PER SERVING (1 SLICE, 35g): 120 calories, 6g fat, 0g fiber, 3.5g saturated fat, 0g trans fat, 13g carbohydrates, 32mg cholesterol, 95mg sodium, 4g protein, 0mg vitamin C, 1mg iron, 36mg calcium.



BUTTERMILK-SCALLION FLATBREADS

Jennifer Beckman, Falls Church, Virginia

SPECIAL AWARD: Best Recipe Using King Arthur® White Whole Wheat Flour
Sponsored by Farmer Direct Foods, Inc.

“This flatbread recipe evolved from a yogurt Naan recipe. I started substituting white whole wheat flour for part, and then all, of the white flour. I experimented with different herbs and dairy products, finally landing on the family favorite buttermilk-scallion combination. It’s the perfect recipe that’s ready in about an hour and goes great with soup.”

INGREDIENTS

1/4 cup (2 ounces) warm water
(110°F - 115°F)
1/2 teaspoon granulated sugar
1 (1/4 ounce) package **RED STAR®
Quick-Rise™ Yeast**
3 - 3 1/4 cups (13 - 14 ounces)
**King Arthur® White Whole
Wheat Flour**
1 1/2 teaspoons (1/4 ounce) kosher salt
5 tablespoons (2 1/2 ounces) unsalted
butter, melted, divided
2/3 cup (5 ounces) buttermilk,
room temperature
1 large egg, lightly beaten
1/2 cup (1 1/4 ounces) finely diced
scallions, white and green parts
Vegetable oil

DIRECTIONS

1. Whisk together water, sugar, and yeast in a glass measuring cup and wait 5 - 10 minutes for mixture to foam (proof).
2. In the bowl of a stand mixer fitted with dough hook, combine 3 cups white whole wheat flour and salt. Add yeast mixture, 3 tablespoons melted butter, buttermilk, and egg; beat on low speed 2 minutes. Scrape bowl as needed.
3. Knead on medium speed 2 - 3 minutes, until smooth and elastic, adding flour as needed to form a soft dough that cleans the sides of bowl. Knead the scallions into the dough. Place dough in a greased bowl, cover with plastic wrap, and let rise until doubled, 30 - 40 minutes.
4. Preheat a large skillet or a 2-burner griddle, preferably cast iron, over medium-low heat 5 - 6 minutes. Lightly oil skillet, wiping away excess with a paper towel.
5. Divide dough into 8 equal pieces. Shape each piece into a ball, and roll into a 6" - 8" round, about 1/4" thick. Working in batches, transfer the dough rounds to the hot skillet.
6. Cook one side until bubbly, 1 - 1 1/2 minutes, then flip and cook second side until lightly golden, about 1 - 1 1/2 minutes. If the flatbreads are not bubbling, adjust the heat.
7. Lightly brush one side of flatbreads with remaining melted butter; remove to a platter and cover. Serve warm.

Yield: 8 flatbreads, 16 servings.

NUTRITION INFORMATION PER SERVING (1/2 FLATBREAD, 48g): 130 calories, 4.5g fat, 3g fiber, 2.5g saturated fat, 0g trans fat, 19g carbohydrates, 20mg cholesterol, 200mg sodium, 4g protein, 1mg vitamin C, 1mg iron, 17mg calcium.



ORANGE-SCENTED CREAM CHEESE KOLACHES

Mary Shivers, Ada, Oklahoma

SPECIAL AWARD: Best Recipe Using C&H® or Domino® Sugar

Sponsored by C&H®/Domino® Sugar

“Kolaches (koh-LAH-chees) are fabulous served with steaming mugs of coffee. I like my dough recipe because the sour cream makes the kolaches tender. The orange zest glaze complements the sweet cream cheese filling.”

INGREDIENTS

DOUGH

1/2 cup (4 ounces) warm water (110°F - 115°F)
1 (1/4 ounce) package RED STAR® Active Dry Yeast
1 teaspoon C&H® or Domino® Pure Cane Granulated Sugar
1 cup (8 ounces) sour cream, room temperature
1/2 cup (1 stick, 4 ounces) unsalted butter, melted
1/2 cup (3 1/2 ounces) C&H® or Domino® Pure Cane Granulated Sugar
1/4 teaspoon salt
2 large eggs
2 teaspoons finely grated orange zest
4 cups (17 ounces) King Arthur® Unbleached All-Purpose Flour, divided, plus 3/4 cup (3 1/8 ounces) more for kneading and rolling
2 tablespoons (1 ounce) unsalted butter, melted

FILLING

1 1/2 packages (8 ounces each) cream cheese, softened
3/4 cup (5 1/4 ounces) C&H® or Domino® Pure Cane Granulated Sugar
1/2 teaspoon vanilla extract

GLAZE

2 cups (8 ounces) C&H® or Domino® Pure Cane Powdered Sugar
1 teaspoon finely grated orange zest
1/4 teaspoon vanilla extract
2 - 3 tablespoons (1 - 1 1/2 ounces) water

DIRECTIONS

1. In the bowl of a stand mixer fitted with paddle, combine water, yeast, and 1 teaspoon sugar. Wait 5 - 10 minutes for mixture to foam (proof).
2. Beat in sour cream, butter, sugar, salt, eggs, orange zest, and 1 cup flour. Exchange paddle for dough hook, and gradually add remaining 3 cups flour. Knead on medium speed 10 - 12 minutes, or until dough is smooth and elastic.
3. Transfer dough to a greased bowl, cover with plastic wrap, and let rise until doubled, about 1 1/2 hours.
4. Line two 14" x 20" baking sheets with parchment. Deflate the dough, and transfer it to a lightly floured work surface. Divide dough into 24 equal pieces and shape into smooth balls. Place 2" apart on baking sheets. Brush with melted butter. Cover; let rise until nearly doubled, about 45 minutes. Toward the end of the rise, preheat oven to 375°F.
5. While dough is rising, beat together filling ingredients. Use fingers to make a deep indentation in each ball, about 2" in diameter. Spoon in 1 heaping tablespoon filling. Let rise 15 minutes.
6. Bake 20 - 23 minutes or until lightly golden, rotating baking sheets after 15 minutes. Remove from oven, and after 10 minutes transfer to racks to cool.
7. Whisk together glaze ingredients until smooth, and drizzle over cooled kolaches.

Note: For food safety reasons, store kolaches in refrigerator or freeze for later use.

Yield: 24 kolaches.

NUTRITION INFORMATION PER SERVING (1 KOLACHE, 84g): 280 calories, 12g fat, 1g fiber, 7g saturated fat, 0g trans fat, 40g carbohydrates, 50mg cholesterol, 85mg sodium, 4g protein, 0mg vitamin C, 1mg iron, 31mg calcium.



KALE-GOAT CHEESE ARTISAN OLIVE BREAD

Merry Graham, Newhall, California

SPECIAL AWARD: Best Recipe Using Soy Ingredients

Sponsored by the Kansas Soybean Commission

“Kale, goat cheese, and olives seem to be trendy ingredients. The National Festival of Breads motivated me to make this trendy and tasty bread. My trials were enjoyed by my neighbor and hubby who said it was really good and loved the texture of the bread.”

INGREDIENTS

2 cups (16 ounces) plain soymilk
1/2 cup (4 ounces) water
1 1/2 tablespoons (1 ounce) agave nectar
2 (1/4 ounce) packages **RED STAR® Active Dry Yeast**
3 - 4 large (2 ounces) curly kale leaves
1 cup (4 ounces) **King Arthur® White Whole Wheat Flour**
5 - 5 1/4 cups (21 - 22 ounces) **King Arthur® Unbleached All-Purpose Flour**
1/4 cup (1 ounce) wheat germ
2 tablespoons (1/2 ounce) ground flax seed
2 tablespoons (1/2 ounce) vital wheat gluten
2 tablespoons (1/2 ounce) soy flour
1 tablespoon (1/2 ounce) fine sea salt
1/2 cup (4 ounces) crumbled goat cheese
1/2 cup (2 1/2 ounces) chopped Spanish green olives
2 tablespoons (1 ounce) soy oil or vegetable oil (soybean oil)
1 large egg plus 1 tablespoon water, for the egg wash

GARLIC CHIVE BUTTER (optional)

1 clove fresh garlic, grated
1/4 cup (2 ounces) salted butter
2 tablespoons (1/4 ounce) minced fresh chives

DIRECTIONS

1. In microwave-safe bowl, heat soymilk, water and agave nectar, until 110°F - 115°F. Add yeast and wait 5 - 10 minutes for mixture to foam (proof).
2. Tear kale off center veins. Using a knife, shred 2 cups loosely packed kale. Massage the shredded kale by taking a palm full and rubbing it back and forth with two hands for 10 seconds. Repeat until all kale is soft and has reduced in volume. Tightly pack 1 cup kale.
3. In the bowl of a stand mixer bowl fitted with dough hook, add kale, white whole wheat flour, 5 cups all-purpose flour, wheat germ, flax seed, gluten, soy flour, salt, cheese, and olives. Combine on low speed.
4. Stir in yeast mixture and oil. On medium speed, mix 3 minutes. Knead dough 4 - 5 minutes. If necessary, gradually add remaining 1/4 cup all-purpose flour to form a soft dough. Place in greased bowl; cover and let rise until doubled, about 1 - 1 1/2 hours.
5. Line 2 large cookie sheets with parchment. Deflate dough, divide in half. Set aside one half and cover. Shape the other half into a 6" round loaf and place on cookie sheet. With kitchen shears, make cuts, 1/2" deep and 1" apart, around the outer edge of each loaf. With sharp knife, in the center of each loaf, make 5 slashes, 1/2" deep. Cover with plastic wrap, let rise, 30 - 40 minutes. (It's best to bake 1 loaf at a time. Allow 20 minutes before shaping the second loaf.)
6. While dough rises, place a shallow pan on bottom oven rack, and position second rack in the center. Preheat oven to 425°F. Right before baking each loaf, pour 1 1/2 cups boiling water into pan.
7. After loaves have nearly doubled, brush on egg wash. Bake 30 - 35 minutes, rotating cookie sheet halfway through baking. To prevent over-browning, loosely cover bread with aluminum foil. Bread is done when an instant-read thermometer inserted in the center registers about 200°F. Remove bread from cookie sheet and place on a rack.
8. If desired, combine in microwave-safe bowl the Garlic Chive Butter ingredients. Microwave until butter has melted. Brush butter on warm loaves and serve remaining with bread.

Yield: 2 loaves, 22 servings each.

NUTRITION INFORMATION PER SERVING (1 SLICE, 47g): 100 calories, 2.5g fat, 1g fiber, 0.5g saturated fat, 0g trans fat, 16g carbohydrates, 5mg cholesterol, 300mg sodium, 4g protein, 2mg vitamin C, 1mg iron, 11mg calcium.



WILD MAINE BLUEBERRY BANANA NUT BREAD

Ellie Sapat, Falmouth, Maine

YOUTH CHAMPION

Sponsored by the Kansas Soybean Commission

“We make banana bread in the summer when the bananas get ripe faster than we can use them. I have a basic recipe but like to play around with healthful ingredients, like including more grains, nuts, almond meal, and chia seed. This is really nice with tea, or packed in a school lunch. It keeps well, too.”

INGREDIENTS

2 cups (8 ounces) King Arthur® White Whole Wheat Flour
2/3 cup (2 1/2 ounces) finely ground almond meal
1 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon ground cinnamon
3 tablespoons (1 ounce) chia seed
2 large eggs
1/3 cup (3 ounces) vegetable oil (soybean oil)
1 cup (8 ounces) mashed ripe bananas (about 2)
3/4 cup (6 ounces) plain nonfat yogurt
2/3 cup (5 ounces) maple syrup
3/4 cup (4 ounces) dried wild Maine blueberries or coarsely chopped dried blueberries
1/2 cup (2 ounces) chopped pecans (optional)

DIRECTIONS

1. Preheat oven to 350°F. Spray bottom of a 9" x 5" loaf pan with no-stick cooking spray with flour. In a large bowl, stir together white whole wheat flour, almond meal, baking soda, baking powder, salt, cinnamon, and chia seed.
2. In a separate bowl, combine eggs, oil, bananas, yogurt, and maple syrup.
3. Add the banana mixture to the flour mixture and stir just until moistened. Overmixing the batter will make the quick bread tough. Fold in blueberries and pecans.
4. Spoon batter into pan, spreading evenly. Sprinkle with Cinnamon Sugar Topping.
5. Bake 60 - 65 minutes, tenting with aluminum foil after 40 minutes. The bread is done when a cake tester inserted in the center comes out clean or an instant-read thermometer inserted near the center registers 205°F. Cool in pan on rack for 10 minutes. Run a table knife around the edge of the loaf to loosen. Remove from pan and cool completely on rack before slicing.

Yield: 1 loaf, 18 servings.

CINNAMON SUGAR TOPPING

1/4 teaspoon ground cinnamon mixed with
1 1/2 tablespoons granulated sugar

NUTRITION INFORMATION PER SERVING (1 SLICE, 71g): 210 calories, 8g fat, 5g fiber, 1g saturated fat, 0g trans fat, 30g carbohydrates, 20mg cholesterol, 180mg sodium, 5g protein, 1mg vitamin C, 1mg iron, 66mg calcium.



CHEDDAR ‘N’ CHILES ACCORDION BREAD

Mary Hawkes, Prescott, Arizona

“Living in the Southwest, the flavors and ingredients of the region are welcome staples to family meals. Corn products, Chile peppers, and Hispanic cheeses frequently complement the dishes served in our home. I decided to incorporate some of our favorite regional ingredients into my bread. It was a hit – with a tender texture, the richness of the Cheddar, and mild heat of the chiles.”

INGREDIENTS

- 1 1/2 cups (12 ounces) warm milk (110°F - 115°F)
- 2 tablespoons (3/4 ounce) granulated sugar
- 2 (1/4 ounce) packages **RED STAR® Active Dry Yeast**
- 2 large eggs, beaten
- 1/4 cup (2 ounces) light olive oil, plus 1 teaspoon
- 2 1/4 teaspoons salt
- 1/2 teaspoon crushed red pepper flakes
- 1/2 cup (2 3/8 ounces) yellow cornmeal
- 4 1/2 - 5 cups (19 - 21 1/4 ounces) **King Arthur® Unbleached Bread Flour**, divided
- 8 tablespoons (1 stick, 4 ounces) softened unsalted butter, divided
- 1 teaspoon grated fresh garlic
- 2 cups (8 ounces) shredded reduced-fat Cheddar cheese
- 3 (4-ounce) cans diced mild green chiles, well-drained and patted dry

DIRECTIONS

1. Place milk, sugar, and yeast into the bowl of a stand mixer fitted with paddle. Wait 5 - 10 minutes for mixture to foam (proof). Stir in eggs, 1/4 cup olive oil, salt, red pepper flakes, cornmeal, and 1 1/2 cups bread flour.
2. Switch to dough hook, and stir in 3 cups bread flour. If needed, gradually add enough of the remaining flour to form a soft dough. Knead on low speed 8 minutes, or until dough is smooth and elastic. Coat bowl with 1 teaspoon olive oil, and place dough in bowl. Cover, and let rise 1 hour.
3. Gently deflate the dough, and transfer to a lightly floured surface. Cover with bowl and let rest 10 minutes. Line two 9" x 5" loaf pans with parchment, leaving a 2" overhang; brush parchment with 1 tablespoon of the softened butter.
4. In a small bowl, stir 6 tablespoons butter and garlic together. Divide dough in half. Roll each portion into a rectangle, 12" x 20". Brush half of the butter onto each rectangle. Evenly top with half the cheese and half the chiles.
5. Using a sharp knife, cut the dough crosswise into six 3 1/2" x 12" strips. Carefully stack the strips on top of one another. Cut the stack into six, 2" x 3 1/2" pieces.
6. Turn the dough pieces on edge, cut edges up, and place them in the pan one in front of the other. (Squares should be standing up.) Repeat with remaining dough. Cover pans with greased plastic wrap, and allow to rise until nearly doubled, about 1 hour.
7. Near the end of the rise, preheat oven to 350°F. Bake 40 - 45 minutes. To prevent over-browning, loosely cover bread with aluminum foil. The bread is done when golden brown and an instant-read thermometer inserted into the center registers about 205°F.
8. Remove pans from oven, and brush loaves with remaining tablespoon softened butter. Cool bread in pan 10 minutes. Holding parchment, gently lift loaves from pans then remove parchment.

Yield: 2 loaves, 18 servings each.

NUTRITION INFORMATION

PER SERVING (1 SLICE, 56g):

150 calories, 6g fat, 1g fiber, 3g saturated fat, 0g trans fat, 18g carbohydrates, 20mg cholesterol, 230mg sodium, 5g protein, 1mg vitamin C, 1mg iron, 75mg calcium.



CHICKPEA-STUFFED ALEPPO FLATBREADS

Felice Bogus, Raleigh, North Carolina

“This flatbread emerges as a warm, herby treat that you might find in a stall in a Middle Eastern souk. This bread is easy-to-make. Its exotic flavors will transport your family to another world.”

INGREDIENTS

DOUGH

- 3 1/2 cups (28 ounces) warm water (110°F - 115°F)
- 1 1/2 tablespoons RED STAR® Active Dry Yeast
- 1 1/2 tablespoons (1/2 ounce) kosher salt
- 7 cups (29 1/2 ounces) King Arthur® Unbleached All-Purpose Flour, plus extra for rolling
- 3 tablespoons (1/2 ounce) za'atar spice blend*
- 1 (15 1/2-ounce) can chickpeas or garbanzos, rinsed, drained well
- 4 tablespoons (2 ounces) olive oil, divided
- 3 teaspoons (1/4 ounce) dried, crushed Aleppo Chili pepper, divided**
- 1/2 teaspoon kosher salt
- 2 teaspoons grated lemon zest

DIRECTIONS

1. In a 5-quart bowl with lid, combine water, yeast, and salt. Stir in all-purpose flour and za'atar until well combined. Cover; let rise 2 hours at room temperature. Refrigerate risen dough overnight.
2. About 1 hour before shaping, position a baking stone in center of the oven and heat the oven to 500°F.
3. In medium bowl, coarsely mash well-drained chickpeas, then stir in 1 tablespoon olive oil, 2 teaspoons Aleppo Chili pepper, and salt.
4. In small bowl, mix together remaining 3 tablespoons olive oil, 1 teaspoon Aleppo Chili pepper and lemon zest; reserve.
5. Turn dough out onto a floured surface and flatten slightly. Place chickpea mixture on top of the dough and fold dough over onto itself 3 - 4 times until it comes together and forms a ball. Dust dough with flour and divide into 8 equal pieces.
6. Roll each piece into a ball to evenly incorporate the chickpea mixture, then with a lightly floured rolling pin, roll each ball into a 7" - 8" round, about 1/4" thick. Use enough flour so the dough does not stick to rolling pin or surface. If dough resists rolling, cover and let rest 10 minutes. Brush tops of dough rounds with reserved Aleppo Chili pepper mixture.
7. Working in batches, transfer the dough rounds to a floured pizza peel (or overturned baking sheet). Use a large metal spatula to slide the rounds onto the hot stone or baking sheet. Bake until the rounds turn golden brown, 7 - 9 minutes. Remove from oven and wrap in a clean towel to preserve soft texture. Cut in wedges and serve warm.

Yield: 8 flatbreads, 24 servings.

* Za'atar is available in Middle Eastern stores, supermarkets, or online. If not available, za'atar may be made: 1 1/2 tablespoons dried thyme, 1/2 tablespoon toasted sesame seed, 1/2 tablespoon sumac (or substitute grated lemon zest), 1/4 teaspoon oregano, and 1/8 teaspoon kosher salt. Place all ingredients in a spice grinder or mini food processor and pulse, leaving most of the sesame seeds whole. Makes about 1/4 cup.

** If Aleppo Chili pepper is not available, a mixture of 2 1/2 teaspoons ground paprika and 1/2 teaspoon ground cayenne pepper may be substituted.

NUTRITION INFORMATION PER SERVING (1/3 FLATBREAD, 85g): 170 calories, 3g fat, 2g fiber, 0g saturated fat, 0g trans fat, 29g carbohydrates, 0mg cholesterol, 430mg sodium, 6g protein, 1mg vitamin C, 3mg iron, 21mg calcium.



CHOCOLATE SWIRL LOAVES

Jane Fry, Elk Falls, Kansas

“I use my bread machine to prepare the dough, however this recipe also works well with the conventional method of mixing dough. I love adding different ingredients in recipes. I experimented with using dry flavored gelatin as the filling....that did not work. Instead, I tried dry pudding mix and liked it. Then I chose an attractive way of cutting and braiding the dough.”

INGREDIENTS

DOUGH

- 1 large egg
- Approximately 2 cups water (80°F)
- 1 1/2 teaspoons salt
- 2 tablespoons (1 ounce) salted butter
- 5 tablespoons (2 1/2 ounces) granulated sugar
- 1/4 cup (1 ounce) nonfat dry milk
- 1 cup (3 1/2 ounces) old-fashioned rolled oats
- 1 cup (4 ounces) **King Arthur® Premium 100% Whole Wheat Flour**
- 2 1/2 - 3 cups (10 1/2 - 13 ounces) **King Arthur® Unbleached Bread Flour**
- 2 1/2 teaspoons **RED STAR® Active Dry Yeast**

FILLING

- 6 tablespoons (3 ounces) melted salted butter, divided
- 1 (3.56-ounce) box dark chocolate instant pudding dry mix, divided
- 1 tablespoon (1/2 ounce) melted salted butter; for brushing on loaves

DIRECTIONS

1. Break egg into a 2-cup liquid measuring cup and fill to the 2-cup line with water. Place dough ingredients into bread machine pan and set on DOUGH cycle. Add additional water or flour as needed to form a soft dough.
2. Lightly spray two 8" or 9" round cake pans with no-stick cooking spray. Turn dough out onto a lightly floured surface, deflate it, and divide in half. Cover one half until ready to shape.
3. Roll other half into a 12" x 12" square. Brush 3 tablespoons melted butter, covering the entire dough, and sprinkle with half of the dry pudding mix, about 4 1/2 tablespoons.
4. Tightly roll dough into a log, jellyroll style, and pinch seam together to seal. Place log seam-side down and lightly pat to 12".
5. Using kitchen shears, cut log lengthwise down the center, cutting completely through the log, stopping 1" from the end. Twist pieces together keeping cut edges up. Position twist in the pan (like a wreath) snipping the final 1" of dough. Twist, tuck and pinch dough to make ends meet. Repeat with other half. Cover loaves with plastic wrap and let rise 40 - 50 minutes, until almost doubled. Near the end of the rise, preheat oven to 350°F.
6. Bake 30 - 40 minutes. If needed, tent bread with aluminum foil during the last part of baking to prevent over-browning. The bread is done when it's golden brown, and an instant-read thermometer inserted registers about 200°F. Remove loaves from oven and after a few minutes, turn out onto a rack and brush with melted butter.

Yield: 2 loaves, 16 servings each.

NUTRITION INFORMATION PER SERVING (1 SLICE, 46g): 120 calories, 4g fat, 1g fiber, 2g saturated fat, 0g trans fat, 19g carbohydrates, 15mg cholesterol, 160mg sodium, 3g protein, 0mg vitamin C, 1mg iron, 15mg calcium.



CRUNCHY-TOPPED COCONUT ALMOND BREAD

Ronna Farley, Rockville, Maryland

“I developed this unique bread recipe especially for this contest using ingredients that I like together. The result is a very tasty bread with a delicious almond and coconut topping!”

INGREDIENTS

2 1/4 cups (18 ounces) warm water
(110°F - 115°F)
2 (1/4 ounce) packages **RED STAR®
Active Dry Yeast**
2 1/4 cups (18 ounces) warm unsweetened
coconut milk (110°F - 115°F)
2/3 cup (4 1/2 ounces) firmly packed light
brown sugar
1/2 cup (1 stick, 4 ounces) unsalted butter,
melted
1/3 cup (4 1/2 ounces) honey
1 tablespoon (1/2 ounce) coconut flavoring
or extract
4 3/4 cups (21 ounces) **King Arthur®
Premium 100% Whole Wheat Flour**
1 1/2 tablespoons (3/4 ounce) salt
4 1/2 - 4 3/4 cups (19 - 20 1/4 ounces)
King Arthur® Unbleached Bread Flour
1 cup (4 1/2 ounces) coarsely chopped
almonds
1 cup (3 1/2 ounces) sweetened shredded
coconut

TOPPING

1 large egg
1 tablespoon water
3 tablespoons (3/4 ounce) coarsely
chopped almonds
3 tablespoons (3/4 ounce) sweetened
shredded coconut

DIRECTIONS

1. In the bowl of a stand mixer fitted with paddle, stir together water, yeast, and coconut milk. Wait 5 - 10 minutes for mixture to foam (proof). Add brown sugar, butter, honey, and coconut flavoring; mix 2 minutes.
2. Stir in whole wheat flour, salt, and enough bread flour to make a soft dough; mix 3 minutes and scrape bowl.
3. Replace the paddle with the dough hook and knead on medium-low speed for 8 minutes, kneading in almonds and coconut. Transfer dough to a lightly greased bowl, turning once to coat. Cover, and let rise until doubled, about 1 hour.
4. Spray three 8 1/2" x 4 1/2" loaf pans with no-stick coconut oil cooking spray. Gently deflate dough, and transfer to a lightly floured work surface. Divide dough into thirds. Shape into loaves by rolling each into a 7" x 14" rectangle. Starting with shorter side, roll up tightly, pressing dough into roll. Pinch edges and ends to seal.
5. Place in pans and cover with lightly sprayed plastic wrap and allow to rise 30 - 40 minutes. Near the end of the rise, preheat oven to 350°F.
6. Whisk together egg and water and lightly brush each loaf with egg wash. Combine almonds and coconut; sprinkle on top.
7. Bake 40 - 45 minutes. Tent with aluminum foil after 25 minutes to prevent over-browning. An instant-read thermometer inserted into the middle of loaf should register about 200°F. Remove loaves from oven, and after 5 minutes turn out onto a rack to cool.

Yield: 3 loaves, 16 servings each.

NUTRITION INFORMATION PER SERVING (1 SLICE, 62g): 180 calories, 7g fat, 2g fiber, 4g saturated fat, 0g trans fat, 25g carbohydrates, 10mg cholesterol, 230mg sodium, 4g protein, 0mg vitamin C, 2mg iron, 19mg calcium.



CURRY AND CHIA ONION BUNS

Merry Graham, Newhall, California

“I found a beautiful crisscrossed Euro onion bun at a bakery. I loved its yellow color and the charm of the crisscrossed slashes on top. It became my mission to replicate it. I studied saffron bread baking and wondered if curry would also create a yellow bun. I tried a combination of curry and carrot juice. Perfection! I love the flavor and texture. They can be eaten as a roll or used as a bun for sandwiches.”

INGREDIENTS

1 cup (4 1/4 ounces) King Arthur® White Whole Wheat Flour
1 package (1/4 ounce) RED STAR® Platinum Superior Baking Yeast®
1/4 cup (2 ounces) water
1/2 cup (4 ounces) carrot juice
1/4 cup (2 ounces) agave nectar
2 tablespoons (1 ounce) salted butter
1/4 cup (2 ounces) coconut oil
3 large eggs
1 teaspoon sea salt
1 teaspoon curry powder
1/2 teaspoon onion powder
1 1/2 teaspoons dried minced onion
2 tablespoons (1/2 ounce) chia seed
2 1/2 - 2 3/4 cups (12 - 13 1/2 ounces) King Arthur® Unbleached Bread Flour
1 large egg plus 1 tablespoon water, for the egg wash

GARLIC CHIVE BUTTER (optional)

1 clove fresh garlic, grated
1/4 cup (2 ounces) salted butter
2 tablespoons (1/4 ounce) minced fresh chives

DIRECTIONS

1. In the bowl of a stand mixer fitted with dough hook, mix the white whole wheat flour and yeast.
2. In microwave-safe bowl, heat water, carrot juice, agave nectar, butter, and coconut oil to very warm, 120°F - 130°F. Pour into mixer bowl and beat on low speed. Let rest 5 minutes.
3. Blend in eggs, salt, curry powder, onion powder, onion, and chia seed. Gradually add enough bread flour to form a soft dough. Knead on medium speed 5 minutes. Transfer dough to a large greased bowl, cover with plastic wrap and let rise until doubled, about 1 hour.
4. Line 2 cookie sheets with parchment. Deflate dough, divide into 12 equal pieces and shape into smooth balls; flatten to 3" wide. Place 6 buns on each cookie sheet at least 2" apart. With kitchen shears, make 4 (1/2" deep) cuts on the top, pointing towards the center. Cover with plastic wrap; let rise 30 - 40 minutes. Near the end of the rise, preheat oven to 375°F.
5. Brush buns with egg wash. Bake 20 - 25 minutes, until golden brown. When baking with multiple pans in oven, rotate pans halfway through baking time. If needed, cover loosely with aluminum foil to prevent buns from over-browning. Remove buns from oven and cool on a rack.
6. If desired, combine Garlic Chive Butter ingredients in microwave-safe bowl and heat until butter has melted. Brush Garlic Chive Butter on warm buns and serve remaining with buns.

Yield: 12 buns.

NUTRITION INFORMATION PER SERVING (1 BUN, 88g): 260 calories, 9g fat, 3g fiber, 6g saturated fat, 0g trans fat, 36g carbohydrates, 65mg cholesterol, 240mg sodium, 8g protein, 1mg vitamin C, 2mg iron, 30mg calcium.



PEPPERED PARMESAN VEGGIE BREAD

Patrice Hurd, Bemidji, Minnesota

“This soft, savory whole wheat bread has exceptional flavor, texture, and is loaded with healthy ingredients. I love the simplicity of adding whole grain goodness to a yeast bread with the King Arthur® White Whole Wheat Flour. I also love the new RED STAR® Platinum® Yeast... great products make great bread!”

INGREDIENTS

2 teaspoons dried minced onion
1/2 teaspoon ready-to-use minced garlic
3 tablespoons (1 1/4 ounces) light olive oil
2-ounce wedge Parmesan or Parmigiano-Reggiano cheese, cut into a few pieces
2 - 3 medium carrots, peeled and cut into 1" pieces
2 1/2 cups (11 ounces) King Arthur® White Whole Wheat Flour, divided
2 - 2 1/2 cups (10 - 12 1/2 ounces) King Arthur® Unbleached Bread Flour, divided
2 (1/4 ounce) packages RED STAR® Platinum Superior Baking Yeast®
1/4 cup (1 1/2 ounces) dry steel cut oats
2 teaspoons salt
2 teaspoons coarsely cracked multi-colored peppercorns
2 tablespoons (1 1/4 ounces) granulated sugar
1/4 cup (1 1/4 ounces) dry buttermilk powder
1 1/4 cups (10 ounces) water
1 large egg
1 cup (1 3/4 ounces) firmly packed fresh baby spinach leaves, stems removed and coarsely chopped
1/2 tablespoon (1/4 ounce) unsalted butter, melted

DIRECTIONS

1. Combine onion, garlic, and olive oil in a small bowl; set aside.
2. Pulse cheese in food processor until finely chopped (will be about 1/2 cup) and remove. Finely chop enough carrots in food processor to measure 1 cup (4 1/2 ounces) and reserve.
3. In a stand mixer bowl fitted with paddle, mix together 1 1/2 cups white whole wheat flour, 1 cup bread flour, yeast, oats, salt, pepper, sugar, and buttermilk powder.
4. Heat water to 120°F - 130°F and pour over the dry ingredients; blend on low speed for 2 minutes. Mix in egg, spinach, olive oil mixture, cheese, and carrots. Beat on medium speed 3 minutes.
5. Stir in remaining white whole wheat flour and enough bread flour to form a soft dough. Remove paddle, cover dough with plastic wrap, and let it rest 15 minutes. Knead dough with hook until smooth and elastic, about 10 minutes. Transfer dough to a greased bowl; cover, and allow the dough to rise until doubled, about 1 hour.
6. Lightly grease two 9" x 5" loaf pans. Deflate the dough and divide into half. Shape into loaves by rolling each piece of dough into a 7" x 14" rectangle. Starting with shorter side, roll up tightly, pressing dough into roll. Pinch edges and ends to seal. Place in pans, seam-side down; cover with plastic wrap, and let rise 45 - 60 minutes. A finger pressed into the dough should leave a mark that rebounds slowly. Near the end of the rise, preheat oven to 375°F.
7. Using a sharp knife or lame, cut three diagonal slashes, 1/4" deep, in each loaf. Bake 30 minutes or until golden brown and an instant-read thermometer inserted near the center of the loaf registers about 200°F. Remove loaves from oven. Brush with melted butter and after 5 minutes turn out onto a rack to cool.

Yield: 2 loaves, 16 servings each.

NUTRITION INFORMATION PER SERVING (1 SLICE, 59g): 120 calories, 3g fat, 3g fiber, 1g saturated fat, 0g trans fat, 20g carbohydrates, 10mg cholesterol, 200mg sodium, 5g protein, 2mg vitamin C, 1mg iron, 59mg calcium.



ROSEMARY CARDAMOM TWISTERS

Amy Meiers, Santa Rosa, California

“My mom passed away 3 years ago after a battle with breast cancer. One of the fond memories I have of her is when we walked to my neighborhood bakery and got their amazing cardamom rolls... we justified it was a well-deserved treat after our walk! I wanted to re-create those cardamom rolls so I could make them at home. I’ve been working on these for the last couple of years. I think the rosemary and cardamom flavors really work nicely together.”

INGREDIENTS

DOUGH

3 1/2 cups (14 ounces) King Arthur® White Whole Wheat Flour
1 - 1 1/3 cups (4 1/4 - 5 3/4 ounces) King Arthur® Unbleached All-Purpose Flour, divided
1/2 cup (3 1/2 ounces) granulated sugar
1/2 teaspoon salt
2/3 cup (5 3/8 ounces) warm milk (110°F - 115°F)
1 (1/4 ounce) package RED STAR® Active Dry Yeast
1/3 cup (3 ounces) warm buttermilk (110°F - 115°F)
3 large eggs
1 teaspoon vanilla extract
1/2 cup (1 stick, 4 ounces) unsalted butter, softened

FILLING

1 teaspoon finely chopped fresh rosemary; 1 - 2 sprigs
1/2 cup (1 stick, 4 ounces) unsalted butter, softened
2 teaspoons ground cardamom
1 cup (4 ounces) confectioners' sugar
1/4 cup (1 7/8 ounces) firmly packed light brown sugar

GLAZE

1/2 cup (4 ounces) water
1/4 cup (1 3/4 ounces) granulated sugar

DIRECTIONS

1. In the bowl of a stand mixer fitted with paddle, combine white whole wheat flour, 1 cup all-purpose flour, sugar, and salt.
2. In a medium bowl, combine warm milk and yeast. Wait 5 - 10 minutes for mixture to foam (proof). Add buttermilk, eggs, and vanilla; stir to combine.
3. Pour yeast mixture into the flour mixture; mix 2 minutes. Beat in the butter. Switch to dough hook, and if needed, gradually add enough of the remaining all-purpose flour to form a slightly sticky dough. Knead 10 - 12 minutes. Place the dough in a greased bowl, cover, and let rise 1 1/2 hours.
4. While dough rises, make the filling. Remove rosemary leaves from the stems and chop leaves until very fine. Combine the filling ingredients and reserve.
5. Divide dough into two equal pieces. Roll out one piece into a square, 14" x 14". Spread half of the filling completely over the dough then fold into thirds.
6. Using a sharp knife, cut dough into 12 short strips. To shape, work with one piece at a time, keeping the rest covered. Gently stretch each piece of dough while twisting each end 2 - 3 times, then coil the strip together and tuck the end underneath the coil. Place on parchment-lined 18" x 13" baking sheets. Repeat with remaining dough and filling.
7. Cover rolls with plastic wrap, and let dough rise until doubled, 30 - 40 minutes. Near the end of the rise, preheat oven to 375°F. Bake 15 - 17 minutes, until golden brown.
8. While rolls are baking, combine the glaze ingredients in a small saucepan, and cook over medium heat, 5 - 7 minutes or until mixture is slightly thickened. Remove rolls from oven; immediately brush with glaze and cool on a rack.

Yield: 24 rolls.

NUTRITION INFORMATION PER SERVING (1 ROLL, 70g): 230 calories, 9g fat, 3g fiber, 5g saturated fat, 0g trans fat, 34g carbohydrates, 45mg cholesterol, 65mg sodium, 5g protein, 0mg vitamin C, 1mg iron, 20mg calcium.

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