

KANSAS WHEAT COMMISSION

# 2023 RECIPE BOOK



*featuring recipes from the*

***National Festival of Breads***

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# HONORABLE MENTIONS

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## Say Cheese Category

Everything Gouda Rolls, Pamela Gelsomini, Miami, FL

Twisted Double Cheese and Zucchini Loaf, Susan Bickta, Kutztown, PA

Marble Rye and Swiss Cheese Bombs, Michele Kusma, Columbus, OH

Rustic Blueberry Goat Cheese Sweet Rolls with Vanilla-Lime Icing, Sarah Meuser, New Milford, CT

Savory No-Knead Pimento Cheese Rolls, Barbara Estabrook, Appleton, WI

Sweet Potato Cheddar Chile Rolls, Carol Adamek, Dallas, TX

## Wholesome and Healthy Category

Ginger-Molasses Wheat Bread, Roseanne Cohen, Pittsburgh, PA

Finnish Setsuri Bread, Elise Lalor, Issaquah, WA

Flaxseed Bread with Cherry and Almond Filling, Fay Moreland, Wichita Falls, TX

Fresh Blueberry Buttermilk Laced Loaf, Katharine Breece, San Diego, CA

## Quick and Easy Category

Bleu Berry Thyme English Muffin Bread, Carmell Childs, Clawson, UT

Two Way Pineapple Sweet Potato Bread, Marilyn Blankschien, Clintonville, WI

Italian Nutty Crusted Breadsticks, Donna-Marie Ryan, Topsfield, MA

Morning Star Rolls, Renata Stanko, Lebanon, OR

Wasp Nests, Zorica Sarmiento, Colorado Springs, CO

Citrus Cranberry Pistachio Quick Bread, Andrew Schoeffield, Towson, MD

## Go Nuts Category

Brown Butter Baklava Sticky Buns, Janet Gill, Canton, OH

Go Nuts Sticky Cinnamon Rolls, Barbara Estabrook, Appleton, WI

Nutty Peanut Butter Cinnamon Braids, Wilma Olds, Wilson, KS

Nutty Baklava Cruffins, Renee Conneally, Northville, MI

Five-Spiced Walnut and Honey Baklava Tea Ring, Lanie Smith, Topeka, KS

Pumpkin Walnut Bread with Brandied Currants, Mary Kay Allen, Tucson, AZ

German Fudge Wunder Rolls, Gloria Piantek, West Lafayette, IN

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Photography submitted by contestants.



**YIELD: 20 TWISTS**

# **Cheese Lover's Barbecue Bread Twists**

*2023 NATIONAL FESTIVAL OF BREADS CHAMPION*  
GLORIA PIANTEK, WEST LAFAYETTE, INDIANA  
Say Cheese Category Winner and People's Choice Award Winner

## **INGREDIENTS:**

### **DOUGH**

- 3¾ cups KING ARTHUR® Unbleached Bread Flour plus 2 tablespoons, divided
- 1 (¼-ounce) package RED STAR® Platinum Superior Baking Yeast®
- 1 tablespoon brown sugar
- 1 tablespoon barbecue seasoning rub (sweet & smoky)\*
- 1¼ cups unsweetened almond milk
- 4 tablespoons unsalted butter
- 1 large egg, beaten
- 1 tablespoon dry minced onion
- ¼ cup smoked almonds, finely chopped

### **TOPPING**

- 1 teaspoon water
- Remaining egg from filling
- ½ cup smoked almonds, chopped

### **BARBECUE CHEESE FILLING**

- 1 (8-ounce) container Chive & Onion Cream Cheese Spread, divided
- ¼ cup dry minced onion
- 1 tablespoon beaten egg (reserve remaining egg for topping)
- 2 teaspoons barbecue seasoning rub (sweet & smoky)
- 2 tablespoons unsweetened almond milk
- 2/3 cup (2 ounces) grated Pepper Jack cheese

### **CHEESE DIP**

- 5 ounces processed cheese, such as original Velveeta®
- Remaining Chive & Onion Cream Cheese Spread

### **GARNISH**

- 1½ tablespoons chopped smoked almonds
- Barbecue seasoning rub (sweet & smoky), as desired

## DIRECTIONS

1. **For dough:** In bowl of stand mixer fitted with paddle attachment, combine 1¾ cups bread flour, dry yeast, brown sugar and barbecue seasoning.
2. Heat almond milk and butter to 120°F - 130°F. Pour into mixer bowl. Beat on medium speed 2 minutes. Add egg, onion and almonds; beat 2 minutes. Slowly add 1 cup flour; beat 2 minutes. Scrape down dough. Exchange paddle attachment for dough hook. Gradually beat in enough remaining flour until dough pulls away from sides of bowl, about 5 minutes. (Reserve 1 tablespoon flour for rolling dough.) Place in greased bowl, turn dough to coat both sides. Cover; let rise until doubled, about 60 minutes.
3. **For filling:** In a medium bowl, combine ¾ cup cream cheese spread, onion, 1 tablespoon egg, barbecue seasoning and almond milk. Cover and set aside.
4. Deflate dough; place on lightly floured surface and divide in half. Roll one portion of dough into a 13" circle on pastry mat. Move to a parchment-lined 15" round pizza pan. Place a 3" round cup in the center of dough. Spread filling over the dough up to the cup, leaving ½" border around edge. Sprinkle grated cheese over the cream cheese. Add 1 teaspoon water to reserved egg. Lightly brush egg wash around the outer edge of dough; remove the cup.
5. Roll the second portion of dough into a 13" circle and place over filling. Lightly press edges to seal. Place cup in center; mark 20 equal segments around the circle. Cut 20 strips with a knife or scissors from the edge to the cup. Twist each strip twice, laying the strip end flat onto the pan; remove cup.
6. Lightly cover with plastic wrap; place in warm place to rise until almost doubled, about 45 minutes. Remove plastic wrap; brush dough with remaining egg wash. Sprinkle almonds over dough, avoiding center circle.
7. Bake in preheated 350°F oven 25 - 30 minutes, rotating pan halfway through baking. Bake until golden and internal temperature is 200°F - 204°F. Remove bread from oven; indent the center crust with a heat-proof cup. Let cool on pan 5 minutes, then transfer to wire rack. Remove parchment paper and finish cooling on rack. Move to large serving platter.
8. **For cheese dip:** Just before serving, place processed cheese and remaining cream cheese spread in small microwave-safe bowl. Microwave on 50% power until cheese melts, about 1½ minutes; stir until smooth. Spoon hot melted cheese into indented center of bread; sprinkle with remaining chopped almonds and sprinkle with barbecue seasoning. To serve, use kitchen shears to cut the 20 bread twists apart. Store any leftover bread and dip in the refrigerator.

**\*Note from Gloria:** I use the Kansas City Inspired Seasoning Rub (Sweet & Smoky) Private Selection brand. Bread can be warmed in the oven before serving and then filled with the cheese dip after removing from oven.

**NUTRITION INFORMATION PER SERVING (1 TWIST, 79g) without cheese dip:** 220 calories, 11g total fat, 6g saturated fat, 0g trans fat, 30mg cholesterol, 210mg sodium, 23g total carbohydrate, 1g dietary fiber, 2g total sugars, 7g protein, 6mcg folate, 1mg vitamin C, 0mg iron.



**YIELD: 24 SLICES**

## **Mocha Coffee Pecan Babka**

MARIAN EVONIUK, AUSTIN, TEXAS  
2023 National Festival of Breads  
Go Nuts Category Winner

### **INGREDIENTS**

#### *DOUGH*

- ¼ cup lukewarm water (110°F - 115°F)
- 1 (¼-ounce) package active dry yeast
- 1 cup water, divided
- 1 tablespoon instant espresso powder
- 1 tablespoon orange zest (from 1 large orange)
- ½ cup unsalted butter, softened
- ¾ cup light brown sugar
- 2 teaspoons salt
- 1 teaspoon ground cardamom
- 2 large eggs
- 4¾ - 5 cups KING ARTHUR® Unbleached Bread Flour, divided

#### *COCOA-PECAN FILLING*

- 1½ cups whole pecans, toasted if desired
- ½ cup packed light brown sugar
- 2 tablespoons KING ARTHUR® Unbleached Bread Flour
- 1 tablespoon unsweetened baking cocoa powder
- ¼ cup unsalted butter

#### *TOPPING*

- ½ cup pecans
- 1 large egg

#### *ORANGE GLAZE*

- 1 cup confectioners' sugar, sifted
- 5 - 6 teaspoons fresh orange juice

## DIRECTIONS

1. **For dough:** Combine lukewarm water and yeast; let proof 5 - 10 minutes.
2. Place ½ cup water into a small microwave-safe cup and heat on high 1 minute; stir in espresso powder.
3. In medium 1½ - quart heavy saucepan, mix together remaining ½ cup water, orange zest, butter, brown sugar, salt and cardamom. Add espresso water and heat until 110°F - 115°F.
4. Transfer mixture to the bowl of a stand mixer fitted with paddle attachment. Stir in yeast, eggs and 3 cups flour. Beat on low just until incorporated, scraping down sides with a spatula. Increase speed to medium-low and mix 3 minutes.
5. Gradually add enough of the remaining flour until a soft, workable dough is formed. Exchange paddle attachment for dough hook. Knead 5 - 8 minutes or until smooth and elastic.
6. Place dough in greased bowl and turn to coat. Cover; let rise until doubled, 60 - 90 minutes.
7. **For filling:** In a food processor, chop pecans fine, almost paste-like. In a medium, microwave-safe bowl, whisk together brown sugar, flour, cocoa powder and ground pecans. Using a spoon, mix in butter until combined. If necessary, microwave 15 - 20 seconds to soften butter. Set aside.
8. Generously coat a 9" tube pan with cooking spray. Deflate dough and roll into a 12" x 18" rectangle. Sprinkle the filling mixture evenly over the dough, leaving a 1-inch border on one of the long sides; gently press filling onto dough. Starting with long side with filling, roll up the dough into a tight log, sealing the seam. Reshape into an 18" log and place seam-side down into pan; pinch ends to seal.
9. Cover; let rise until doubled, 60 - 75 minutes. Near the end of the rise, preheat oven to 350°F.
10. **For topping:** Place remaining pecans in a small plastic bag; use a rolling pin to pound pecans into coarse pieces. In small bowl, whisk egg until foamy. Brush egg on top of babka and sprinkle with pecans.
11. Bake babka on middle rack 55 - 65 minutes, or until golden and internal temperature registers 200°F. Check babka at 40 minutes; if top is browning excessively, tent loosely with aluminum foil. Cool in pan on rack 30 minutes, then loosen edges with knife. Remove from pan; transfer to rack to cool.
12. **For orange glaze:** Whisk together confectioners' sugar and orange juice; drizzle glaze over cooled babka.

**NUTRITION INFORMATION PER SERVING (1 SLICE, 78g):** 280 calories, 13g total fat, 4g saturated fat, 0g trans fat, 35mg cholesterol, 200mg sodium, 35g total carbohydrates, 2g dietary fiber, 15g total sugars, 5g protein, 7mcg folate, 1mg vitamin C, 0mg iron.



**YIELD: 12 LARGE ROLLS**

## **Nutty Pumpkin Cranberry Dinner Rolls**

CAROL ADAMEK, DALLAS, TEXAS  
2023 National Festival of Breads  
Quick and Easy Category Winner

### **INGREDIENTS**

#### **DOUGH**

¼ cup water, room temperature (80°F)  
½ cup whole milk, room temperature (80°F)  
¾ cup pumpkin puree  
1 large egg, room temperature, beaten  
3 tablespoons unsalted butter, softened  
3¼ cups KING ARTHUR® Unbleached All-Purpose Flour  
½ cup sweetened dried cranberries  
⅔ cup finely chopped toasted pecans  
¼ cup firmly packed light brown sugar  
1 teaspoon kosher salt  
1½ teaspoons pumpkin pie spice  
1 (¼-ounce) package RED STAR® Platinum Superior Baking Yeast®

#### **TOPPING**

1 large egg  
1 teaspoon water  
¼ cup finely chopped toasted pecans  
3 - 4 tablespoons toasted, unsalted pumpkin seeds (Pepitas)



## DIRECTIONS

1. Place water, milk, pumpkin puree, egg, butter, flour, cranberries, pecans, brown sugar, salt, pumpkin pie spice and yeast in the pan of bread machine, or in the order suggested by the manufacturer. Select DOUGH or QUICK DOUGH setting, and press start. After 5 minutes of mixing, check the dough and add 1 - 2 teaspoons of water or flour if needed.
2. While the bread machine is making the dough, spray a 12-cup muffin pan (about 3-inch diameter) with cooking spray.
3. When the cycle is completed, remove the dough and weigh. Divide the dough weight by 12 for the weight of each roll (about 3 ounces each). Divide dough and shape into smooth rolls; place in muffin cups. Cover lightly and let rise until almost doubled, about 30 - 40 minutes. While rolls rise, preheat oven to 350°F.
4. **For topping:** In a small dish, beat together egg and water. When the rolls have risen, brush the tops with the egg wash and sprinkle on the pecans and pumpkin seeds, pressing them onto each roll. Bake 12 - 15 minutes. The rolls should be golden brown, and the center should read 190°F - 195°F on an instant-read thermometer. Remove rolls to cooling rack. Serve warm or at room temperature.

**Note from Carol:** My Zojirushi bread machine quick dough cycle is 45 minutes long. The pecans can be toasted in the oven by spreading the pecans in one layer in a rimmed baking sheet and placing in a preheated 350°F oven. Let bake 7-10 minutes; check after 5 minutes and stir if needed-do not let burn. Remove and let cool.

Pumpkin seeds may be toasted in a dry skillet over medium-low heat, stirring frequently. Do not leave unattended. Once the color starts to turn, remove from heat and let cool completely.

**NUTRITION INFORMATION PER SERVING (1 ROLL, 98g):** 280 calories, 11g total fat, 3g saturated fat, 0g trans fat, 40mg cholesterol, 210mg sodium, 38g total carbohydrate, 3g dietary fiber, 10g total sugars, 7g protein, 11mcg folate, 0mg vitamin C, 1mg iron.



*YIELD: 12 ROLLS*

## **Knotty 7 Grain Rolls**

SUSAN WIEBE, PITTSBURGH, PENNSYLVANIA  
2023 National Festival of Breads  
Wholesome and Healthy Category Winner

### **INGREDIENTS**

#### *DOUGH*

- 1½ cups lukewarm water (110°F-115°F)
- 1 cup 7 grain hot cereal mix
- 1½ teaspoons salt
- ¼ cup olive oil
- 2 tablespoons dark brown sugar
- 2½ cups KING ARTHUR® Unbleached All-Purpose Flour
- 1 (¼-ounce) package active dry yeast

#### *EGG WASH AND GARNISH*

- 1 large egg
- 1 tablespoon water
- Sesame seeds
- 7 grain hot cereal mix

## **DIRECTIONS**

1. Place lukewarm water in bread machine pan with cereal. Allow cereal to soften 15 - 20 minutes while assembling other ingredients.
2. Add salt, oil, brown sugar, flour and yeast to bread machine pan. Program machine on DOUGH cycle. After 3 - 5 minutes into the first knead cycle, open the machine's lid to test the consistency of the dough. The dough should be a soft, tacky ball. If the dough is too dry, add water  $\frac{1}{2}$  to 1 tablespoon at a time. If dough is too wet, add 1 tablespoon flour at a time. Do this while the machine is kneading.
3. When the dough cycle is completed, remove the dough from pan and form into a ball. Cover; allow to rest 10 minutes. Divide dough into 12 equal portions. Roll each piece of dough into a rope  $\frac{1}{2}$ " -  $\frac{3}{4}$ " in diameter and 8 - 9 inches long. Form into a loose knot with one end coming up through the center of the knot and the other end tucked underneath.
4. Place rolls on a 12 x 18 x 1-inch half sheet pan, either greased, parchment-lined or on a silicon baking mat. Cover rolls loosely and allow to rise until doubled, 45 - 60 minutes. Near the end of the rise, preheat oven to 375°F.
5. In a small bowl, whisk together the egg and 1 tablespoon water. Brush rolls with egg wash and sprinkle with sesame seeds or 7 grain cereal.
6. Bake 15 - 18 minutes or until golden brown and internal temperature registers 190°F - 195°F. Cool slightly on a rack and serve warm.

**Note from Susan:** I use Bob's Red Mill 7 Grain Hot Cereal with Flaxseed.

**Kansas Wheat Commission Test Kitchen Note:** Recipe was tested in a Cuisinart Bread Machine with a 1 hour and 40 minute dough cycle.

**NUTRITION INFORMATION PER SERVING (1 ROLL, 72g):** 190 calories, 5g total fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 290mg sodium, 31g total carbohydrate, 3g dietary fiber, 2g total sugars, 5g protein, 0mcg folate, 0mg vitamin C, 1mg iron.



**YIELD: 1 LOAF, 16 SERVINGS**

## **Bleu Berry Thyme English Muffin Bread**

CARMELL CHILDS, CLAWSON, UTAH  
2023 National Festival of Breads  
Quick and Easy Category Honorable Mention

### **INGREDIENTS**

- $\frac{3}{4}$  cup warm water (110°F - 115°F)
- $\frac{2}{3}$  cup low-fat buttermilk, room temperature (80°F)
- $\frac{1}{2}$  tablespoon honey
- 1 ( $\frac{1}{4}$ -ounce) package active dry yeast
- 1 - 2 tablespoons cornmeal, divided
- 2 $\frac{1}{2}$  cups Gold Medal™ All-Purpose Flour\*
- 1 teaspoon salt
- $\frac{2}{3}$  cup small, sweetened dried blueberries
- $\frac{1}{3}$  cup plus 1 tablespoon small blue cheese crumbles
- 1 tablespoon chopped fresh thyme leaves

## DIRECTIONS

1. In a medium mixing bowl, combine water, buttermilk, honey and yeast. Set aside to proof, about 10 minutes. Lightly spray a 9" x 5" tin loaf pan with nonstick spray. Sprinkle bottom and sides with cornmeal; set aside.
2. Stir the flour and salt into the wet ingredients until thoroughly combined. The mixture should be extremely wet and resemble a thick pancake batter rather than a dough. If needed, add more flour or water 1 tablespoon at a time to achieve this consistency. Beat 4 - 5 minutes.
3. Stir in the blueberries, cheese crumbles and thyme just until incorporated.
4. Use a rubber spatula to transfer and gently spread the batter/dough into the prepared pan. Allow to rise in a warm location 50 - 60 minutes or just until the dough almost reaches the top of the pan. While dough rises, preheat oven to 425°F.
5. Carefully dust the risen dough with about 1 teaspoon cornmeal. Bake 28 - 30 minutes or until deep golden brown and the internal temperature is 206°F - 209°F. Transfer pan to cooling rack. Remove bread from pan to keep sides optimally crisp. Cool completely before slicing.

**\*Note from Carmell:** Flour should be fluffed with a fork, and then spooned into the dry measuring cup and leveled. Depending on the temperature and humidity, you may require slightly more or less flour than stated. A very wet dough that resembles a thick batter is key to achieving all of the beautiful nooks and crannies that are synonymous with the proper texture of an English muffin.

**NUTRITION INFORMATION PER SERVING (1 SLICE, 52g):** 100 calories, 1g total fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 200mg sodium, 22g total carbohydrate, 1g dietary fiber, 6g total sugars, 3g protein, 30mcg folate, 2mg vitamin C, 1mg iron.



**YIELD: 20 BUNS**

## **Brown Butter Baklava Sticky Buns**

JANET GILL, CANTON, OHIO  
2023 National Festival of Breads  
Go Nuts Category Honorable Mention

### **INGREDIENTS**

#### ***BROWN BUTTER***

1¼ cups unsalted butter, cut in  
tablespoons

#### ***TANGZHONG***

3 tablespoons whole milk  
3 tablespoons water  
2 tablespoons KING ARTHUR®  
Unbleached All-Purpose Flour

#### ***DOUGH***

4¼ - 4½ cups KING ARTHUR®  
Unbleached All-Purpose Flour  
1 (¼-ounce) package RED STAR®  
Platinum Superior Baking Yeast®  
1 teaspoon salt  
1 cup whole milk  
½ cup honey  
1 large egg, room temperature

#### ***FILLING***

½ cup finely chopped walnuts  
½ cup finely chopped unsalted  
pistachios  
⅔ cup granulated sugar  
1 tablespoon ground cinnamon

#### ***TOPPING***

3 tablespoons whole milk  
3 tablespoons honey  
½ cup granulated sugar  
½ teaspoon freshly grated orange  
zest  
½ teaspoon pure vanilla extract  
Chopped pistachios and walnuts,  
optional garnish

## DIRECTIONS

1. **For brown butter:** In medium, light-colored saucepan over low to medium heat melt butter, stirring constantly. The butter will foam, flecks will form and quickly darken (about 10 minutes). When flecks become a medium brown and have a nutty aroma, immediately pour butter into heatproof bowl and set aside. Each time it is used in recipe, stir well to distribute brown flecks.
2. **For tangzhong:** In saucepan, whisk milk, water and flour until no lumps remain. Whisk and cook over medium heat until thick; set aside to cool slightly.
3. **For dough:** In the bowl of stand mixer fitted with paddle, combine 4¼ cups flour, yeast and salt. In microwavable bowl, heat ⅓ cup brown butter, milk and honey to very warm, 120°F -130°F. Add this mixture, tangzhong and egg to bowl. Mix on low 1 minute until well combined. Exchange paddle for dough hook and begin kneading. If needed, add a tablespoon of additional flour at a time, until dough cleans sides of bowl. Dough should feel tacky. Knead 8 - 10 minutes, or until smooth and elastic. Place dough in greased bowl. Cover; let rise until doubled, about 1 hour. Prepare filling while dough rises.
4. **For filling:** Remove ⅓ cup brown butter for topping and set aside. In medium bowl, combine filling ingredients with remaining brown butter to form a crumb mixture.
5. Line two large 14" x 16" cookie sheets with parchment paper.
6. Deflate dough and divide in half. If needed, lightly flour work surface, and roll half of dough into an 8" x 16" rectangle. If the filling has cooled and formed clumps, break it up with fork. With long side facing you, sprinkle ¼ of filling evenly over the middle ⅓ of dough. Fold the right ⅓ of dough over the filling. Sprinkle ¼ of the filling over top, then fold left side of dough over and pinch all edges together. Roll filled dough to a 10" x 10" square. Cut into 10 one-inch strips.
7. To form buns, hold each end of a strip and twist several times in opposite directions. Coil twisted strip of dough around itself forming a circle and tuck end under roll. Place buns 2" apart on prepared baking sheets. Cover with plastic wrap; repeat with remaining dough. Place in warm place to rise until doubled, or finger indentation remains when dough is touched, 30 - 40 minutes. Make topping while rolls are rising. Preheat oven to 350°F.
8. **For topping:** In a small saucepan, add the reserved ⅓ cup brown butter, milk, honey, sugar and orange zest. Stirring frequently, bring to a boil over medium heat and cook 1 minute. Remove from heat and stir in vanilla. Set aside to cool and thicken slightly.
9. Bake rolls until light golden brown, 15 - 20 minutes. Remove from oven. Generously brush rolls with topping. If desired, sprinkle on nuts for garnish. Return to oven and bake 3 - 5 minutes until rolls are golden brown and internal temperature is 190°F - 195°F. Transfer to wire rack.

**NUTRITION INFORMATION PER SERVING (1 BUN, 91g):** 330 calories, 15g total fat, 8g saturated fat, 0g trans fat, 40mg cholesterol, 125mg sodium, 43g total carbohydrate, 2g dietary fiber, 20g total sugars, 6g protein, 6mcg folate, 0mg vitamin C, 0mg iron.



**YIELD: 12 LARGE ROLLS**

## Everything Gouda Rolls

PAMELA GELSOMINI, MIAMI, FLORIDA  
2023 National Festival of Breads  
Say Cheese Category Honorable Mention

### INGREDIENTS

- 4 tablespoons salted butter
- 3 cups chopped sweet onion (2 medium onions)
- ¼ cup firmly packed dark brown sugar
- ¾ cup old-fashioned rolled oats
- 1½ cups hot water (120°F - 130°F)
- 1 (¼-ounce) package active dry yeast
- 4 - 4½ cups KING ARTHUR® Unbleached All-Purpose Flour, divided
- 2¾ cups coarsely shredded smoked Gouda cheese, divided\*
- 1 teaspoon salt
- 2 teaspoons olive oil, for bowl
- 1 large egg, lightly beaten
- 1 tablespoon Everything Bagel Seasoning\*\*



## DIRECTIONS

1. **To cook the onion:** Melt butter in large skillet over medium-high heat. Stir in onion and cook until soft and translucent, stirring frequently, 4 - 5 minutes. Divide in half; set aside.
2. **To make the dough:** In bowl of stand mixer fitted with dough hook, combine brown sugar, oats and half of the onion. Stir in hot water and let cool to 115°F - 120°F. Stir in yeast; let proof 5 - 10 minutes.
3. Stir in 3 cups flour, mixing on low speed. When the dough starts to come together, add ½ cup flour, 1 cup cheese and salt. Gradually add more flour until the dough pulls away from the sides of the bowl. Knead dough 8 minutes with dough hook, dusting with flour occasionally if the dough begins to stick to the bottom of the bowl.
4. Turn dough onto a lightly floured surface and knead an additional 5 minutes by hand. The dough will be slightly tacky. Grease a large bowl with olive oil. Place dough in greased bowl; turn to coat. Cover with plastic wrap and allow to rise in a warm place until doubled, about 1 hour.
5. Deflate the dough and knead 1 minute. On lightly floured surface, roll dough into a 12" x 18" rectangle. Spread reserved onions evenly over dough; sprinkle with 1¾ cups Gouda cheese.
6. Starting from long side, roll into an 18" log, sealing the seam. With seam-side down, using a serrated knife, cut into 12 equal pieces.
7. Coat a 13"x 9"x 2" pan with nonstick cooking spray. Place rolls, side-by-side, cut-side up in pan. Brush rolls with beaten egg and sprinkle with Everything Bagel Seasoning. Cover pan loosely with lightly greased plastic wrap; let rise until doubled, about 1 hour.
8. Toward the end of the rising time, preheat the oven to 375°F. Bake 25 - 30 minutes or until golden brown and a digital thermometer reads 190°F - 195°F. Remove from oven and cool 15 - 20 minutes.

**Note from Pamela:** I love Vidalia onions, but any sweet onion would work. I make the rolls in a glass or ceramic pan and they bake great in both.

**\*KWC Test Kitchen Tip:** 1 (10-ounce) carton of pre-shredded smoked Gouda cheese saves time and is just the right amount.

**\*\* KWC Test Kitchen Tip:** Want to make your own version for Everything Bagel Seasoning? Combine 1 teaspoon coarse sea salt or kosher salt, 2 teaspoons dried onion flakes, 2 teaspoons dried minced garlic or dried garlic flakes, 5 teaspoons white sesame seeds and 2 teaspoons poppy seeds. Toss the ingredients together in a small bowl. Store in an airtight container for up to 1 month.

**NUTRITION INFORMATION PER SERVING (1 ROLL, 162g):** 350 calories, 11g total fat, 7g saturated fat, 0g trans fat, 35mg cholesterol, 650mg sodium, 49g total carbohydrate, 3g dietary fiber, 6g total sugars, 13g protein, 11mcg folate, 3mg vitamin C, 0mg iron.



**YIELD: 12 LARGE ROLLS**

## **Go Nuts Sticky Cinnamon Rolls**

BARBARA ESTABROOK, APPLETON, WISCONSIN  
2023 National Festival of Breads  
Go Nuts Category Honorable Mention

### **INGREDIENTS**

#### *DOUGH*

- 2 cups peeled, diced tart apple, (¼-inch dice)
- ¼ cup water
- 2 tablespoons honey
- 1¼ teaspoons salt, divided
- 2½ - 2¾ cups KING ARTHUR® Unbleached All-Purpose Flour, divided
- 1 (¼-ounce) package RED STAR® Platinum Superior Baking Yeast®
- ¼ cup granulated sugar
- ½ cup whole milk
- 4 tablespoons unsalted butter
- 2 large eggs, room temperature
- 1½ teaspoons vanilla extract

#### *NUT TOPPING*

- 4 tablespoons unsalted butter
- 4 tablespoons honey
- ½ cup packed dark brown sugar
- 1¼ cups coarsely chopped deluxe lightly salted mixed nuts (without peanuts)

#### *FILLING*

- ½ cup granulated sugar
- 1 tablespoon ground cinnamon
- 4 tablespoons unsalted butter, melted

## DIRECTIONS

1. In a saucepan, combine apple, water, honey and  $\frac{1}{4}$  teaspoon salt. Over medium-high heat, stir until mixture bubbles. Reduce heat to medium-low; cook 8 -10 minutes stirring occasionally or until liquid is absorbed. Remove from heat.
2. In bowl of stand mixer fitted with paddle attachment, stir together 1 cup flour, yeast, sugar and remaining 1 teaspoon salt.
3. In a small saucepan, heat milk and butter to 120°F -130°F. Pour milk mixture over flour mixture and mix on low speed until combined.
4. Stir in eggs and vanilla extract; beat on medium speed for 3 minutes.
5. Exchange paddle for dough hook. Slowly add remaining flour until dough comes together and pulls away from the side of the bowl. Knead 5 - 8 minutes or until the dough is smooth and elastic.
6. Place dough in greased bowl and turn to coat. Cover; let rest while preparing nut topping and filling. Spray a 13 x 9-inch baking pan with cooking spray.
7. **For nut topping:** In microwavable bowl, melt butter and stir in honey. Pour and spread mixture over bottom of pan. Sprinkle evenly with brown sugar and nuts; set aside.
8. **For filling:** In a small bowl, stir together sugar and cinnamon; set aside.
9. After the dough rests 20 - 25 minutes, roll dough into a 16" x 12" rectangle. Brush with melted butter. Top with the cooked apple, then lightly press into dough (there will be spaces). Sprinkle on sugar and cinnamon mixture.
10. Beginning on long side, roll dough into a log, pinching seam to seal. Slice log into 12 equal pieces. Place cut-side down in baking pan, spacing equally. There will be space between rolls that will fill in after rising and baking.
11. Cover; let rolls rise in warm place until puffy, 60 - 90 minutes. Near the end of the rise, preheat oven to 350°F. Bake 25 - 28 minutes or until golden and internal temperature is 192°F - 198°F. Remove pan from oven and invert onto a large baking sheet. Let rolls set for 10 minutes then transfer to wire rack to cool.

**NUTRITION INFORMATION PER SERVING (1 ROLL, 134 g):** 440 calories, 20g total fat, 8g saturated fat, 0g trans fat, 60mg cholesterol, 280mg sodium, 58g total carbohydrate, 3g dietary fiber, 32 g total sugars, 8g protein, 23mcg folate, 1mg vitamin C, 1 mg iron.



**YIELD: 12 ROLLS**

## **Marble Rye and Swiss Cheese Bombs**

MICHELE KUSMA, COLUMBUS, OHIO

2023 National Festival of Breads

Say Cheese Category Honorable Mention

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

SPONSORED BY KANSAS SOYBEAN COMMISSION

### **INGREDIENTS**

#### *WHITE DOUGH*

- 2 teaspoons instant yeast
- $\frac{3}{4}$  cup warm water (110°F - 115°F)
- 2 teaspoons granulated sugar
- 2 cups KING ARTHUR® Unbleached All-Purpose or Bread Flour
- 2 teaspoons salt
- 2 tablespoons vegetable oil (soybean oil)
- 4 ounces (about 1 cup) freshly grated Swiss cheese

#### *FOR ASSEMBLY*

- 1 (6-ounce) block Swiss cheese, cut into twelve 1-inch cubes
- Water, for brushing (optional)
- 1 teaspoon coarse kosher salt (optional)

#### *RYE DOUGH*

- 2 teaspoons instant yeast
- $\frac{3}{4}$  cup warm water (110°F - 115°F)
- 2 teaspoons granulated sugar
- 1 cup KING ARTHUR® Unbleached All-Purpose or Bread Flour
- 1 cup Bob's Red Mill Dark Rye Flour
- 2 tablespoons unsweetened baking cocoa powder
- 2 teaspoons salt
- $\frac{1}{4}$  cup vegetable oil (soybean oil)

## DIRECTIONS

1. **For white dough:** In small bowl, dissolve yeast in warm water and wait 5 minutes for mixture to foam (proof).
2. In bowl of stand mixer fitted with paddle, combine yeast, sugar, flour, salt and oil. Mix on low speed until the dough begins to form a ball, about 1 minute.
3. Exchange paddle for dough hook. Stir in the cheese; knead on medium-low 5 – 8 minutes or until the dough is smooth and elastic. Add additional flour 1 tablespoon at a time, if dough seems too wet. Add additional water, 1 tablespoon at a time, if dough seems too dry. It should be soft and tacky but not sticking to your hands. Place dough in greased bowl. Cover; let rise until doubled, about 1 hour.
4. **For rye dough:** In small bowl, dissolve yeast in warm water and wait 5 minutes for mixture to foam (proof).
5. In bowl of stand mixer fitted with paddle, combine yeast, sugar, all-purpose flour, rye flour, cocoa powder, salt and oil. Mix on low speed 1 minute. Exchange paddle for dough hook. Knead on medium-low speed 5 - 8 minutes or until dough is smooth and elastic. Add additional water, 1 tablespoon at a time, if dough seems too dry. It should be soft and tacky but not sticking to your hands. Place dough in greased bowl. Cover; let rise until doubled, about 1 hour.
6. **To shape:** Punch down each dough. Roll each dough into an 18” x 8” rectangle. Place the rye dough on the top of the white dough. Starting with a shorter side, roll up tightly. Gently roll the dough back and forth until it is 12 inches long. Using a sharp serrated knife, cut into twelve 1” spirals.
7. Place a cube of cheese in the middle of each spiral. Carefully bring up the sides of dough and pinch tightly to seal in the cheese. Use the palms of your hands to gently shape the filled dough into balls and slightly flatten. Place rolls, seam-side down on an 18” x 12” or larger parchment-lined baking sheet. Cover loosely with plastic wrap; let rise until puffy, about 45 minutes. Near the end of the rise, preheat oven to 400°F.
8. If desired, brush rolls lightly with water and sprinkle a pinch of kosher salt on top. Bake 20 minutes or until an instant read thermometer registers 195°F - 198°F. Rolls are best eaten warm while cheese is melted. However, they may be reheated in the microwave, oven or toaster oven.

**NUTRITION INFORMATION PER SERVING (1 ROLL, 106g):** 310 calories, 14g total fat, 5g saturated fat, 0g trans fat, 20mg cholesterol, 870mg sodium, 33g total carbohydrate, 2g dietary fiber, 2g total sugars, 12g protein, 0mcg folate, 0 mg vitamin C, 1mg iron.



**YIELD: 16 LARGE ROLLS**

## **Nutty Peanut Butter Cinnamon Braids**

WILMA OLDS, WILSON, KANSAS

2023 National Festival of Breads

Go Nuts Category Honorable Mention

### **INGREDIENTS**

#### *DOUGH*

- 4½ cups Hudson Cream Bread Flour, divided
- 2 (¼-ounce) packages instant dry yeast
- ⅓ cup granulated sugar
- 2 teaspoons salt
- 2 tablespoons powdered peanut butter
- 2 tablespoons wheat germ
- 1¾ cups whole milk
- 5 tablespoons unsalted butter
- 2 large eggs
- 1 cup dry roasted, lightly salted peanuts, finely chopped

#### *FILLING*

- ¾ cup light brown sugar
- 2 tablespoons ground cinnamon
- 6 tablespoons unsalted butter, softened, divided

#### *PEANUT BUTTER GLAZE*

- 3 cups confectioners' sugar, sifted
- 1 tablespoon unsalted butter, melted
- ¼ cup creamy peanut butter
- 6 - 7 tablespoons whole milk
- ½ teaspoon vanilla extract
- ⅓ cup dry roasted, lightly salted peanuts, finely chopped, for garnish

## DIRECTIONS

1. **For dough:** In the bowl of stand mixer fitted with paddle, combine 2 cups flour, yeast, sugar, salt, powdered peanut butter and wheat germ. Set aside.
2. In microwavable bowl heat milk and butter to 120°F -130°F. Add to flour mixture and mix to combine. Stir in the eggs. Gradually stir in enough of the remaining flour to make a soft dough.
3. Using dough hook, add peanuts and knead 8 - 10 minutes until smooth and elastic. Cover; let rest 5 - 10 minutes.
4. **For filling:** In a medium bowl, combine brown sugar and cinnamon. Set aside.
5. Divide the dough in half. Place half in a greased bowl, turning to grease top, cover with plastic wrap and place in the refrigerator.
6. On a lightly floured surface, roll remaining dough into a 14" x 14" square. Spread on 3 tablespoons butter and sprinkle on half of the brown sugar and cinnamon mixture. Fold the bottom edge of the 14" square to the top, making two layers of dough, now measuring 7" x 14". Pinch the top edges together to join the two pieces of dough. Slightly pat the two pieces of dough together. Cut 24 slices, each about ½", with a knife or pizza cutter to make 7" x ½" double slices of dough.
7. **To braid:** For each roll, braid three slices together, pinching the top and bottom and tucking under the ends. Place braided rolls 2 inches apart on 2 greased or parchment-lined 15" x 10" baking sheets. Cover; let rise until doubled, about 45 minutes.
8. Remove the other half of the dough from the refrigerator and repeat steps 6 and 7.
9. Near the end of the rise, preheat oven to 375°F. Bake 15 - 20 minutes or until golden brown and internal temperature is 195°F - 199°F.
10. **For glaze:** In medium bowl, whisk ingredients until smooth and thin consistency. Spread on rolls with a pastry brush as soon as they are removed from the oven and sprinkle on peanuts.

**NUTRITION INFORMATION PER SERVING (1 ROLL, 153g):** 550 calories, 25g total fat, 8g saturated fat, 0g trans fat, 50mg cholesterol, 400mg sodium, 70g total carbohydrate, 4g dietary fiber, 38g total sugars, 14g protein, 8mcg folate, 0mg vitamin C, 1mg iron.



**YIELD: 2 LOAVES,  
12 SLICES EACH**

## **Twisted Double Cheese and Zucchini Loaf**

SUSAN BICKTA, KUTZTOWN, PENNSYLVANIA  
2023 National Festival of Breads  
Say Cheese Category Honorable Mention

### **INGREDIENTS**

#### **TANGZHONG**

½ cup whole milk, room temperature  
3 tablespoons KING ARTHUR®  
Unbleached Bread Flour

#### **ZUCCHINI AND CHEESE FILLING**

2½ - 3 cups unpeeled, shredded zucchini  
(1 cup after squeezing dry)\*  
½ teaspoon salt  
½ teaspoon garlic powder  
1 teaspoon dried onion flakes  
¼ cup grated Parmesan cheese  
1 cup shredded whole milk mozzarella  
cheese

#### **DOUGH**

¼ cup warm water (110°F - 115°F)  
1 (¼-ounce) package active dry yeast  
2 tablespoons granulated sugar  
½ cup whole milk (110°F - 115°F)  
½ teaspoon salt  
2 ½ - 3 cups KING ARTHUR®  
Unbleached Bread Flour, divided  
2 teaspoons melted butter, optional (for  
top)

\*Approximately 2 medium zucchini



## DIRECTIONS

1. **For tangzhong:** In small saucepan over medium heat, whisk together milk and flour until no lumps remain. Cook, stirring constantly, until thickened, about 2 - 3 minutes. Remove from heat and let cool to room temperature.
2. **For filling:** In medium bowl, mix shredded zucchini and salt together. Place in a colander and let drain for 1 hour, then firmly squeeze to remove excess moisture. Measure 1 cup of zucchini. In a large bowl, mix together zucchini, garlic powder, onion flakes, Parmesan cheese and mozzarella cheese. Mix well and set aside.
3. **For dough:** In bowl of stand mixer fitted with dough hook, combine warm water, yeast and sugar; let proof 5 - 10 minutes. Stir in tangzhong, milk and salt; mix on low 1 - 2 minutes. Gradually add 2 cups flour. Knead on medium-low speed 8 - 10 minutes or until the dough is smooth and elastic, adding additional flour as needed. Place dough in greased bowl and turn to coat. Cover; let rise until doubled, about 90 minutes.
4. **To assemble:** Gently deflate dough and transfer to a lightly floured surface. Cover; let rest 10 minutes. Roll dough into a 12" x 12" square. Spread zucchini and cheese mixture onto dough and fold the top half of dough over bottom half, entirely encasing the filling. Cut into 12, 1-inch strips. Tuck into strips any filling that spills out when cutting.
5. Generously coat with oil or nonstick cooking spray two 8 ½" x 4 ½" loaf pans. Place each strip flat on work surface and stretch slightly, twisting as you go. Roll each twisted strip into a "snail shape". Place 6 twisted pieces seam-side down into each prepared pan. Sprinkle any filling that spilled out evenly over tops.
6. Cover; let rise in a warm place 30 - 40 minutes until doubled. While dough is rising, preheat oven to 350°F for metal pan or 325°F for glass pan. Bake 35 - 40 minutes or until golden brown and internal temperature is 205°F - 207°F. Transfer loaves to a rack and if desired, brush with melted butter.

**NUTRITION INFORMATION PER SERVING (1 SLICE, 41g):** 90 calories, 2g total fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 150mg sodium, 14g total carbohydrate, 1g dietary fiber, 2g total sugars, 4g protein, 2mcg folate, 1mg vitamin C, 0mg iron.



**YIELD: 12 SMALL ROLLS & 1 LOAF**

# Two Way Pineapple Sweet Potato Bread

MARILYN BLANKSCHEN, CLINTONVILLE, WISCONSIN  
2023 National Festival of Breads  
Quick and Easy Category Honorable Mention

## INGREDIENTS

*DOUGH (2-pound capacity bread machine)*

- ½ cup cooked and mashed sweet potato, room temperature
- ½ cup well-drained crushed pineapple (canned, in juice)
- ½ cup whole milk (80°F)
- 2 tablespoons salted butter, room temperature
- 1 large beaten egg, room temperature
- ¾ teaspoon salt
- 2¾ cups KING ARTHUR® Bread Flour or Unbleached All-Purpose Flour
- 2 tablespoons granulated sugar
- 1½ teaspoons active dry yeast

*MAPLE TOPPING (For rolls)*

- 1½ tablespoons salted butter
- 1½ tablespoons brown sugar
- 2½ tablespoons pure maple syrup
- ⅓ cup broken pecan pieces

*FILLING (For rolls)*

- ½ tablespoon salted butter, softened
- 1 tablespoon granulated sugar
- ½ teaspoon ground cinnamon

*TOPPING (For bread)*

- 1 teaspoon salted butter

## DIRECTIONS

1. **For dough:** Wash one medium (about 8 ounces) sweet potato and prick with fork. Bake in microwave until tender; peel and mash. Measure ½ cup and set aside to cool to room temperature. Strain juice from crushed pineapple; press well to remove juice.
2. Have all ingredients at room temperature (77°F - 85°F). Place dough ingredients in bread machine pan in order suggested by manufacturer. Set for DOUGH cycle. After about 7 minutes, check the dough consistency. Soft dough should have formed around the paddle. If necessary, add a teaspoon of flour or water/pineapple juice until the right consistency is reached. Shortly before the dough cycle is complete prepare maple topping.
3. **For maple topping:** In small saucepan, combine butter, brown sugar and maple syrup. Place over medium-low heat and bring to full boil, stirring constantly. Remove from heat and set aside. Grease a 12-cup standard muffin pan. Spoon 1 teaspoon topping in each cup; sprinkle a rounded teaspoon of pecans over topping; set aside.
4. When the dough cycle is complete, remove the dough and deflate. Place dough on lightly floured surface and divide into two equal portions.
5. **To shape loaf:** Form one portion into a narrow loaf, 8 - 10 inches long. Place on a greased baking sheet. With a serrated knife make ¼" deep slashes on top about 2 inches apart. Loosely cover; let rise until doubled.
6. **To shape rolls:** Roll remaining dough into an 8" x 12" rectangle. Brush dough with ½ tablespoon softened butter. Stir together sugar and cinnamon; sprinkle evenly over dough. Starting at 12" side, roll tightly into a log; seal edges. Cut into 12 equal slices and place in muffin cups.
7. Loosely cover; let rise until doubled, 35 - 50 minutes. Near the end of the rise, preheat oven to 350°F. Bake rolls 12 - 14 minutes or until lightly browned and internal temperature registers 190°F - 195°F. Remove from oven and immediately place a cookie sheet over muffin pan and flip, pecan-side up. Replace pecans that may have slid off rolls. Set aside to cool.
8. Bake the loaf 20 - 22 minutes, or until lightly golden and internal temperature is 200°F. Remove loaf to a cooling rack and brush with remaining 1 teaspoon butter.

**Kansas Wheat Commission Test Kitchen Note:** Want to make the dough without a bread machine? In large bowl or stand mixer bowl, dissolve yeast in lukewarm milk (110°F - 115°F). Stir in remaining ingredients and enough flour to make a soft, workable dough. Knead dough by hand or with dough hook 8 - 10 minutes. Place dough in greased bowl; cover let rise until doubled. Punch down dough and continue as directed.

## **NUTRITION INFORMATION PER SERVING (1 ROLL OR 1 SLICE, 37g):**

110 calories, 4g total fat, 2g saturated fat, 0g trans fat, 15mg cholesterol, 105mg sodium, 16g total carbohydrate, 1g dietary fiber, 5g total sugars, 2g protein, 2mcg folate, 1mg vitamin C, 0mg iron.



Recipes tested in the Kansas Wheat Innovation Center “Speak for Wheat” Test Kitchen by National Festival of Breads Co-Director Cindy Falk, Nutrition Educator, and Linda Beech, K-State Research and Extension Agent, Emeritus.

For more recipes, baking tips and future contest information:  
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