



# KANSAS WHEAT

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## Share the Wealth *Workshop Guide* Traveling Kitchen

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*Rediscover Wheat*

# Share the Wealth *Workshop Guide*

## LEADER'S BOX:

- Sign-in Sheet
- Evaluation Sheet of workshop
- Resources:
  - Tips for Teaching Adults (for leader's use)
  - Kansas Gold Book (may purchase for \$20 from KWC Office)
  - Wheat Kernel Poster (show when talking about the wheat kernel parts)
  - Celebrate Wheat kid's book (\$3 from KWC office)
  - Additional Web Sites page (copy one per person)
- 24 + extras for volunteers and leader: plastic sheet protectors with Quick Raisin Granola Breakfast Rolls recipes (each person needs to have a copy to work from. However, they do not take these recipes home with them in the plastic sleeves.)
- 2011 KWC Recipe Books (will need more depending on # in workshop)
- Baking With Friends Book- inside cover is marked Property of Kansas Wheat Commission
- Baking With Friends Fundraiser Information in plastic sheet protector

## Equipment/Tools:

- 1 oven thermometer-LEADER should check oven(s) temperature before workshop begins & make adjustments
- 1 large clear glass bowl for LEADER to demonstrate bread dough
- 1 set dry measuring cups
- 1 set white measuring spoons
- 1 (2 cup) plastic, liquid measuring cup

## Equipment/Tools Cont.:

- 1 white digital thermometer for LEADER to demonstrate how to check water temperature
- 1 red spatula
- 1 beige bowl with handle (FOR BREAD FLOUR) marked Bread Flour on bottom
- 1 round plastic container for White Whole Wheat Flour (marked on bottom) / has blue lid
- KWC blue bowl scrapers to level flour off, clean bowl and divide dough
- 1 pair Better Crocker white scissors; open yeast pkg. and raisin packets
- 2 wooden spoons to stir flour and dough
- Parchment Paper for Leader's use (rest is in Box #3)
- 1 large clear plastic board/cutting board for LEADER to demonstrate how to knead dough
- 1 black Digital Timer to stay on schedule or use for baking
- 1 round, white, scale for LEADER to demonstrate how to weigh dough like retail bakers do or tip for uniform ropes, braids, rolls for competition
- 4 black spatulas to remove rolls from baking sheets
- 2 Potholders and 2 oven mitts (marked KWC)
- *Note: may need more depending on how many ADULTS will help bake rolls*
- Sealable, plastic bags: sandwich, gallon, 2.5 gallon (Number needed will depend on if you are hosting a bake sale)

## Equipment/Tools Cont.:

- 3 roll paper towels for cleaning tables
- 3 wire cooling racks (to help cool rolls; may want to bring some racks from home, please mark your cooling racks as the KWC racks are not marked.)

## # 1 BOX CONTENTS:

- 24 plastic cutting boards for kneading or use clean working surface/ table top
- 12 pairs black scissors
- 13 thermometers to check water temperature
- 12 large white plastic mixing bowls (teams of 2 mix dough in these bowls)
- 12 Betty Crocker plastic liquid measuring cups
- 15 blue KWC plastic bowl scrapers
- 12 red and white plastic dry measuring cup sets (marked KWC)
- 12 beige plastic bowls with handles FOR BREAD FLOUR

## #2 BOX CONTENTS:

- 15 sets red and white measuring spoons (marked KWC)
- 28 White plastic spoons for stirring flour and mixing dough (marked with purple dot on end of handle)
- 20 small clear salt containers (containers are marked Salt)
- 13 Brown Sugar containers with lids (bottom of container is marked Brown Sugar)

## #2 BOX CONTENTS Cont.:

- 12 Nonfat Dry Milk containers with lids (bottom of container is marked Nonfat Dry Milk)
- 12 red spatulas
- 13 small stainless steel containers for cinnamon
- Plastic knives to cut butter
- 24 small clear plastic bowls (2 for each team) to separate egg

## #3 BOX CONTENTS:

- 13 (1/2 sheet pans) marked KWC on bottom (one pan is for the Leader)
- 2 boxes Poly Aprons (200 aprons to begin with; have 200 more in office)
- Parchment Paper (1/2 sheets) Have more at office
- 12 Whole Wheat Flour Containers with red lids (marked on bottom WW Flour)
- Sharpened Pencils to write name of baker by their rolls
- Disposable forks to beat egg white
- 12 rulers for teams to measure log of dough before dividing
- Dish Soap
- 1 roll paper towels
- 6 blue/white dish cloths "marked KW"
- 1 pair orange oven mitts "marked KW"
- 12 white flour sack tea towels "marked KW"

## INGREDIENTS:

- Leader will need to supply most of the ingredients.
- Turn in supermarket receipt for reimbursement.
- May provide in the box brown sugar, sea salt, packets of raisins, cinnamon and yeast. Please discuss this with Cindy.