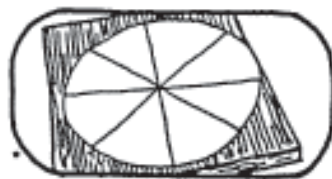


Bread Sculpting

Prepare a basic yeast dough recipe or use frozen dough and shape as desired.

Flip 'em Rolls:

1. Roll 1 pound of dough into a 13- to 14-inch circle about $\frac{1}{4}$ inch thick.
2. Using a pizza cutter, cut circle into 12 equal wedge-shaped pieces.
3. Pick up each triangle at the wide edge and flip the dough toward you to form a crescent-shaped roll.
4. Pinch the point to the roll to prevent unrolling and lay point side down on a lightly greased baking sheet.
5. Curve ends of each roll on baking sheet to make crescent shape.
6. Cover and let rise until almost double in size.
7. Bake at 400°F for 12-13 minutes or until golden.



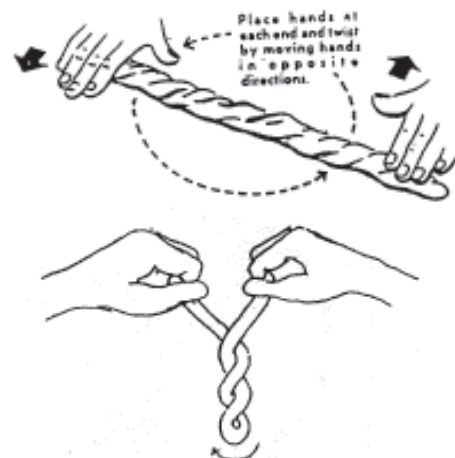
Pretzels:

1. Roll dough pieces into ropes about the size of a pencil.
2. Shape into pretzels by making a circle, bringing ends together, twisting twice and pressing ends onto bottom curve of circle.
3. Place on lightly greased baking sheets and shape to resemble hearts.
4. Brush with egg wash (1 egg and 1 Tbsp. water) and sprinkle with sesame or poppy seeds.
5. Bake at 400°F oven for 16-18 minutes or until golden.



Breadsticks:

1. Use one piece of dough. (2 ounces)
2. Form a rope of dough about 12 inches long. Place your hands at each end and twist by moving your hands in the opposite directions until the rope is about 14-16 inches long.
3. Pick up the twisted rope holding the ends. It should automatically twist together. Pinch the ends together to seal.
4. Place on parchment-lined or lightly-greased baking sheet.
5. If desired, lightly mist breadsticks with water and sprinkle on sesame seeds, poppy seeds, Italian seasoning, grated Parmesan cheese or brush with egg wash.
6. Cover and let rise until breadsticks are almost double in size.
7. Bake at 400°F for 12-15 minutes or until golden.



Rosettes:

1. Roll 1 pound of dough into a 6x12-inch rectangle ½-inch thick.
2. Starting from 6-inch side, cut into 1-inch-wide strips.
3. Roll into 14-inch ropes.
4. Tie in a loose knot, leaving two long ends.
5. Tuck one end under the roll and pinch to seal. Bring the other end up and over the roll and pinch to seal on the underneath side.
6. Place on greased baking sheet about 2 inches apart leaving a small opening in the center of the rosette. Cover and let rise until double.
7. Bake at 375°F for 13-14 minutes.



Rocking Robins:

1. Roll a 2 ounces piece of dough into a 10-inch rope.
2. Make a loop. Put one end of the dough through the center. The long end of the knot will be the Robin's tail, the other will be his head.
3. Place the robins on a parchment-lined or lightly-greased baking sheet.
4. With scissors, cut 4 slashes in the widest end and spread to form tail feathers.
5. Form the other end to resemble a head. With scissors, cut an opening for the beak and place a slivered almond inside.
6. Brush with egg wash. With scissors, clip holes in dough and place currants in for eyes.
7. Cover and let rise until almost double in size.
8. Bake at 350°F for 15-20 minutes or until golden.



Curlicue Bunnies:

1. Using a 10-inch rope of dough for the body and a 5-inch rope for the head and working on a lightly greased baking sheet, make a loose swirl of the rope for the body.
2. Swirl the rope for the head and place close to body.
3. For ears, pinch off 1-inch strips and roll between hands until smooth and cigar-shaped.
4. Place ears on head.
5. Pinch off a tiny piece of dough and roll into a ball for the tail.
6. Cover and let rise until almost double.
7. Bake at 375°F for 12-15 minutes or until golden.



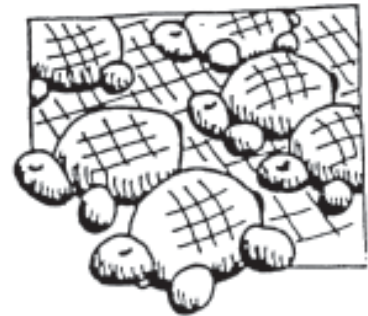
Twist Bunnies:

1. Roll out a 2-ounce piece of dough into a 14-inch rope.
2. Form a loop and twist, leaving ends of ropes extended to form ears.
3. Pinch tip of ear to form a point.
4. For tail, place a small ball of dough in center of loop.
5. Cover and let rise until almost double.
6. Bake at 375°F for 12-15 minutes.



Tortoises:

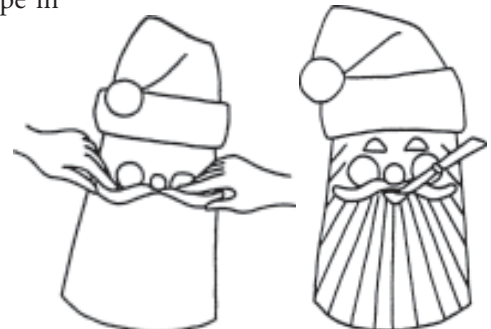
1. Form a piece of dough about the size of a large egg into a smooth ball.
2. Place on a lightly greased baking sheet and flatten slightly with hand.
3. Add small piece of dough for head, four smaller pieces for legs and an even smaller piece for tail.
4. Pinch end of tail and legs to form a point. Press well to seal into position on body.
5. With scissors, clip into dough to form eyes.
6. With scissors, clip head to form mouth.
7. With sharp knife, make shallow cuts lengthwise and crosswise to form tortoise's shell markings.
8. Cover and let rise until double.
9. If desired, brush tortoise with milk or egg wash.
10. Bake at 400°F for 15 to 18 minutes or until golden. Tortoises should sound hollow when tapped.



Smiling Santas:

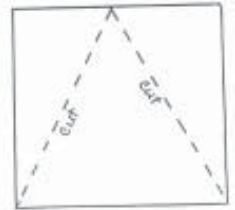
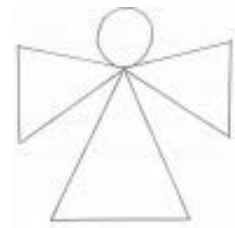
You'll need 1½ pounds of dough for a large Santa.

1. Roll out 1 pound of the dough into a tall 18-inch triangle and place on a large baking sheet sprayed with non-stick cooking spray.
2. Fold top point over to form cap.
3. For the trim on Santa's cap, roll out 2 oz. of dough into a 2x8-inch rectangle and lay across the upper triangle, overlapping edges.
4. Place a small roll on the point of the cap.
5. Place 2 smaller rolls on Santa's face for cheeks.
6. Use a small piece of dough for the nose.
7. Shape the rest of the dough into an 8-inch rope. Cut the rope in half and place on his face for a mustache.
8. With a sharp knife or scissors, cut out two eyes and a mouth. To reinforce the eyes and mouth, crunch aluminum foil into small balls and place inside the eyes and mouth openings. The foil will remain in during rising and baking. Remember to remove the foil after baking.
9. With a knife or pizza cutter, cut beard into strips and stretch them out. Then arrange the strips at different angles. For a special effect, twist each strip so it resembles hair.
10. Brush with beaten egg and cover with plastic wrap that has been sprayed with non-stick cooking spray. Let rise for 30-45 minutes.
11. Remove plastic wrap and bake at 350°F for 20-25 minutes or until golden brown.



Holiday Angels:

1. To make 6 angels use 1 pound of dough.
2. Set aside $\frac{1}{4}$ of the dough (about 4 ounces).
3. Roll the remaining dough into an 8x12-inch rectangle.
4. Cut in half lengthwise, then crosswise to form six 4-inch squares.
5. Cut each square from the bottom corners diagonally to the top center.
6. Place on a parchment-lined or lightly-greased baking sheet, separating the dough pieces to form the wings and body.
7. Shape the reserved dough into 6 balls, flattening slightly. Place on the angel to form the head.
8. Halve 6 raisins or use whole currants for eyes. With scissors, clip a small hole and press raisins or currants into the head to form the eyes.
9. Cover the angels and let them rise until almost double in size.
10. Bake at 375°F for 15-20 minutes or until golden brown.



Champion Refrigerator Potato Rolls:

- 1 package active dry yeast
- $\frac{1}{4}$ cup warm water, 110°-115°F
- $\frac{2}{3}$ cup shortening or butter
- $\frac{1}{2}$ cup sugar
- 2 teaspoons salt
- 1 cup hot mashed potatoes*
- 1 cup hot potato water
- 3 eggs, beaten
- 7-7 $\frac{1}{2}$ cups bread flour, divided**
- 1 $\frac{1}{2}$ teaspoons grated lemon zest

Dissolve yeast in water; set aside. In a large bowl, combine butter or shortening, sugar, salt, potatoes and potato water; let cool to lukewarm (110°-115°F).

Add yeast, eggs, 2 cups of flour and lemon zest; beat 2 minutes. Gradually add enough remaining flour to make a soft dough. Knead until smooth and elastic, 15 minutes by hand or with a dough hook.

Place in lightly oiled bowl, turning to coat.***Cover; let rise in a warm (80°F) place until double. Punch down, cover, and let rise again.

Punch down dough, cover and let rest 10 minutes. Shape into Flip 'em Rolls or as desired. Cover, let rise in warm (90°-110°F) place until double.

Bake 13-14 minutes in a preheated 400°F oven. Remove rolls and cool on wire racks. Makes 36 rolls.

*Three medium unseasoned potatoes boiled in 3 cups water will yield about 1 cup mashed potatoes.

**Half of the flour may be whole wheat flour.

***Dough may be placed in a sealable bowl and refrigerated 1-2 days. Punch down dough as necessary.

Nutrition Analysis. One roll provides 156 calories, 3 g protein, 25 g carbohydrates, 1 g dietary fiber, 4 g fat, 18 mg cholesterol, 7 mg calcium, 74 mg potassium and 125 mg sodium.



Kansas Wheat
2630 Claflin Road
Manhattan, KS 66502
www.kswheat.com
1-866-75WHEAT