
KANSAS WHEAT COMMISSION
2017 RECIPE BOOK



Featuring recipes from the
NATIONAL FESTIVAL OF BREADS



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SPECIAL THANKS

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Special thanks to King Arthur® Flour for baking the breads, and for doing the food styling and photography for this recipe book.





SEEDED CORN AND ONION BUBBLE LOAF

Ronna Farley, Rockville, Maryland

2017 National Festival of Breads Champion

“My family loves my corn pudding, so I used that recipe as an inspiration for this unique bread.”

INGREDIENTS

DOUGH

- ¼ cup milk
- 1 (¼ ounce) package RED STAR® Platinum Superior Baking Yeast*
- ½ cup unsalted butter
- ¾ cup finely diced yellow onion
- 1 clove garlic, minced
- 1 cup cream-style sweet corn
- ¼ cup granulated sugar
- 3 large eggs, divided
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 tablespoon toasted sesame seeds, divided
- 1 tablespoon black sesame seeds, divided
- 2 cups KING ARTHUR® White Whole Wheat Flour, plus extra for kneading
- 2 cups KING ARTHUR® Unbleached Bread Flour
- ¾ cup frozen sweet corn kernels, thawed
- 1 tablespoon water

DIRECTIONS

1. Heat milk until it reaches 110°F – 115°F. Stir in yeast and wait 5 – 10 minutes for mixture to foam (proof).
2. Melt butter in a skillet over medium heat. Add onion and garlic; cook and stir 2 minutes.
3. In the bowl of a stand mixer fitted with paddle, combine skillet mixture, cream-style sweet corn, sugar, 2 eggs, salt, black pepper, 2 teaspoons sesame seeds, and 2 teaspoons black sesame seeds. Exchange paddle for dough hook. Stir in white whole wheat flour, bread flour, and yeast mixture; mix on low speed to blend ingredients.
4. Knead dough until smooth and elastic, 8 minutes. If needed, add in additional white whole wheat flour, if dough is very sticky. Stir in thawed corn; mix on low speed 1 – 2 minutes or until incorporated in dough.
5. Place dough in greased bowl. Cover; let rise until doubled, about 1 hour. Generously grease a 12 cup (10-inch) Bundt pan.
6. Deflate dough. Cut into 25 even pieces. Using lightly floured hands, shape dough into uniform rolls; layer in pan rounded side up. Cover; let rise until doubled, 40 – 50 minutes.
7. Near the end of the rise, preheat oven to 350°F. In a small bowl, beat remaining egg with 1 tablespoon water. Brush on dough; sprinkle with remaining seeds.
8. Bake 40 – 50 minutes or until golden brown. Tent the bread with foil after 25 minutes. The bread is done when an instant-read thermometer inserted registers about 200°F. Cool in pan on rack 10 minutes; loosen edges of bread with knife and transfer to rack to cool.

Yield: 1 loaf, 25 servings.

NUTRITION INFORMATION PER SERVING (1 ROLL, 59g): 150 calories, 45 calories from fat, 5g fat, 2.5g saturated fat, 0g trans fat, 30mg cholesterol, 150mg sodium, 21g total carbohydrates, 2g dietary fiber, 3g sugars, 4g protein, 26mcg folate, 1mg vitamin C, 13mg calcium, 1mg iron.



BUTTERNUT ROMESCO BRAID

Shauna Havey, Roy, Utah

“My Spanish-inspired whole wheat bread recipe, like many others from my kitchen, was dreamt up from tastes experienced on my adventures. It’s a showstopper that’s full of flavor in every gorgeous bite.”

INGREDIENTS

DOUGH

- ⅔ cup half-and-half
- 1 (¼ ounce) package RED STAR® Active Dry Yeast
- 1 teaspoon granulated sugar
- 10 ounces frozen pre-cut butternut squash, thawed and puréed
- ¼ teaspoon ground nutmeg
- 2 teaspoons sea salt
- ½ teaspoon white pepper
- 1 large egg
- 1½ – 2 cups KING ARTHUR® Premium 100% Whole Wheat Flour
- 1½ cups KING ARTHUR® Unbleached Bread Flour
- 1 tablespoon softened butter, divided
- 1 cup freshly grated Parmesan cheese, divided

ROMESCO SAUCE

- 8 ounces bottled roasted red peppers, well drained
- ½ cup walnut pieces
- ½ cup fresh basil leaves, lightly packed
- 3 teaspoons fresh minced garlic
- ¼ teaspoon cayenne pepper
- ½ teaspoon sea salt
- 1 tablespoon granulated sugar
- 2 tablespoons olive oil
- 1 tablespoon fresh lemon juice

DIRECTIONS

1. Heat half-and-half to 110°F – 115°F. Stir in yeast and sugar; wait 5 – 10 minutes for mixture to foam (proof).
2. In the bowl of a stand mixer fitted with paddle, mix squash, nutmeg, salt, pepper, and egg. Stir in the yeast. Replace paddle with dough hook; with the mixer on low speed, stir in whole wheat flour and bread flour, ½ cup at a time, scraping the side of the bowl as needed. Mix until the dough forms a ball and pulls away from the sides; about 4 minutes. Continue to knead the dough for an additional 4 minutes.
3. Grease a large bowl and piece of plastic wrap with ½ tablespoon butter. Place dough in bowl; cover and allow to rise until doubled, 1 – 1½ hours.
4. In food processor bowl, pulse sauce ingredients to make a spreadable purée. With the remaining butter, grease a 9" x 5" loaf pan.
5. Deflate dough; roll into 10" x 18" rectangle. Spread sauce on dough, leaving ½" border around edges. Sprinkle on ¾ cup Parmesan cheese.
6. Starting with short side, roll up tightly; pinch seam to seal. Place seam-side down; cut dough in half lengthwise, leaving it attached at the top. Twist the two pieces around each other tucking the ends under the loaf. Place in pan; cover with buttered plastic wrap; let rise until dough reaches top of the pan and is puffy looking.
7. Near the end of the rise, preheat oven to 350°F. Sprinkle 2 tablespoons cheese over top of loaf. Bake 35 – 38 minutes. Tent with foil to prevent over-browning. The bread is done when golden brown and an instant-read thermometer inserted in the center of the loaf registers 195°F – 200°F.
8. Cool in pan 10 minutes; remove to rack. Before serving, sprinkle with remaining 2 tablespoons cheese. Store in the refrigerator.

Yield: 1 loaf, 16 servings.

NUTRITION INFORMATION PER SERVING (1 SLICE, 91g): 210 calories, 80 calories from fat, 8g fat, 3g saturated fat, 0g trans fat, 20mg cholesterol, 530mg sodium, 25g total carbohydrates, 3g dietary fiber, 1g sugars, 8g protein, 36mcg folate, 5mg vitamin C, 139mg calcium, 2mg iron.



ORANGE-SPICE ANADAMA WREATH WITH WALNUTS AND DATES

Kellie White, Valley Park, Missouri

“This recipe pays homage to a neighbor that first introduced me to making yeast breads at a young age. The orange infused dough is filled with a cinnamon, date, and walnut filling that reminds me of the holidays.”

INGREDIENTS

DOUGH

- ¼ cup fresh orange juice
- ½ cup plus ½ teaspoon yellow cornmeal, divided
- 5 tablespoons unsalted butter, divided
- ¼ cup molasses
- 1 teaspoon salt
- 1 cup warm water (110°F – 115°F)
- 1 (¼ ounce) package RED STAR® Active Dry Yeast
- 3 ¼ – 3 ½ cups KING ARTHUR® Unbleached Bread Flour

WALNUT-DATE FILLING

- ¾ cup pitted whole dates
- ¾ cup walnut halves
- ½ cup granulated sugar
- 1 tablespoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon ground dried ginger
- ⅛ teaspoon salt
- 1 ½ teaspoons vanilla extract
- 1 tablespoon orange zest, loosely packed

DIRECTIONS

1. Using a microplane zester, grate just the outer layer of orange and reserve for the filling. Extract orange juice and warm to 110°F – 115°F.
2. In the bowl of a stand mixer fitted with paddle, combine orange juice, ½ cup cornmeal, 3 tablespoons melted butter, molasses, salt; set aside to soak for 15 minutes.
3. After this mixture soaks, whisk together warm water and yeast; wait 5 – 10 minutes for mixture to foam (proof).
4. Add the yeast to the mixer bowl; gradually stir in 3 ¼ cups flour. Switch to the dough hook and knead 8 minutes. Turn the dough out onto a lightly floured surface and gradually knead in additional flour to form a soft, workable dough.
5. Transfer dough to a greased bowl, cover with plastic wrap, and let rise until doubled, about 1 – 1 ½ hours.
6. In food processor bowl, pulse the dates, walnuts, and sugar in small even pieces. Transfer mixture to medium bowl; stir in cinnamon, nutmeg, ginger, salt, vanilla, and reserved orange zest; cover and set aside.
7. Deflate dough; cover and let rest 5 minutes. On a lightly floured work surface, roll dough into a 12" x 20" rectangle. Brush with 2 tablespoons softened butter, leaving ¼" border on all sides. Sprinkle the filling on the dough. Starting at long side, tightly roll dough; pinch seam to seal. Place seam-side down; cut the log in half lengthwise. Keeping the cut side up, twist the two pieces together.
8. Form into a ring, overlap and secure ends to form wreath. Transfer to a parchment-lined large baking sheet. Cover with greased plastic; let rise until almost doubled, about 40 minutes.
9. While dough is rising, preheat oven to 350°F. Sprinkle top with ½ teaspoon cornmeal. Bake 40 – 45 minutes, rotating pan halfway through baking. Tent with foil to prevent over-browning. Bread is done when it is golden brown and an instant-read thermometer inserted registers about 195°F. Remove from the oven, cool on rack.

Yield: 1 wreath, 20 servings.

NUTRITION INFORMATION PER SERVING (1 SLICE, 67g): 200 calories, 50 calories from fat, 6g fat, 2g saturated fat, 0g trans fat, 10mg cholesterol, 135mg sodium, 34g total carbohydrates, 2g dietary fiber, 12g sugars, 4g protein, 48mcg folate, 2mg vitamin C, 26mg calcium, 2mg iron.



SWEET CORN BLUEBERRY SPICED SWIRL BREAD

Janet Gill, Canton, Ohio

Special Award: *Best Recipe Using Corn Ingredients*

SPONSORED BY KANSAS CORN COMMISSION

“Memories of my grandma’s cornbread, and my love for all things corn, inspired this yeasted cornbread. Using a bread machine saves time and makes this pretty bread so simple.”

INGREDIENTS

DOUGH, made in bread machine

- 1 ¼ cups cream-style corn
- 3 tablespoons corn oil
- 2 tablespoons pure maple syrup
- 1 large egg yolk, white reserved
- ⅔ cup yellow cornmeal
- ⅔ cup old-fashioned oats, uncooked
- 2 tablespoons buttermilk powder
- 1 ¼ teaspoons salt
- 2 ½ – 2 ¾ cups KING ARTHUR®
Unbleached Bread Flour, divided
- 1 (¼ ounce) package RED STAR® Active
Dry Yeast

FILLING

- ⅓ cup dried blueberries
- 2 tablespoons pure maple syrup
- ¼ cup finely chopped pecans
- 2 teaspoons ground cinnamon
- ½ teaspoon ground cardamom
- ¼ teaspoon nutmeg, freshly grated

TOPPING

- 1 egg white
- 1 ½ teaspoons water
- 2 tablespoons finely crushed cornflakes
cereal
- 1 teaspoon finely chopped pecans
- ½ teaspoon pure maple syrup
- ½ teaspoon ground cinnamon

DIRECTIONS

1. In small bowl, mix corn, oil, and syrup together. Warm in the microwave to 80°F – 85°F. Stir in egg yolk.
2. In bread machine pan, add corn mixture and remaining dough ingredients, using 2 ½ cups flour. Set on DOUGH cycle. After several minutes of kneading check dough consistency. Dough should form a soft ball around the kneading blade and be slightly tacky to touch. Add additional water or flour as needed.
3. Grease a 9" x 5" loaf pan. Roll dough into an 8" x 16" rectangle. Sprinkle the dough with the blueberries, keeping them ½" from edges. Press/roll blueberries into the dough gently using a rolling pin. Drizzle syrup over the berries and spread with a pastry brush.
4. Mix together remaining filling ingredients and sprinkle over berries. Roll tightly from short side to form log; pinch seam to seal. Pinch ends and tuck under loaf. Place in pan seam-side down. Cover with plastic wrap sprayed with non-stick spray. Let rise in warm place until center of loaf is about 1" above pan edge, 40 – 45 minutes.
5. Meanwhile, preheat oven to 350°F. For egg wash, whisk together egg white and water. In a separate bowl, mix cereal, pecans, syrup, and cinnamon. When ready to bake, gently brush top of loaf with egg wash and sprinkle with cereal mixture.
6. Bake 45 – 50 minutes or until internal temperature in center of bread registers at least 190°F. Tent with foil if top is browning too quickly. Cool a few minutes before removing from pan. Transfer to rack.

Yield: 1 loaf, 16 servings.

NUTRITION INFORMATION PER SERVING (1 SLICE, 71g): 200 calories, 45 calories from fat, 5g fat, .5g saturated fat, 0g trans fat, 15mg cholesterol, 260mg sodium, 33g total carbohydrates, 2g dietary fiber, 6g sugars, 5g protein, 46mcg folate, 0mg vitamin C, 30mg calcium, 2mg iron.



CHERRY PISTACHIO TWISTS

Carlene Carter, Lincoln, Illinois

Special Award: *Best Recipe Using King Arthur® White Whole Wheat Flour*

SPONSORED BY FARMER DIRECT FOODS, INC.

“I love using the King Arthur White Whole Wheat Flour to add fiber to a sweet bread, without weighing it down. The honey glaze adds a little sweetness and a pretty shine.”

INGREDIENTS

DOUGH

- 2 (¼ ounce) packages RED STAR® Active Dry Yeast
- 1 cup warm water (110°F – 115°F)
- ¼ cup honey
- 1 large egg
- 2 cups KING ARTHUR® White Whole Wheat Flour
- 1 tablespoon vital wheat gluten
- 1 teaspoon salt
- 3 tablespoons unsalted butter, softened
- 1 – 1 ¼ cups KING ARTHUR® Unbleached Bread Flour
- ¼ cup roasted and salted pistachios, finely chopped

FILLING

- 1 (5-ounce) package sweetened, dried red tart cherries
- 1 cup boiling water
- ¼ cup granulated sugar

GLAZE

- 2 tablespoons honey
- 1 tablespoon granulated sugar
- ½ tablespoon unsalted butter
- 2 tablespoons roasted and salted pistachios, coarsely chopped

DIRECTIONS

1. In the bowl of a stand mixer fitted with paddle, dissolve yeast in warm water. Wait 5 – 10 minutes for mixture to foam (proof). Stir in honey, egg, white whole wheat flour, gluten, salt, and butter. Beat 2 minutes on medium speed.
2. Gradually stir in enough bread flour to make a soft dough. Switch to dough hook and knead until smooth and elastic, 8 – 10 minutes. In the last few minutes, knead in pistachios until well distributed. Place in greased bowl. Cover; let rise until doubled, about 1 hour.
3. For the filling: Soak cherries in 1 cup boiling water for 15 minutes; drain well. Place cooled cherries and sugar in food processor bowl; process until thick. Grease or line with parchment a 12" x 18" half sheet pan.
4. For two loaves, deflate dough; divide into 4 equal pieces; cover two pieces and set aside. Roll each piece into a 6" x 12" rectangle. Spread ¼ of the cherry mixture on each rectangle. Roll up jelly-roll style, beginning from 12" end; pinch edges of dough to seal. Place two ropes, seam-side down, on baking sheet. Twist together gently; pinch the ends to seal and turn under loaf to secure. Repeat to make second loaf.
5. Cover; let rise until doubled, about 1 hour. Near the end of the rise, preheat oven to 350°F. Bake twists until golden brown, about 30 – 35 minutes. Tent with foil to prevent excess browning. The internal temperature should register about 190°F – 200°F on an instant-read thermometer. Remove from the oven and place on a rack.
6. For the glaze: In a small saucepan, heat honey, sugar, and butter to boiling, stirring constantly. Remove from heat. Stir in pistachios. Brush on twists.

Yield: 2 loaves, 12 servings each.

NUTRITION INFORMATION PER SERVING (1 SLICE, 48g): 140 calories, 25 calories from fat, 3g fat, 1g saturated fat, 0g trans fat, 10mg cholesterol, 110mg sodium, 26g total carbohydrates, 3g dietary fiber, 9g sugars, 3g protein, 15mcg folate, 0mg vitamin C, 10mg calcium, 1mg iron.



SAVORY SPROUTED WHEAT AND WILD RICE ROLLS

Patrice Hurd, Bemidji, Minnesota

Special Award: *Best Recipe Using King Arthur® Sprouted Wheat Flour*

SPONSORED BY KING ARTHUR FLOUR

“I love the ease of refrigerated yeast dough; the long, slow, cool rise develops flavor and also makes the dough easy to handle. I created this recipe thirty years ago and have adapted it to include my new favorite obsession: sprouted wheat flour, resulting in a tender, savory roll with a great ‘chew’ and exceptional flavor.”

INGREDIENTS

DOUGH

1 ½ cups cooked authentic hand harvested wild rice*

¾ cup warm water (110°F - 115°F)

1 (¼ ounce) package RED STAR® Active Dry Yeast

½ teaspoon granulated sugar

3 tablespoons honey

1 large egg

3 tablespoons unsalted butter, softened

1 tablespoon vital wheat gluten

1 teaspoon dried minced onion

2 tablespoons instant nonfat dry milk

2 tablespoons instant potato flakes

1 teaspoon fine sea salt

1 ½ cups KING ARTHUR® 100% Whole Grain Sprouted Wheat Flour

1 - 1 ¼ cups KING ARTHUR® Unbleached Bread Flour

TOPPING

1 large egg

2 teaspoons water

1 teaspoon California style garlic salt with parsley

¼ cup freshly grated Asiago cheese

DIRECTIONS

1. For the cooked rice: Rinse ¾ cup rice. Follow package cooking instructions. Test for doneness at the minimum cooking time; drain and cool to room temperature. Pulse a few times in a food processor to slightly break grains.
2. In the bowl of a stand mixer fitted with paddle, place warm water, yeast, and sugar. Wait 5 – 10 minutes for mixture to foam (proof).
3. Stir in honey, egg, butter, gluten, onion, dry milk, potato flakes, salt, and sprouted wheat flour; mix on medium speed 2 minutes.
4. Exchange paddle for dough hook and blend in wild rice, scraping side and bottom of the bowl. Gradually add enough of the bread flour to form a very soft dough. Knead 5 minutes on medium-low speed. Grease dough and place in greased bowl; cover tightly with plastic wrap and refrigerate overnight.
5. The next day, divide the dough into 16 pieces; roll each piece into a 12" rope. Fold rope in half with the rounded arch farthest away from you. Hold the rounded arch with your left hand and use your right hand to twist the right side of the rope over the left 3 times, forming a vertical twisted roll. Pinch bottom ends together, tuck under.
6. Place rolls on two parchment-lined baking sheets about 2" apart. Cover loosely with plastic wrap and let rise until doubled, about 1 hour.
7. Near the end of the rise, preheat oven to 375°F. Whisk together egg and water; brush on rolls. Mix garlic salt with cheese and sprinkle on top of rolls.
8. Bake until rolls are lightly browned, about 15 minutes. Remove rolls to a rack and cool.

Yield: 16 rolls.

***Note from Patrice:** *I use naturally-grown hand harvested wild rice for my baked goods because it remains soft when baked — unlike black cultivated wild rice. Cooked authentic wild rice should be tender, but not mushy or sticky; it's usually done in 15–20 minutes. It doubles (and sometimes triples) when cooked, freezes well and is widely available online.*

NUTRITION INFORMATION PER SERVING (1 ROLL, 61g): 140 calories, 30 calories from fat, 3.5g fat, 2g saturated fat, 0g trans fat, 20mg cholesterol, 230mg sodium, 23g total carbohydrates, 2g dietary fiber, 4g sugars, 5g protein, 31mcg folate, 1mg vitamin C, 31mg calcium, 1mg iron.



TOASTED CARDAMOM NORDIC CROWN

Patrice Hurd, Bemidji, Minnesota

“My Finnish grandmother always crushed seeds from fresh green cardamom pods, knowing the dramatic flavor difference it made over ground cardamom. I worked sprouted wheat flour into my grandmother’s basic recipe and used the convenience of preparing the dough in a bread machine.”

INGREDIENTS

DOUGH, made in bread machine

- 2 large eggs (reserve 1 tablespoon for topping)
- 1 (5-ounce) can (⅔ cup) evaporated milk, 80°F
- ¼ cup water, 80°F
- 3 tablespoons unsalted butter, softened
- 6 tablespoons granulated sugar
- 1 teaspoon fine sea salt
- 1 cup KING ARTHUR® 100% Whole Grain Sprouted Wheat Flour
- 2 cups KING ARTHUR® Unbleached All-Purpose Flour, plus extra for kneading
- 1 (¼ ounce) package RED STAR® Platinum Superior Baking Yeast

CARDAMOM FILLING

- 1 ½ tablespoons whole green cardamom pods, approximately*
- 1 tablespoon granulated sugar
- ½ cup packed dark brown sugar
- 4 tablespoons unsalted butter, softened

TOPPING

- Reserved tablespoon beaten egg
- 1 tablespoon Pearl sugar

DIRECTIONS

1. In small bowl, lightly whisk eggs. Reserve 1 tablespoon for topping, cover and refrigerate.
2. Place the remaining eggs and dough ingredients into the bucket of a bread machine. Select the DOUGH cycle, and press start. Add additional water or flour as needed to form a very soft dough.
3. For the filling: Crush cardamom pods and remove enough seeds to equal 1 ½ teaspoons. Toast seeds in a dry skillet over medium heat for 2 minutes, shaking pan occasionally; immediately remove seeds from skillet to cool. Place seeds and granulated sugar in spice grinder or mortar and pestle; process until seeds resemble ground black pepper. In a small bowl, beat the cardamom-sugar mixture, brown sugar, and butter until smooth.
4. Lightly grease a 9" springform pan with removable bottom. Line bottom with an 11" parchment round, extending edges up over pan seam.
5. On lightly floured surface, roll dough into a 16" x 12" rectangle; spread filling to within ½" of edges. Starting at the long edge, roll the dough up like a jelly roll; pinch seam to seal. Place seam-side down. Cut roll in half lengthwise, leaving 1" at the top uncut; twist the length of each cut side six times. On work surface, turn one end inward and coil the entire length of dough into a spiral shape, forming an 8" round. Lift coil into pan, tucking the end under loaf.
6. Cover; let rise until doubled, about 1 hour. Preheat oven to 350°F; remove reserved egg from refrigerator. Brush the top with egg; do not let egg pool in seams. Decorate with Pearl sugar.
7. Bake 30 – 35 minutes, until bread is golden and center registers 190°F – 195°F on an instant-read thermometer. Tent with foil to keep from over-browning. Cool in pan 5 minutes. Loosen edge with knife and remove the springform ring. Transfer to rack and let cool on parchment. Remove parchment and transfer the crown to a serving plate.

Yield: 1 loaf, 20 servings.

**Note from Patrice: To ensure freshness, I buy small amounts of green cardamom pods at stores with bulk spices. Fresh inner seeds should be black; discard light brown seeds, as they are old and won't be as flavorful.*

NUTRITION INFORMATION PER SERVING (1 SLICE, 48g): 150 calories, 45 calories from fat, 5g fat, 32g saturated fat, 0g trans fat, 30mg cholesterol, 130mg sodium, 23g total carbohydrates, 1g dietary fiber, 9g sugars, 3g protein, 30mcg folate, 1mg vitamin C, 27mg calcium, 1mg iron.



MEXICAN STREET CORN SKILLET BREAD

Michele Kusma, Columbus, Ohio

“I thought it would be fun to create a twist on this skillet bread by infusing the flavors of Mexican Street Corn. This recipe is simple to make and rises and bakes in the same cast-iron skillet.”

INGREDIENTS

DOUGH

1 cup fresh or frozen corn kernels
1 (¼ ounce) package RED STAR® Quick-Rise™ Yeast
1 cup warm water (110°F – 115°F)
3 cups KING ARTHUR® Unbleached All-Purpose Flour
1 teaspoon salt
½ teaspoon chili powder
1 teaspoon garlic powder
3 tablespoons olive oil, divided
1 cup finely crumbled Cotija cheese, divided
1 tablespoon mayonnaise

GARNISH

2 tablespoons chopped fresh cilantro and/
or parsley
½ fresh lime

DIRECTIONS

1. Preheat a 10" cast-iron skillet over medium heat; cook corn kernels 3 – 5 minutes, stirring constantly, until kernels are lightly charred. Remove corn from skillet; let cool. Wipe skillet clean and set aside.
2. In the bowl of a stand mixer fitted with paddle, combine yeast, warm water, flour, salt, chili powder, garlic powder, and 1 ½ tablespoons olive oil. Beat on medium speed 2 minutes.
3. Stir in the corn and ½ cup cheese; mix on medium-low speed until corn kernels and cheese are evenly distributed, about 2 minutes.
4. Brush bottom and side of skillet with 1 ½ tablespoons olive oil. Place the dough in the skillet and turn the dough to coat it with the oil. Evenly stretch and press the dough in the bottom of the skillet. Cover with plastic wrap; let rise about 1 hour or until slightly puffy.
5. Preheat oven to 375°F. With your fingers, gently press dimples all over the dough, about 1" apart. Brush the top of the dough with mayonnaise. Sprinkle remaining ½ cup cheese over the top. Bake 30 minutes, or until deep golden brown. If the top browns too quickly, tent with foil.
6. Garnish with cilantro or parsley; drizzle with lime juice. Cut into wedges and serve warm.

Yield: 1 loaf, 12 servings.

NUTRITION INFORMATION PER SERVING (1 SLICE, 84g): 200 calories, 60 calories from fat, 7g fat, 2.5g saturated fat, 0g trans fat, 10mg cholesterol, 380mg sodium, 28g total carbohydrates, 1g dietary fiber, 1g sugars, 6g protein, 68mcg folate, 2mg vitamin C, 69mg calcium, 2mg iron.



TURMERIC-ROSEMARY AND SWEET POTATO ROSETTES

Tiffany Aaron, Quitman, Arkansas

“These rolls evoke many fond memories of growing up in Montana. Homemade bread was a staple at our house, and this recipe has allowed me to combine those memories with new ones as I incorporated trendy, healthy ingredients with our family’s love of sweet potatoes.”

INGREDIENTS

DOUGH

- 1 cup mashed cooked sweet potatoes (3 – 4 medium)
- 1 cup water
- ½ cup quick-cooking oats
- 3 tablespoons salted butter
- ½ cup warm water (110°F – 115°F)
- 2 (¼ ounce) packages RED STAR® Platinum Superior Baking Yeast
- 1 tablespoon granulated sugar
- ½ cup light brown sugar
- 2 teaspoons sea salt
- 1 teaspoon ground turmeric
- 2 tablespoons finely chopped fresh rosemary
- 2 teaspoons minced garlic
- 2 cups KING ARTHUR® White Whole Wheat Flour
- 1 ¾ cups King Arthur® Unbleached Bread Flour, plus extra for dusting
- ¼ cup milled flax seed

TOPPING (OPTIONAL)

- 1 large egg plus 1 tablespoon water
- Coarse kosher salt

DIRECTIONS

1. Cook, drain well, and mash sweet potatoes. Set aside to cool.
2. In saucepan, bring 1 cup water to a boil. Add oats and butter; cook and stir for 1 minute. Remove from heat; let cool to lukewarm. Stir together warm water, yeast, and sugar. Wait 5 – 10 minutes for mixture to foam (proof).
3. In the bowl of a stand mixer fitted with paddle, combine oats, sweet potatoes, and brown sugar. Stir in salt, turmeric, rosemary, garlic, white whole wheat flour, bread flour, milled flax seed, and yeast mixture.
4. Exchange paddle for dough hook and knead on medium speed 10 minutes, or until dough is smooth and elastic. Dough may seem wet, but avoid adding more flour. Transfer dough to a greased bowl, cover with plastic wrap, and let rise until doubled, about 1 hour.
5. Lightly spray 2 large baking sheets with no-stick cooking spray or line with parchment. Deflate dough; divide into 24 equal pieces. To shape a rosette: roll each piece into 12" rope. Tie loose knot in center of each rope. Wrap the left end up and over the loop. Wrap the right end down and around the loop. Press the two ends together to secure. Shape into a rounded roll. Place 2" apart on baking sheets. Cover; let rise until nearly doubled, about 30 minutes.
6. Near the end of the rise, preheat oven to 375°F. If desired, in small bowl, beat together egg and water; brush on rolls. Sprinkle with a scant pinch of salt. Bake 15 – 18 minutes, until golden and an instant-read thermometer inserted registers 190°F – 200°F.

Yield: 24 rolls.

NUTRITION INFORMATION PER SERVING (1 ROLL, 58g): 130 calories, 20 calories from fat, 2.5g fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 210mg sodium, 23g total carbohydrates, 3g dietary fiber, 4g sugars, 3g protein, 19mcg folate, 2mg vitamin C, 13mg calcium, 1mg iron.



ORANGE MARMALADE BREAKFAST CRESCENTS

Pam Correll, Brockport, Pennsylvania

“I’ve taken a favorite kolache recipe my mother used to make and switched it up a bit. Substituting orange juice for the milk, the roll takes on a very slight orange flavor, which accentuates the overall taste combined with marmalade, orange glaze, and orange zest. Rolled into the crescent shape, you get a little orange in every single bite.”

INGREDIENTS

DOUGH

1 cup fresh orange juice (110°F – 115°F)

1 (¼ ounce) package RED STAR® Active

Dry Yeast

½ cup corn oil

¼ cup granulated sugar

1 large egg, beaten

½ teaspoon salt

3 ¼ – 3 ½ cups KING ARTHUR® Unbleached

All-Purpose Flour, divided

¾ cup orange marmalade, for filling

GLAZE

1 cup confectioners’ sugar

2 – 3 tablespoons fresh orange juice

GARNISH

1 tablespoon fresh grated orange zest

DIRECTIONS

1. Using a microplane zester, grate just the outer layer of orange for the garnish. Extract juice from 3 – 4 oranges and reserve for the dough and glaze.
2. In a large mixing bowl, whisk together warm orange juice, yeast, oil, sugar, egg, and salt. Wait 5 – 10 minutes for mixture to foam (proof). Stir in 3 cups of flour to make a soft dough.
3. Turn dough onto a floured surface, adding more flour as needed. Knead until smooth and elastic, 8 – 10 minutes.
4. Transfer dough to a lightly greased bowl, turning once to coat. Cover with plastic wrap and let rise until doubled, about 1 hour. Lightly grease or line with parchment a 12" x 18" baking sheet.
5. Gently deflate the dough, and transfer to a lightly floured surface. Roll dough into a 20" circle. Cut circle into 12 equal wedges.
6. Spread 1 tablespoon orange marmalade on each wedge. To shape, begin at wide end of wedge and roll toward point. Pinch point to roll to secure. Place, point down, 1" apart on prepared baking sheet; curve ends into a crescent. Cover; let rise for 30 minutes until nearly doubled. Near the end of the rise, preheat oven to 400°F.
7. Bake for 13 minutes, until light golden brown or the internal temperature is about 190°F. Transfer to rack to cool. Combine glaze ingredients until smooth. Drizzle over the crescents and garnish with orange zest.

Yield: 12 crescents.

NUTRITION INFORMATION PER SERVING (1 CRESCENT, 107g): 310 calories, 60 calories from fat, 7g fat, 1g saturated fat, 0g trans fat, 15mg cholesterol, 115mg sodium, 59g total carbohydrates, 1g dietary fiber, 28g sugars, 5g protein, 75mcg folate, 10mg vitamin C, 20mg calcium, 2mg iron.



SOUTHWEST FOCACCIA

Jane Fry, Elk Falls, Kansas

“I love focaccia bread! My version is more in line with my lifestyle, super easy and fast, and my taste buds, burst of spice. My Southwest Focaccia is very hearty and satisfying and I could easily snack on it all day.”

INGREDIENTS

2 cups warm water (110°F – 115°F)
1 (¼ ounce) package RED STAR® Active Dry Yeast
1 tablespoon granulated sugar
1 cup frozen (thawed) corn kernels
1 cup diced yellow onion
½ cup drained pickled jalapeño slices, coarsely chopped
¾ cup KING ARTHUR® organic yellow cornmeal
1 – 3 teaspoons chili powder, to taste
2 teaspoons salt
4 ½ – 5 cups KING ARTHUR® Unbleached Bread Flour
6 tablespoons salted butter, melted, divided
Pinch of chili sea salt or coarse sea salt, optional

DIRECTIONS

1. In the bowl of a stand mixer fitted with dough hook, combine water, yeast, and sugar until dissolved. Wait 5 – 10 minutes for mixture to foam (proof).
2. Stir in corn, onion, jalapeño, cornmeal, chili powder, salt, and ¾ cup flour. Gradually add enough of the remaining flour to form a soft dough. Knead 10 minutes with dough hook.
3. Line a 12" x 18" half sheet pan with parchment. Generously butter the parchment.
4. Using wet fingertips, gently stretch and press the dough from the center to the outer edge to fit the pan. Brush the top with half of the melted butter. Using your fingertips, press deep dimples at 1-inch intervals all over the dough.
5. Cover with greased plastic wrap; let the dough rise until light, about 45 minutes. Near the end of the rise, preheat oven to 400°F.
6. When ready to bake, gently dimple the dough again. Drizzle the remaining melted butter over dough's surface. If desired, sprinkle with salt.
7. Bake 20 – 25 minutes or until golden brown. Transfer the focaccia from the baking sheet by lifting the parchment onto a rack. Remove parchment and turn it out onto rack. Slice into approximately 1 ½" x 3" pieces. Serve warm. Store focaccia in the refrigerator or freeze.

Yield: 1 large focaccia, 48 servings.

NUTRITION INFORMATION PER SERVING (1 SLICE, 38g): 80 calories, 15 calories from fat, 2g fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 135mg sodium, 13g total carbohydrates, 1g dietary fiber, 1g sugars, 2g protein, 28mcg folate, 0g vitamin C, 5mg calcium, 1mg iron.



FRENCH VANILLA DONUTS

Michael Favor, Madison, Kansas

Youth Champion

and

Soy Award

SPONSORED BY KANSAS SOYBEAN COMMISSION

“I researched donut recipes to find a healthier option and these are baked instead of fried. I like French vanilla coffee and donuts, so I thought it would be a good combination.”

INGREDIENTS

DOUGH

½ cup plus 2 tablespoons unsalted butter,
softened
1 cup granulated sugar
2 large eggs
1 ½ cups KING ARTHUR® Unbleached
All-Purpose Flour
1 ½ cups KING ARTHUR® White Whole
Wheat Flour
4 ½ teaspoons baking powder
½ teaspoon salt
1 tablespoon instant cappuccino powder,
French vanilla
1 cup soymilk
¼ teaspoon vanilla extract
¼ teaspoon almond extract

TOPPING

½ cup granulated sugar
1 tablespoon instant cappuccino powder,
French vanilla
6 tablespoons unsalted butter

DIRECTIONS

1. Preheat oven to 350°F. In bowl of a stand mixer fitted with paddle attachment, beat together butter and sugar until fluffy; about 3 minutes. Blend in eggs; scrape bowl.
2. Sift together all-purpose flour, white whole wheat flour, baking powder, salt, and cappuccino powder.
3. Combine in the mixer bowl the flour mixture, soymilk, vanilla extract, and almond extract. Mix well, about 1 minute.
4. Fill greased donut pans ⅔ full of batter, 3 ½ – 4 tablespoons batter per donut.
5. Bake 13 – 15 minutes, or until lightly browned. Remove to wire rack.
6. For topping, in shallow dish combine sugar and cappuccino powder. Melt butter in a shallow bowl. While donuts are still warm, dip donut in melted butter and roll in sugar to lightly coat. Serve warm or at room temperature.

Yield: 14 – 16, 3 ½" donuts.

NUTRITION INFORMATION PER SERVING (1 DONUT, 82g): 290 calories, 120 calories from fat, 13g fat, 8g saturated fat, 0g trans fat, 55mg cholesterol, 260mg sodium, 41g total carbohydrates, 2g dietary fiber, 21g sugars, 4g protein, 28mcg folate, 0mg vitamin C, 48mg calcium, 1mg iron.

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