



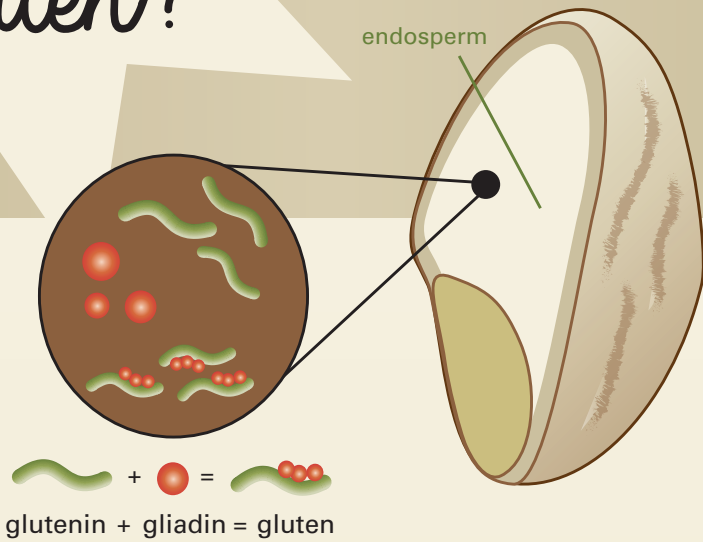
KANSAS WHEAT[®]

2016 Recipe Book



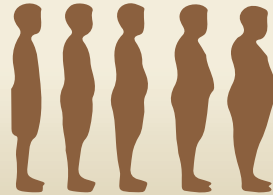
What is Gluten?

Proteins *glutenin* and *gliadin* combine to produce *gluten*.



Gluten-free items may contain more calories and sugars, so...

a *gluten - free diet* may cause you to *gain weight!*



1%

Celiac disease is an auto-immune *disorder* where gluten affects the small intestine. You have to carry the gene(s) to develop celiac disease.

Around *one percent* of Americans have celiac disease.

Gluten gives dough *elasticity* and *volume* and makes bread *chewy*.



TABLE OF CONTENTS

Quick and Easy Steel-Cut Oat Bread	4
Triple Almond Twists	6
Blueberry-Lemon Wheat Rolls	8
Whole Wheat-Peanut Butter Pretzel Balls	10
Double Chocolate-Cranberry Bread	12
Onion-Topped Guacamole Bread	14
Guava-Cream Cheese Tea Rings	16
Twisted Honey Nut Loaves	18
Speedy Pesto-Garlic Skillet Bread	20
Italian Kalamata-Gorgonzola Knots	22
Overnight Sunshine Pinwheels	24
Pear-Cinnamon Breakfast Bread (pictured on front cover)	26

This collection was compiled from recipes submitted to the 2015 National Festival of Breads. They were reviewed, tested and refined countless times to make them easy-to-follow, trusted and tasty recipes.

*Test Kitchen and Food Stylists: Cindy Falk and Julene DeRouchey
Photography and Graphic Design: Jordan Hildebrand*

QUICK AND EASY STEEL-CUT OAT BREAD

Susan Wiebe, Wichita, Kansas

INGREDIENTS

- 1 cup steel-cut oats, dry
- ¼ cup honey
- 2 tablespoons unsalted butter
- 1 ½ teaspoons salt
- 2 cups boiling water
- 1 cup King Arthur® White Whole Wheat Flour
- 3 - ¾ cups King Arthur® Unbleached Bread Flour, divided
- 1 ½ tablespoons vital wheat gluten
- 1 (¼ ounce) package RED STAR® Quick-Rise™ Yeast

DIRECTIONS

1. Place into bread machine pan the oats, honey, butter, salt and boiling water. Let set 30 minutes.
2. Add white whole wheat flour, 3 cups bread flour, gluten and yeast. Program for Dough cycle and press Start. Check the dough's consistency about 5 minutes after the kneading cycle begins, adding additional water or flour as needed to form a soft, smooth ball of dough.
3. Spray two 8 ½" x 4 ½" loaf pans with no-stick cooking spray. After the bread machine completes its cycle, transfer dough to a lightly floured work surface. Divide dough in half; cover, let rest 10 minutes.
4. Shape into loaves by rolling each into a 10" x 6" rectangle. Starting with 6" edge, roll up tightly, pressing dough into roll. Pinch edges and ends to seal. Place in pans with seam underneath.
5. Cover; let rise until doubled. Near the end of the rise, preheat oven to 350°F.
6. Bake 30 - 35 minutes. The bread is done when golden brown and a thermometer inserted into the center registers about 205°F. Remove loaves from oven and after 5 minutes turn out onto a rack to cool.

Yield: 2 loaves, 16 servings each.

NUTRITION INFORMATION

PER SERVING (1 SLICE, 61g)

170 calories, 5g protein, 33g carbohydrates, 2g dietary fiber, 2g fat, .5g saturated fat, 0g trans fat, 2mg cholesterol, 62mcg folate, 110mg sodium, 1mg vitamin C, 2mg iron, 6mg calcium.



TRIPLE ALMOND TWISTS

Jessie Gearson, Falmouth, Maine

INGREDIENTS

- ½ cup cooked mashed
Butternut squash or
Hubbard squash
 - ½ cup squash water, reserved
from cooking squash
 - ½ cup milk
 - 5 tablespoons (3 ounces)
unsalted butter, cubed
 - ½ cup brown sugar
 - 1 teaspoon ground cinnamon
 - 2 tablespoons olive oil
 - 2 teaspoons salt
 - 2 tablespoons RED STAR®
Active Dry Yeast
 - 2 cups King Arthur® White
Whole Wheat Flour, divided
 - ½ cup finely ground
almond meal/flour
 - 2 large eggs, beaten
 - 2 - 2 ½ cups King Arthur®
Unbleached Bread Flour
 - 7 - 8 ounces almond paste
- ### ALMOND GLAZE
- ½ cup confectioners' sugar
 - 1 teaspoon unsalted
butter, melted
 - 1/8 teaspoon almond extract
 - 1 - 2 tablespoons milk
or half-and-half
 - ½ cup sliced almonds, toasted

DIRECTIONS

1. Wash, peel, remove seeds and cube squash. In medium saucepan, add cubed squash and enough water to cover squash. Cover; cook over medium-low heat until squash is soft. Drain well and mash. Reserve ½ cup squash water.
2. Heat milk until bubbles appear. Add butter, brown sugar, squash, cinnamon and oil. Stir until butter melts; add salt.
3. In bowl of a stand mixer fitted with paddle attachment, combine reserved squash water (110°F - 115°F) and yeast. Wait 5 - 10 minutes for it to foam (proof). Stir in white whole wheat flour, almond meal/flour, eggs and squash mixture; beat 2 minutes. Gradually stir in bread flour to make a soft, slightly sticky dough. With dough hook, knead 8 - 10 minutes.
4. Place in greased bowl. Cover; let rise until doubled. Or, let rise in refrigerator overnight.
5. Divide dough into 4 pieces (if chilled, let come to room temperature for easy handling). Working with one piece, while keeping other pieces covered, roll into a 12" x 8" rectangle. Divide into six, 2" strips.
6. Soften ¼ of almond paste in microwave a few seconds. Roll into a 24" rope; divide into six, 4" pieces. Place inside 2" strip and roll up; seal edges to form an 11" rope. Twist and coil rope into snail shape; pinch end and tuck under roll. Repeat.
7. Place on parchment-lined cookie sheets. Cover; let rise until doubled. Near the end of the rise, preheat oven to 375°F. Bake 13-18 minutes until light brown.
8. **For the glaze:** Whisk together sugar, butter, almond extract and milk. Drizzle over rolls; garnish with almonds.

NUTRITION INFORMATION

PER SERVING (1 ROLL, 72g)

240 calories, 6g protein, 32g
carbohydrates, 3g dietary fiber, 10g
fat, 2g saturated fat, 0g trans fat,
23mg cholesterol, 60mcg folate,
210mg sodium, 0mg vitamin C, 2mg
iron, 47mg calcium.

Yield: 24 rolls.



BLUEBERRY-LEMON WHEAT ROLLS

Pam Correll, Brockport, Pennsylvania

INGREDIENTS

- ⅓ cup warm water (110°F - 115°F)
- 1 (¼ ounce) package RED STAR® Active Dry Yeast
- ⅓ cup, plus ½ teaspoon granulated sugar
- 1 cup King Arthur® White Whole Wheat Flour
- 1 tablespoon vital wheat gluten
- ½ cup milk (110°F - 115°F)
- ⅓ teaspoon salt
- 1 large egg, beaten
- 1 teaspoon finely grated lemon zest
- 2 teaspoons fresh lemon juice
- 3 tablespoons unsalted butter, softened
- 1 ½ - 1 ¾ cups King Arthur® Unbleached Bread Flour

BLUEBERRY FILLING

- ¼ cup unsalted butter, softened
- ½ cup granulated sugar
- 2 teaspoons finely grated lemon zest
- 2 tablespoons King Arthur® Unbleached Bread Flour
- 2 cups fresh blueberries, rinsed and patted dry

LEMON GLAZE

- 1 tablespoon unsalted butter, melted
- ½ cup confectioners' sugar
- 1 tablespoon fresh lemon juice
- 2 teaspoons finely grated lemon zest

DIRECTIONS

- For the dough:** In bowl of a stand mixer fitted with paddle, combine water, yeast and ½ teaspoon sugar. Wait 5 - 10 minutes for it to foam (proof).
- Add white whole wheat flour, gluten, milk, sugar, salt, egg, lemon zest and lemon juice. Mix at low speed 2 minutes.
- Beat in butter and enough bread flour to make a soft dough. Switch to dough hook and knead 8 - 10 minutes at medium-low speed. Transfer dough to a greased bowl, turning once to coat. Cover; let rise until doubled.
- For the filling:** Beat together butter, sugar, lemon zest and flour to form a paste.
- Roll dough into a 16" x 12" rectangle. Spread filling over dough and top with blueberries. Beginning with 16" edge, tightly roll dough into a log and pinch to seal. With a sharp knife, slice the roll into 12 pieces and place into a greased 13" x 9" baking pan. Cover; let rise until nearly doubled.
- Towards the end of the rise, preheat oven to 350°F. Bake 24 - 28 minutes, or until lightly browned and internal temperature registers about 210°F. Place on a cooling rack. Cool slightly.
- For the glaze:** Whisk together butter, confectioners' sugar and lemon juice. Drizzle over warm rolls. Sprinkle lemon zest over the rolls.

Yield: 12 rolls.

NUTRITION INFORMATION

PER SERVING (1 ROLL, 107g)

289 calories, 6g protein, 47g carbohydrates, 3g dietary fiber, 9g fat, 5g saturated fat, 0g trans fat, 35mg cholesterol, 57mcg folate, 110mg sodium, 4mg vitamin C, 2mg iron, 20mg calcium.



WHOLE WHEAT-PEANUT BUTTER PRETZEL BALLS

Melissa Hinrichs, Elkhorn, Nebraska

INGREDIENTS

- 1 ½ cups water (110°F - 115°F)
- 3 tablespoons honey
- 1 (¼ ounce) package RED STAR® Active Dry Yeast
- 3 ½ - 4 cups King Arthur® White Whole Wheat Flour, divided
- 3 tablespoons unsalted butter, melted
- 2 teaspoons Kosher salt
- ½ cup creamy peanut butter

WATER BATH

- 8 cups water
- ⅓ cup baking soda

TOPPING

- 1 large egg beaten with 1 tablespoon water
- 2 teaspoons coarse sea salt or pretzel salt (optional)

DIRECTIONS

1. In bowl of a stand mixer fitted with dough hook, combine water, honey and yeast. Wait 5 minutes for mixture to foam (proof).
2. Add 3 ½ cups flour, butter and salt. Gradually add more flour to make a soft dough. Knead dough 3 - 4 minutes. Place dough in greased bowl, turning to coat. Cover; let rise until doubled.
3. Line a baking sheet with parchment. Drop 48, ¼ teaspoons of peanut butter onto parchment. Freeze 20 - 30 minutes.
4. Preheat oven to 425°F. Divide dough into 4 pieces. Roll each piece into a 12" log; cut into 12 pieces. Keep dough covered.
5. Flatten dough in small circle and place one piece of peanut butter in center. Wrap dough around peanut butter and pinch ends firmly to seal forming a smooth ball. Place balls on a baking sheet; refrigerate 5 - 10 minutes.
6. **For the water bath:** In a large saucepan, bring water and baking soda to a rapid boil.
7. Lightly spray 2 large baking sheets with no-stick cooking spray. Carefully place 12 balls into water bath at a time; cook about 30 seconds. Remove with a slotted spatula or spoon; transfer balls to baking sheets keeping smooth sides up and not touching.
8. Brush with egg wash; if desired, sprinkle lightly with salt. Bake 10 - 12 minutes, until golden. Serve warm. Pretzel balls may be frozen and warmed in microwave.

NUTRITION INFORMATION

PER SERVING (1 BALL, 24g)

69 calories, 2g protein, 10g carbohydrates, 2g dietary fiber, 2g fat, 1g saturated fat, 0g trans fat, 2mg cholesterol, 4mcg folate, 90mg sodium, 0mg vitamin C, 0mg iron, 1mg calcium.

KWC Test Kitchen Variation: *In place of topping with salt, combine 1 tablespoon turbinado raw cane sugar and ½ teaspoon ground cinnamon to sprinkle on just before baking.*

Yield: 48 pretzel balls.



DOUBLE CHOCOLATE-CRANBERRY BREAD

Elke Roby, Lincoln, Nebraska

INGREDIENTS

- 1 cup soy milk (110°F - 115°F)
- 1 cup unsweetened canned coconut milk (110°F - 115°F)
- ¼ cup granulated sugar
- ¼ cup brown sugar
- 2 (¼ ounce) packages RED STAR® Active Dry Yeast
- 2 ½ cups King Arthur® White Whole Wheat Flour
- ½ cup unsweetened baking cocoa powder
- 1 teaspoon salt
- 2 large eggs
- ¼ cup vegetable oil
- 2 ¼ - 2 ½ cups King Arthur® Unbleached Bread Flour
- 1 ½ cups dried sweetened cranberries
- 1 cup mini semisweet chocolate chips

TOPPING (optional)

- 1 large egg white
- 1 tablespoon hot water
- 1 ½ tablespoons granulated sugar
- 1 teaspoon unsweetened baking cocoa powder

NUTRITION INFORMATION

PER SERVING (1 SLICE, 51g)

160 calories, 4g protein, 26g carbohydrates, 2g dietary fiber, 5g fat, 3g saturated fat, 0g trans fat, 10mg cholesterol, 30mcg folate, 75mg sodium, 0mg vitamin C, 1mg iron, 7mg calcium.

DIRECTIONS

1. In bowl of a stand mixer fitted with paddle, combine soy milk, coconut milk, granulated sugar, brown sugar and yeast. Wait 5 - 10 minutes for it to foam (proof).
2. In a medium bowl, whisk together white whole wheat flour, cocoa and salt. Stir into yeast mixture. Add eggs and oil; mix at medium speed 2 minutes.
3. Gradually stir in bread flour to make a soft dough. Switch to dough hook, stir in cranberries and chocolate chips; knead 10 minutes. Scrape sides of bowl to incorporate cranberries and chocolate chips.
4. Place dough in greased bowl. Cover; let rise until doubled. Spray two 9" x 5" loaf pans with no-stick cooking spray and line with parchment to prevent chocolate chips from sticking.
5. Deflate the dough; divide in half. Shape into loaves by rolling each half into an 8" x 14" rectangle. Starting with 8" edge, roll up tightly, pressing dough into roll. Press edge and ends to seal. Place dough, seam underneath, in pan. Cover; let rise until doubled. Near the end of the rise, preheat oven to 350°F.
6. Bake loaves 30 minutes. Meanwhile prepare topping: whisk together egg white and water. Combine sugar and cocoa powder. Remove bread from oven.
7. Brush with egg wash; sprinkle on sugar-cocoa. Bake 10 - 15 more minutes. Bread is done when a thermometer inserted into the center registers about 200°F. Cool bread in pans on rack for 10 minutes; peel away parchment and return to rack to cool completely.

KWC Test Kitchen Note: Use this bread with your favorite French Toast recipe.

Yield: 2 loaves, 18 servings each.



ONION-TOPPED GUACAMOLE BREAD

Ronna Farley, Rockville, Maryland

INGREDIENTS

3 cups King Arthur® White Whole Wheat Flour
1 tablespoon RED STAR® Quick-Rise™ Yeast
1 ½ cups water
1 cup soy milk
¼ cup honey
1 tablespoon finely chopped fresh cilantro leaves
½ cup mashed, ripe avocado
1 ¼ cups canned crispy French-fried onions, divided
1 (3-ounce) package, about 1 cup, sun dried tomatoes, diced (not oil-packed)
2 teaspoons salt
1 teaspoon ground cumin
1 ½ teaspoons chia seed, divided
2 ¼ - 2 ½ cups King Arthur® Unbleached Bread Flour
1 large egg
1 tablespoon water

DIRECTIONS

1. In the bowl of a stand mixer fitted with paddle, stir together white whole wheat flour and yeast. Heat water and soy milk to 120°F - 130°F; blend into flour until moistened. Beat at medium speed 3 minutes.
2. Switch to dough hook, and stir in honey, cilantro, avocado, ¼ cup onions, tomatoes, salt, cumin and 1 teaspoon chia seed. Gradually add enough bread flour to make a sticky batter. Combine at low speed 3 minutes.
3. Cover; let rise until doubled. Stir down batter with a wooden spoon. Divide batter between two greased 8 ½" x 4 ½" loaf pans.
4. In a small bowl, beat together egg and water. Brush on loaves. Sprinkle ¼ cup onions and ¼ teaspoon chia seed on each loaf. Preheat oven to 375°F.
5. Cover; let rise until dough reaches top of pan. Bake loaves 40 - 45 minutes. To prevent over-browning, loosely cover bread with aluminum foil after 18 minutes. The bread is done when golden and a thermometer inserted into the center registers 210° - 215°F.
6. Remove loaves from oven and after a few minutes, turn out onto a rack. Serve warm. Refrigerate any leftovers.

Yield: 2 loaves, 16 servings each.

NUTRITION INFORMATION

PER SERVING (1 SLICE, 84g)

137 calories, 4 g protein, 24 g carbohydrates, 3 g dietary fiber, 3 g fat, 0.5 g saturated fat, 0g trans fat, 0mg cholesterol, 28 mcg folate, 170 mg sodium, 2mg vitamin C, 1mg iron, 16mg calcium.



GUAVA-CREAM CHEESE TEA RINGS

Amy Freeze, Avon Park, Florida

INGREDIENTS

- ¼ cup granulated sugar
- ¼ cup shortening
- 1 teaspoon salt
- 1 cup scalded milk (180°F), cooled to lukewarm (110°F - 115°F)
- 1 (¼ ounce) package RED STAR® Active Dry Yeast
- ½ cup warm water (110°F - 115°F)
- 1 large egg, beaten
- 4 - 4 ¼ cups King Arthur® Unbleached Bread Flour

GUAVA FILLING

- 1 (8-ounce) package cream cheese, softened
- ¼ cup confectioners' sugar
- 1 ⅓ cups (12 ounces) guava paste, divided

ICING (optional)

- 1 cup confectioners' sugar
- 2-3 tablespoons milk

DIRECTIONS

1. In bowl of a stand mixer fitted with paddle, stir together sugar, shortening, and salt. Add lukewarm milk.
2. Whisk together yeast and water. Wait 5 - 10 minutes for it to foam (proof). Add to mixer bowl along with egg. Mix until well combined.
3. Gradually add 4 cups flour, switch to dough hook. Add enough remaining flour to make a soft, workable dough. Knead 8 - 10 minutes. Place in greased bowl. Cover; let rise until doubled.
4. **For the filling:** In a small bowl, combine cream cheese and confectioners' sugar.
5. Deflate the dough and place on a lightly floured surface. Divide in half; cover, let rest 5 minutes. Roll out half of the dough into a 14" x 9" rectangle. Spread on half of the cream cheese mixture.
6. Heat ⅔ cup guava paste in microwave a few seconds until smooth. Spread over cream cheese.
7. Beginning with 14" edge, tightly roll dough into a log and pinch seam together to seal. Place seam-side down on parchment-lined cookie sheet. Form into an 8" circle pressing ends together. Using scissors or sharp knife, cut slits on top at 1" intervals, about ½" deep. Pick up top layer of dough on each slice and gently twist to reveal filling. Repeat with other half of dough.
8. Cover; let rise until almost doubled. Near the end of the rise, preheat oven to 375°F. Bake 20 - 22 minutes or until golden. If needed, cover loosely with aluminum foil to prevent tea ring from over-browning. A thermometer inserted in center should register 195°F. Remove from oven, and after 5 minutes, transfer to rack to cool.
9. **For the icing:** Whisk together the sugar and milk. Drizzle icing over tea rings.

Yield: 2 tea rings, 16 servings each.

NUTRITION INFORMATION

PER SERVING (1 SLICE, 56g)

150 calories, 3g protein, 25g carbohydrates, 1g dietary fiber, 4.5g fat, 2g saturated fat, 0g trans fat, 14mg cholesterol, 40mcg folate, 103mg sodium, 0mg vitamin C, 1mg iron, 20mg calcium.



TWISTED HONEY NUT LOAVES

Patrice Hurd, Bemidji, Minnesota

INGREDIENTS

- 3½ - 4 cups King Arthur® Unbleached All-Purpose Flour, divided
- 2 (¼ ounce) packages RED STAR® Platinum Superior Baking Yeast
- ½ cup water
- ¼ cup (½ stick) unsalted butter
- ¼ cup honey
- ½ cup sour cream
- ½ teaspoon salt
- 2 large eggs

WALNUT FILLING

- 2 cups English walnut pieces
- ⅓ cup honey
- ¼ cup (½ stick) unsalted butter, softened
- 1 tablespoon King Arthur® Unbleached All-Purpose Flour
- 1 teaspoon ground cinnamon
- 2 large egg yolks

MAPLE GLAZE

- 2 tablespoons unsalted butter
- 2 tablespoons honey
- ¼ teaspoon maple extract
- ½ cup confectioners' sugar

NUTRITION INFORMATION

PER SERVING (1 SLICE, 44g)

160 calories, 3g protein, 19g carbohydrates, 1g dietary fiber, 9g fat, 3g saturated fat, 0g trans fat, 30mg cholesterol, 45mcg folate, 40mg sodium, 0mg vitamin C, 1mg iron, 16mg calcium.

DIRECTIONS

- For the dough:** In bowl of a stand mixer fitted with paddle, mix 3 cups flour and yeast. Heat water, butter, honey, sour cream and salt to 120°F - 130°F. On low speed, slowly pour over dry ingredients until blended.
- Add eggs and beat at medium speed 2 minutes; add enough remaining flour to make a soft dough. Switch to dough hook, knead 10 minutes. Place dough in greased bowl, turn to coat. Cover; let rise until doubled.
- Lightly grease and line with parchment two 8½" x 4½" loaf pans. Turn dough out onto a lightly floured surface and press to deflate. Cover; let rest 5 minutes.
- For the filling:** Place walnuts in food processor or blender and finely grind to a paste. Pulse in honey, butter, flour, cinnamon and egg yolks.
- Divide dough in half and roll into a 14" square. Spread half of the filling to within 1" of edges. Roll up, pinch seam to seal. With seam-side down, with a sharp knife, cut roll in half lengthwise, cutting clear through the dough.
- Place halves, side-by-side with cut edges up; twist together several times, keeping the cut edges up. Pinch ends to seal, tuck under loaf. Transfer to pan. Repeat with other half. Cover with lightly sprayed plastic wrap; let rise until doubled. Preheat oven to 350°F.
- Bake loaves 40 minutes or until golden. If needed, loosely cover bread with aluminum foil to prevent over-browning. The bread is done when a thermometer inserted into the center registers 195°F. Cool in pan on rack 10 minutes. Peel away parchment and place loaves on rack to cool.
- For the glaze:** Heat butter and honey in microwave until butter melts. Whisk in maple extract and confectioners' sugar; drizzle over bread.

Yield: 2 loaves, 18 servings each.



SPEEDY PESTO-GARLIC SKILLET BREAD

Tiffany Aaron, Quitman, Arkansas

INGREDIENTS

- ¾ cup warm water (110°F - 115°F)
- 1 ½ teaspoons granulated sugar
- 1 (¼ ounce) package RED STAR® Quick-Rise™ Yeast
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon Italian seasoning
- 2 ½ teaspoons finely minced fresh garlic
- 1 ¼ cups King Arthur® White Whole Wheat Flour
- ¼ cup fresh shredded Parmesan cheese
- ¾ - 1 cup King Arthur® Unbleached All-Purpose Flour, divided

PESTO-GARLIC BUTTER TOPPING

- 2 tablespoons unsalted butter
- 2 teaspoons basil pesto
- ¾ teaspoon garlic powder

DIRECTIONS

1. In bowl of a stand mixer fitted with dough hook, stir together water, sugar and yeast. Wait 5 - 10 minutes for it to foam (proof).
2. Stir in oil, salt, Italian seasoning and garlic. Mix in white whole wheat flour and Parmesan cheese. Gradually add enough all-purpose flour, until dough starts to pull away from sides of bowl. Knead 5 minutes.
3. Press dough in a greased 10" cast-iron skillet or 9" round baking pan. Cover; let rise 30 minutes. Preheat oven to 400°F. Bake 20 - 23 minutes until golden brown.
4. **For the topping:** Melt butter; stir in pesto and garlic powder. Remove bread from oven and immediately brush with topping.
5. Cut in wedges and serve warm with remaining Pesto-Garlic Butter Topping.

Yield: 1 loaf, 10 servings.

NUTRITION INFORMATION

PER SERVING (1 SLICE, 58g)

170 calories, 5g protein, 22g carbohydrates, 3g dietary fiber, 7g fat, 2g saturated fat, 0g trans fat, 8mg cholesterol, 33mcg folate, 290mg sodium, 0mg vitamin C, 1mg iron, 33mg calcium.



ITALIAN KALAMATA-GORGONZOLA KNOTS

Elke Roby, Lincoln, Nebraska

INGREDIENTS

- ¼ cup warm water (110°F - 115°F)
- ¼ cup granulated sugar, divided
- 2 (¼ ounce) packages RED STAR® Active Dry Yeast
- 1 cup milk (110°F - 115°F)
- 2 large eggs, lightly beaten
- 5 - 5 ¼ cups King Arthur® Unbleached All-Purpose Flour, divided
- ½ cup olive oil
- 1 teaspoon salt
- ¼ cup basil pesto
- ½ cup coarsely chopped pitted Kalamata olives
- 4 ounces Gorgonzola cheese, finely crumbled
- 16 whole pitted Kalamata olives

KWC Test Kitchen Note:

The recipe uses 1 (6-ounce) jar of Kalamata olives

DIRECTIONS

1. Rinse and drain olives. In bowl of a stand mixer fitted with paddle, combine warm water, 1 teaspoon sugar and yeast. Wait 5 - 10 minutes for it to foam (proof).
2. Stir in the milk, remaining sugar, eggs, 2 cups flour, oil and salt; mix 2 minutes. Gradually add enough remaining flour to make a soft dough. Switch to dough hook and knead 10 minutes. Place in oiled bowl, turning to coat. Cover; let rise until doubled.
3. Line 2 baking sheets with parchment. Turn dough onto a large work surface and roll into a 24" x 16" rectangle. Spread pesto lengthwise onto half (24" x 8") the dough. Top pesto with chopped olives and cheese.
4. Fold plain side over filling. Lightly press down dough and seal edge. Starting on 24" edge, cut into 16, 1 ½" strips.
5. Hold one strip on both ends, twist 2 to 3 times; take one end and fold it over the other then bring it back up through the center. Place on prepared baking sheets; tuck whole olive in each knot.
6. Cover with plastic wrap. Let rise until almost doubled. Near the end of the rise, preheat oven to 375°F.
7. Bake 15 - 18 minutes or until golden. Serve warm. Refrigerate or freeze for longer storage.

Yield: 16 large knots.

NUTRITION INFORMATION

PER SERVING (1 KNOT, 96g)

310 calories, 9g protein, 35g carbohydrates, 1g dietary fiber, 15g fat, 3g saturated fat, 0g trans fat, 30mg cholesterol, 77mcg folate, 420mg sodium, 0mg vitamin C, 2mg iron, 62mg calcium.



OVERNIGHT SUNSHINE PINWHEELS

Denise Pounds, Hutchinson, Kansas

INGREDIENTS

1 cup (2 sticks) unsalted butter, plus 2 tablespoons soft unsalted butter

1 (¼ ounce) package RED STAR® Platinum Superior Baking Yeast

¾ cup warm water (110°F - 115°F)

⅓ cup granulated sugar

⅓ cup instant nonfat dry milk

2 teaspoons salt

5 ¼ - 5 ½ cups King Arthur® Unbleached Bread Flour, divided

6 large eggs, beaten plus 1 egg for egg wash

1 tablespoon water

LEMON FILLING

7 ounces sweetened condensed milk

1 tablespoon finely grated lemon zest

¼ cup fresh lemon juice

SUNSHINE STREUSEL

¼ cup King Arthur® Unbleached Bread Flour

½ cup granulated sugar

1 tablespoon unsalted butter, melted

1 tablespoon finely grated lemon zest

1 tablespoon finely grated orange zest

NUTRITION INFORMATION

PER SERVING (1 PINWHEEL, 86g)

280 calories, 7g protein, 36g carbohydrates, 1g dietary fiber, 12g fat, 7g saturated fat, 0g trans fat, 80mg cholesterol, 76mcg folate, 236mg sodium, 2mg vitamin C, 2mg iron, 55mg calcium.

DIRECTIONS

KWC Test Kitchen Note: Prepare dough in advance and refrigerate overnight.

1. **For the dough:** Place 2 sticks butter in freezer until frozen solid. Whisk together yeast and water and wait 5 - 10 minutes for it to foam (proof).

2. In bowl of a stand mixer fitted with paddle attachment, combine sugar, dry milk, salt and 4 cups flour. Add yeast mixture, eggs, and 2 tablespoons soft butter; beat at medium speed 7 minutes. Cover; allow to rise at room temperature until doubled.

3. While dough is rising, grate frozen butter on the large holes of a grater. Coat butter with ¼ cup flour. Return to freezer.

4. Using spoon, stir frozen butter into dough. Gradually add 1 cup flour, just until incorporated, to form a workable dough. Place in greased sealable bowl and refrigerate overnight. The next day remove dough from refrigerator and deflate.

5. **For the filling:** Whisk together condensed milk, lemon zest and lemon juice; mixture will thicken slightly.

6. **For the streusel:** Combine flour, sugar, butter, lemon zest and orange zest, until crumbly.

7. To make pinwheels, divide dough in half. On well-floured work surface, roll half of the dough into a 20" x 15" rectangle. Cut into twelve 5" squares. Cut slashes from corners, leaving center intact. Lift every other point in toward the center, pressing the corner into the dough. Place on parchment-lined baking sheets. Repeat with second half of dough.

8. Beat the egg with 1 tablespoon water; brush gently on each pinwheel. Spoon filling in centers of squares; sprinkle on streusel. Cover loosely with plastic wrap; let rise until almost doubled. Preheat oven to 400°F.

9. Bake pinwheels 8 minutes. Rotate baking sheet and bake 1 - 2 more minutes, until golden brown. Transfer pinwheels to rack.

Yield: 24 pinwheels.



PEAR-CINNAMON BREAKFAST BREAD

Katharine Breece, San Diego, California

INGREDIENTS

- 2 ¼ - 2 ½ cups King Arthur® Unbleached Bread Flour, divided
- ½ cup King Arthur® White Whole Wheat Flour
- 1 (¼ ounce) package RED STAR® Quick-Rise™ Yeast
- 2 tablespoons turbinado raw cane sugar
- 1 teaspoon salt
- ½ teaspoon ground cardamom
- ¾ cup unpeeled, finely chopped ripe pear (1 small)
- ¾ cup ice cold water*
- 1 large egg, beaten
- 1 tablespoon olive oil

CINNAMON FILLING

- ¼ cup turbinado raw cane sugar
- 1 ½ teaspoons ground cinnamon
- 2 tablespoons unsalted butter, softened
- Milk and 1 tablespoon turbinado raw cane sugar (optional)

***KWC Test Kitchen Note:**
Ice cold water is necessary to minimize overheating the dough in the food processor.

DIRECTIONS

1. **For the dough:** In an 11-cup food processor fitted with dough blade, combine 2 ¼ cups bread flour, white whole wheat flour, yeast, sugar, salt and cardamom. Process until well combined. Add pear and process 30 seconds.

2. Combine water, egg and oil. With processor running, steadily drizzle the liquid through the tube until dough forms a ball. Depending on the ripeness of the pear, additional flour may be needed. Process 60 seconds to knead dough. Transfer dough to oiled bowl. Cover; let rise until doubled.

3. **For the filling:** Combine sugar and cinnamon. Grease one 12" x 4" loaf pan or 10" x 5" loaf pan.

4. On floured work surface, deflate the dough. For 12" x 4" pan, roll into a 15" x 12" rectangle; for 10" x 5" pan, roll into a 15" x 8" rectangle. Spread butter over dough and sprinkle with sugar-cinnamon. Starting with short side, roll up tightly; pinch edges and ends to seal. Place seam-side down. With bench knife, cut ¾" slices, slicing almost completely through the roll. Transfer to loaf pan.

5. Cover; let rise until almost doubled. If desired, right before baking, brush top with milk and sprinkle with sugar. If using 12" x 4" pan, bake in preheated 400°F oven 10 minutes, then 375°F 25 - 30 minutes. If using 10" x 5" pan, bake at 375°F 40 - 45 minutes. Halfway through baking, turn the pan around for even baking. To prevent over-browning, loosely cover bread with aluminum foil. The bread is done when golden and a thermometer inserted registers 205°F - 210°F. Cool in pan 20 minutes; turn loaf out onto a rack.

Yield: 1 large loaf, 16 servings.

NUTRITION INFORMATION

PER SERVING (1 SLICE, 57g)

140 calories, 4g protein, 25g carbohydrates, 2g dietary fiber, 3g fat, 1g saturated fat, 0g trans fat, 15mg cholesterol, 52mcg folate, 150mg sodium, 0mg vitamin C, 1mg iron, 9mg calcium.



GET YOUR RECIPES READY NOW *for the next*
NATIONAL FESTIVAL OF BREADS

Entries accepted October 1, 2016 - January 16, 2017



For more recipes, baking tips and future contest information:
nationalfestivalofbreads.com

The final competition and baking workshops will be in Manhattan, Kansas on
June 17, 2017.

The festival is free and open to the public.



LIKE US ON
FACEBOOK
[/kansaswheat](https://www.facebook.com/kansaswheat)



FOLLOW US ON
TWITTER
[@KansasWheat](https://twitter.com/KansasWheat)

KANSAS WHEAT COMMISSION