

# KANSAS WHEAT COMMISSION 2021 RECIPE BOOK



Recipes tested in the KWC "Speak for Wheat" Test Kitchen by NFOB co-directors 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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KANSAS WHEAT COMMISSION

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*Featuring recipes from the*  
NATIONAL FESTIVAL OF BREADS

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# SOUTHERN SWEET POTATO & APPLE-PECAN TEA RING

LANIE SMITH, ROCK HILL, SOUTH CAROLINA

~~~~~ *2021 National Festival of Breads Adult Division* ~~~~~  
*Sweet Breads and Rolls Honorable Mention*

“My recipe inspiration is from a 1969 Kansas Wheat Commission cookbook that used apricot baby food. I incorporated popular freeze-dried apples in the filling for this beautiful tea ring.”

## INGREDIENTS

### DOUGH

- ½ cup whole milk (110°F - 115°F)
- 1 ¼ ounce) package RED STAR® Quick-Rise™ Yeast
- ¼ cup granulated sugar
- 1 large egg, room temperature
- 2 (4-ounce) containers sweet potato baby food, divided
- 3 tablespoons vegetable shortening
- 1 teaspoon salt
- 2 ¾ - 3 cups sifted KING ARTHUR® Unbleached All-Purpose Flour

### FILLING

- 1 cup (1-ounce) unsweetened freeze-dried apple fruit crisps
- 1/3 cup packed light brown sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon fresh grated nutmeg
- 1 cup chopped pecans

### GLAZE

- 1 cup confectioners' sugar
- ¼ teaspoon ground cinnamon
- 1 ½ - 2 tablespoons whole milk

## DIRECTIONS

1. In bowl of stand mixer fitted with paddle, combine milk and yeast. Stir in sugar, egg, 1 container of baby food, shortening and salt.
2. Gradually add enough flour to form a soft dough. Exchange paddle for dough hook. Knead dough until smooth and elastic, 8 - 10 minutes.
3. Transfer dough to a large, greased bowl and turn to coat. Cover; let rise until doubled, about 1 hour.
4. For filling: In medium bowl, break apples into 1/8 - ¼-inch pieces. Pour remaining container of baby food over apple pieces, coating well.
5. In medium bowl, combine brown sugar, cinnamon, nutmeg and pecans.
6. Punch down dough and roll into 18 x 10-inch rectangle.
7. Spread apple and sweet potato mixture on dough leaving 1" strip at the top uncovered where the roll will seal.
8. Sprinkle pecan mixture on top of apple and sweet potato mixture and cover the entire rectangle except for the 1" strip at the top. Roll dough from the bottom up and seal edge.
9. Form into a ring and connect the ends, pinching to seal. On a large parchment-lined baking sheet shape into an even circle.
10. Using a sharp knife or kitchen shears, cut 2/3 of the way into the outside edge towards the center of the ring, 2" apart. Gently pull and tilt out the slices to reveal a glimpse of the centers. Cover; let rise again in warm place until doubled, 35 - 40 minutes.
11. While dough is rising, preheat oven to 350°F. Bake 20 - 25 minutes or until golden and internal temperature registers 200°F - 205°F. Remove to rack and let cool.
12. For glaze: In medium bowl, whisk together confectioners' sugar, cinnamon and milk. Drizzle over the tea ring.

Yield: 15 servings.

**NUTRITION INFORMATION PER SERVING (1 SLICE, 81g):** 260 calories, 80 calories from fat, 9g total fat, 1.5g saturated fat, 0g trans fat, 15mg cholesterol, 180mg sodium, 42g total carbohydrate, 2g dietary fiber, 19g sugars, 4g protein, 51mcg folate, 1mg vitamin C, 2mg iron.



## HONORABLE MENTIONS

### ADULT DIVISION SAVORY ROLLS

Batter-then-Butter Wonder Croissants, Denise Pounds, Hutchinson, KS  
Bialys with Apple, Shallot, Crispy Garlic, and Manchego Cheese, Elaine Barbee, Saint Charles, MO  
Cheese Filled Koulouri, Amanda Crosland, Sandpoint, ID  
Herbed Bocconcini Rosemary Rolls, Mary Hawkes, Prescott, AZ  
Mediterranean-Herbed Heart Rolls, Patrice Hurd, Bemidji, MN  
Peppy Pepper Jack Rolls, Janet Gill, Canton, OH  
Quick "Rose Bud" Herb Rolls, Wilma Olds, Wilson, KS  
Rocky's Knockout Rolls, Donna Bardocz, Howell, MI  
Savory Buttery Herb'N Cheddar Fan Tans, Barbara Estabrook, Appleton, WI

### ADULT DIVISION SWEET BREADS AND ROLLS

Brie and Blueberry Babka, Michele Kusma, Columbus, OH  
Chai Milk Bread Rolls with Sweet Spice Crunch, Kellie White, Valley Park, MO  
Chocolate Almond Croissants, Renee Conneally, Northville, MI  
Chocolate Marshmallow Cinnamon Rolls, Marilyn Blankschien, Clintonville, WI  
Southern Sweet Potato & Apple-Pecan Tea Ring, Lanie Smith, Rock Hill, SC  
Sparkling Chocolate Bowties, Michele Kusma, Columbus, OH  
Sweet Potato with Black Sesame Swirl Bread, Carol Adamek, Dallas, TX  
Sweet Wheat Apple Bialys, Laurie Lufkin, Gloucester, MA

### ADULT DIVISION TRADITIONAL BREADS

Artisan Beer Bread, Nancy Seeman, Aurora, NE  
Grandma's Golden Babka Bread, Gloria Piantek, West Lafayette, IN  
Greek Feta, Herb and Olive Oil Bread, Andrew Schoeffield, Towson, MD  
Honey Heart Challah, Michele Kusma, Columbus, OH  
Pomegranate Molasses Date Whole Wheat Bread, Marjorie Johnson, Robbinsdale, MN  
Rustic Walnut-Fennel Boule, Ellie Mathews, Port Townsend, WA  
Stout Quinoa Loaf, Candy Hornung, Lake Wylie, SC  
Sunflower Butter Whole Grain Muesli Bread, Helen Fields, Paradise, TX

### YOUTH DIVISION SWEET ROLLS

Choco-Lot Cinnamon Rolls, Ethan Dethlefs, Omaha, NE

### YOUTH DIVISION CREATIVE BREAD SHAPE

Rainbow Bagels, Maria Katherine Brennan, Middlebury, CT



# MEDITERRANEAN-HERBED HEART ROLLS

PATRICE HURD, BEMIDJI, MINNESOTA

~~~~~ 2021 National Festival of Breads Adult Division ~~~~~  
Savory Rolls Honorable Mention

“With these heart-shaped rolls my feelings couldn’t be clearer...baking is love from the heart.”

## INGREDIENTS

### DOUGH

3 – 3 ¼ cups King Arthur® Unbleached Bread Flour, divided  
1 (1/4 ounce) package RED STAR® Platinum Superior Baking Yeast®  
2 tablespoons instant mashed potato flakes  
3 tablespoons granulated sugar  
1 teaspoon salt  
1 cup whole milk (120°F-130°F)  
1 large egg, beaten  
5 tablespoons unsalted butter, softened, divided use

### FILLING

½ cup cream cheese, softened  
1 cup loosely packed flat leaf parsley leaves  
1 ½ teaspoons freshly minced garlic  
1 tablespoon za’atar seasoning blend\*  
2/3 cup freshly grated Parmesan cheese, about 2 ounces  
½ cup finely diced (1/8”) jarred roasted red peppers, dried well on paper towels

## DIRECTIONS

1. In bowl of stand mixer fitted with paddle, combine 2 cups flour, yeast, potato flakes, sugar and salt. Add warm milk, egg and 3 tablespoons butter; blend on low speed 2 minutes. Gradually add enough of the additional flour to make a soft, moist dough.
2. Switch to dough hook and knead 10 minutes. Place dough in greased bowl; cover and let rise in a warm place until doubled, about 1 hour.
3. While dough is rising, prepare filling. Place cream cheese in a medium bowl. Make sure it is very soft; microwave for a few seconds if necessary. Very finely mince the parsley and place over cream cheese, along with garlic, za’atar, Parmesan cheese and roasted red peppers; gently fold all together.
4. Line two 13” x 18” baking pans with parchment. Deflate dough and divide into 12 equal pieces.
5. Roll one piece of dough into 6” x 5” rectangle. Spoon and spread 1½ tablespoons filling to within ½” of all edges. Beginning with 6” edge, roll up tightly and pinch seam to seal; place seam-side up and flatten slightly with hand. Fold one narrow end over to meet other narrow end and pinch ends together tightly to form a point. Use palm of hand to firmly press and flatten folded end to about 1½” across, forming a 3½” long narrow triangle. Use a large sharp knife or kitchen shears to cut through the long center of the triangle, leaving ½” of the pointed end attached/uncut. Place on parchment-lined sheet. Open cut outward, laying both sides flat, as if you were opening a book, to expose filling and form a heart shape. Re-pinch bottom point tightly.
6. Repeat, placing 6 rolls on each pan, well-spaced. Cover; let rise until puffy and almost doubled. Near the end of rise, preheat oven to 375°F.
7. Bake one sheet at a time, 16 - 18 minutes, or until internal temperature registers 195°F - 200°F. If necessary, shield rolls with foil during last 5 minutes of baking to prevent over-browning. Melt remaining 2 tablespoons butter and lightly brush hot rolls; remove to rack and cool completely.

Yield: 12 rolls.

\*Za’atar is a blend of savory dried herbs native to the Middle East. Za’atar spice may be purchased at upscale specialty grocery stores and online. You can also make your own version of za’atar.

**NUTRITION INFORMATION PER SERVING (1 ROLL, 155g):** 460 calories, 110 calories from fat, 12g total fat, 7g saturated fat, 0g trans fat, 45mg cholesterol, 410mg sodium, 70g total carbohydrate, 3g dietary fiber, 5g sugars, 16g protein, 170mcg folate, 13mg vitamin C, 4mg iron.



# SAVORY THAI PEANUT SAUCE ROLLS

ANAKKARAT BARTH, LONG BEACH, CALIFORNIA

~~~~~ *2021 National Festival of Breads Champion* ~~~~~

*Adult Division Savory Rolls Winner*

**Special Award:** *People's Choice Award Winner*

“Ever since I moved to the United States 25 years ago, I have looked for ways to integrate Thai ingredients and techniques into my cooking and baking. I continue to experiment on how different flavors come together and this recipe is one of them.”

## INGREDIENTS

### THAI PEANUT SAUCE

- 1 cup unsweetened coconut milk
- 2 tablespoons Thai red curry paste\*
- ½ cup unsweetened creamy peanut butter
- 1 teaspoon salt
- ¼ cup granulated sugar
- 1 tablespoon white vinegar

### TANGZHONG

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

### DOUGH

- 1 large egg
- ½ cup whole milk, room temperature
- ¼ cup (½ stick) unsalted butter, softened
- 2 teaspoons RED STAR® Active Dry Yeast
- 2 ½ cups KING ARTHUR® Unbleached Bread Flour
- ¼ cup granulated sugar
- 1 teaspoon salt

### TOPPING AND EGG WASH

- 1 cup finely shredded mozzarella cheese, divided
- 3 - 4 tablespoons finely chopped scallions or green onions, divided
- 1 large egg
- 1/8 teaspoon salt

## DIRECTIONS

1. **For Thai Peanut Sauce:** In saucepan, heat ingredients to a gentle boil, whisking constantly, over medium heat. Reduce heat to low and simmer sauce 3-5 minutes whisking to prevent scorching. Remove from heat; let cool and refrigerate until needed for easier spreading.
2. **For Tangzhong:** In small saucepan, whisk milk and flour until no lumps remain. Cook over low heat, whisking constantly, 1-3 minutes until thickened and paste-like. Remove from heat and let cool to room temperature.
3. In bowl of stand mixer fitted with dough hook, combine Tangzhong, egg, milk and butter. Stir in yeast, flour, sugar and salt; mix on low speed 1 minute. Increase speed to medium, knead 11-12 minutes, or until smooth and elastic.
4. Transfer dough to greased bowl. Cover; let rise until almost doubled, about 75-90 minutes.
5. Deflate dough; divide into 12 equal pieces and shape into balls. Roll each ball into a 4" x 6" rectangle. Spread 1 tablespoon Thai peanut sauce on dough almost to edges; sprinkle with 1 tablespoon mozzarella and ¼ teaspoon scallions. (Remaining mozzarella and scallions will be used for topping.) Starting from long side, roll into a log, sealing the seam. With seam-side down, cut log in half lengthwise, leaving 1/4" uncut at one end. With cut-sides up, twist together. Shape into a circle; pinch ends to seal.
6. Place rolls in well-greased standard 12-cup muffin pan. Cover; let rise 35-40 minutes or until puffy.
7. Near the end of the rise, preheat oven to 350°F. In small bowl, whisk egg and salt; brush on top of rolls. Sprinkle on remaining mozzarella and scallions.
8. Bake 20-23 minutes, or until golden and internal temperature registers 195°F -200°F. Loosen edges of rolls with knife and transfer to rack to cool.

Yield: 12 rolls.

**Note from Anakkarat:** Remaining ½ cup sauce may be used as a dip or accompaniment for dishes such as grilled vegetables, meat or use instead of plain peanut butter on PB&J sandwiches. Sauce will be good in the refrigerator for up to 1 week.

\*Thai red curry paste may be found in grocery stores, superstores, Asian food markets and mail order.

**NUTRITION INFORMATION PER SERVING (1 ROLL, 112g):** 320 calories, 160 calories from fat, 17g total fat, 9g saturated fat, 0g trans fat, 50mg cholesterol, 390mg sodium, 30g total carbohydrate, 2g dietary fiber, 6g sugars, 11g protein, 79mcg folate, 1mg vitamin C, 3mg iron.

ADULT FINALIST



# HERBED BOCCONCINI ROSEMARY ROLLS

MARY HAWKES, PRESCOTT, ARIZONA

~~~~~ 2021 National Festival of Breads Adult Division ~~~~~  
*Savory Rolls Honorable Mention*

“Who doesn’t love a hot roll straight from the oven with creamy, gooey, warm cheese?”

## INGREDIENTS

### DOUGH

- 2/3 cup whole milk (110°F-115°F)
- 2 teaspoons granulated sugar
- 1 (1/4 ounce) package RED STAR® Active Dry Yeast
- 1 large egg, room temperature
- 1/4 cup extra-virgin olive oil, plus 1 teaspoon, divided
- 2 – 2 1/4 cups KING ARTHUR® Unbleached Bread Flour, divided
- 3 tablespoons yellow cornmeal
- 1 1/4 teaspoons salt
- 3/4 teaspoon finely chopped fresh rosemary leaves or 1/4 teaspoon dry rosemary
- 12 marinated bocconcini (fresh mozzarella balls) in herbs and oil\*
- 2 tablespoons bocconcini oil with herbs, divided

## DIRECTIONS

1. For dough: In measuring cup, combine warm water, yeast and 1. In the bowl of a stand mixer fitted with paddle, combine milk, sugar and yeast. Wait 5 - 10 minutes for mixture to foam.
2. Beating on low speed, mix in egg and 1/4 cup olive oil. Stir in 1 cup flour, cornmeal, salt and rosemary. Beat on low speed 2 minutes. Gradually stir in enough of the remaining flour to make a soft dough. Beat on low speed to combine; scrape sides and bottom to incorporate dry ingredients.
3. Exchange paddle for dough hook and knead dough on low speed for 6 - 8 minutes or until dough is smooth. Remove dough from mixer bowl and shape into a ball.
4. Grease a large bowl with 1 teaspoon olive oil. Place dough in greased bowl; turn to coat all sides with olive oil. Cover and allow to rise until doubled, about 60 minutes.
5. Gently deflate the dough and divide into 12 equal portions. Use a scale to weigh the dough to get equal rolls. Shape dough into smooth, round balls.
6. Spray a standard size muffin pan (12 muffin cups) with nonstick cooking spray. Place 1/4 teaspoon herbed oil from the marinated bocconcini in the bottom of each muffin cup. Place a ball of dough into each cup. Place one drained bocconcini in center of each roll. Gently press the bocconcini down until it touches the bottom of the muffin cup.
7. Cover; let rise until nearly doubled, about 60 minutes. While rolls are rising, preheat oven to 350°F. Gently press each bocconcini down 1/2" into dough; the cheese will still be visible. In oven, place muffin pan on piece of aluminum foil to catch any drips of melted cheese. Bake 15 - 18 minutes or until lightly browned and cheese is bubbling.
8. Remove rolls from oven and brush tops with reserved bocconcini oil. Remove rolls to serving plate and serve immediately. Cover and store extra rolls in the refrigerator.

Yield: 12 rolls.

\*Note from Mary: I use Trader Joe’s marinated fresh mozzarella balls or BelGioioso® bocconcini from the supermarket. They are also delicious in a salad, omelet, or grilled cheese sandwich.

Test Kitchen Tip: Different brands of bocconcini may look, taste and melt differently. Serve rolls with warm marinara sauce for dipping.

**NUTRITION INFORMATION PER SERVING (1 ROLL, 72g):** 230 calories, 110 calories from fat, 13g total fat, 4g saturated fat, 0g trans fat, 30mg cholesterol, 270mg sodium, 22g total carbohydrate, 1g dietary fiber, 1g sugars, 7g protein, 63mcg folate, 0mg vitamin C, 1mg iron.



# APRICOT-RAISIN BABKA RING

SUSAN SIMPSON, HARRINGTON, DELAWARE

~~~~~ *2021 National Festival of Breads Adult Division Finalist* ~~~~~  
*Sweet Breads and Rolls Winner*

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“This is a fruit-filled variation of my German grandmother’s ‘Bavarian Twist.’  
I have modified it numerous times over almost five decades.”

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## INGREDIENTS

### TANGZHONG

3 tablespoons KING ARTHUR®  
Unbleached All-Purpose Flour  
½ cup whole milk, room temperature

### DOUGH

½ cup (1 stick) unsalted butter, room  
temperature  
½ cup granulated sugar  
¾ teaspoon salt  
1 teaspoon pure orange extract  
1 cup whole milk, room temperature  
1 large egg, room temperature  
3 ½ - 3 ¾ cups KING ARTHUR®  
Unbleached All-Purpose Flour  
1 (¼ ounce) package RED STAR®  
Quick-Rise Yeast

### APRICOT FILLING AND RAISIN FILLING

1 cup (6 ounces) finely chopped dried  
apricots  
1 ¼ cups (6 ounces) dark raisins  
2 cups water, divided  
½ cup granulated sugar, divided  
2 tablespoons fresh lemon juice,  
divided  
½ teaspoon pure almond extract  
½ teaspoon pure orange extract

### GLAZE

½ cup confectioners’ sugar  
¼ teaspoon pure orange extract  
1-1½ tablespoons whole milk

## DIRECTIONS

- For Tangzhong:** In saucepan over medium heat, whisk together flour and milk until smooth and mixture thickens, 1½ - 3 minutes, whisking constantly.
- For dough:** Transfer hot Tangzhong to bowl of stand mixer fitted with paddle attachment. Stir in butter, sugar, salt and orange extract. Beat on medium speed until smooth, about 2 minutes. Beat in milk and egg.
- Whisk ¾ cups flour and yeast; slowly stir into dough, mixing on low speed. Gradually add enough of the remaining flour to make a dough that is soft and slightly sticky. Exchange paddle attachment for dough hook. Knead 5 - 8 minutes or until smooth and elastic.
- Transfer dough to greased bowl, turning to coat. Cover; let rise until doubled, about 1 hour.
- For fillings:** In saucepan over medium heat, combine apricots, 1 cup water and ¼ cup sugar. Simmer, stirring constantly, until liquid is absorbed, 10 - 12 minutes. Remove from heat and stir in 1 tablespoon lemon juice and almond extract. In another saucepan, combine raisins, 1 cup water and ¼ cup sugar and cook until liquid is absorbed. Remove from heat and stir in 1 tablespoon lemon juice and orange extract. Puree each filling with an immersion blender, food processor or blender; set fillings aside to cool.
- Generously coat a 9” tube pan with cooking spray. Deflate dough and divide in half; cover one half. On lightly floured surface, roll half of the dough into a 12”x 20” rectangle. Spread on apricot filling. Roll dough up tightly from the long side and pinch seam. Repeat with remaining dough using raisin filling.
- Place logs side-by-side, sealed edge down, about 2 inches apart. Using a pizza cutter or serrated bread knife, cut logs in half lengthwise. (Can chill logs a few minutes before cutting to make it easier.) Turn cut sides facing up to expose the fillings. Hold both apricot logs in one hand and both raisin logs in other hand. Fold logs over each other like a braid alternating back and forth. Form into a circle, connecting ends, and carefully transfer into pan. Cover loosely with plastic wrap and let rise until doubled, about 60 - 75 minutes. Preheat oven to 350°F.
- Bake on middle rack 45 - 50 minutes, or until golden and internal temperature is about 200°F. Cool in pan 10 minutes, then loosen edges with a knife. Transfer to a rack and cool.
- For glaze:** Whisk ingredients and drizzle glaze over ring.

Yield: 1 ring, 16 servings.

Note from Susan: Dried figs, dates, golden raisins and dried cranberries all work well as fillings with the same method of cooking.

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**NUTRITION INFORMATION PER SERVING (1 SLICE, 134g):** 310 calories, 60 calories from fat, 7g total fat, 4g saturated fat, 0g trans fat, 30mg cholesterol, 130mg sodium, 56g carbohydrate, 2g dietary fiber, 24g sugars, 5g protein, 60mcg folate, 2mg vitamin C, 2mg iron..

ADULT FINALIST



# GRANDMA'S GOLDEN BABKA BREAD

GLORIA PIANTEK, WEST LAFAYETTE, INDIANA

~~~~~ 2021 National Festival of Breads Adult Division ~~~~~  
*Traditional Breads Honorable Mention*

"I created this Golden Babka Bread, thanks to my grandma's jotted notes and heavenly inspiration."

## INGREDIENTS

### DOUGH

- 2 ½ - 2 ¾ cups KING ARTHUR® Unbleached All-Purpose Flour, divided
- 1 (1/4 ounce) package RED STAR® Platinum Superior Baking Yeast®
- ½ teaspoon ground turmeric
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon salt
- ¾ cup warm water (120°F - 130°F)
- 1 large egg, beaten
- 2 tablespoons grated Parmesan cheese

### FILLING

- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- 1 tablespoon finely chopped fresh rosemary or 1 teaspoon dried rosemary
- ¼ cup sesame seeds
- ¼ cup unsalted sunflower seeds
- ¼ cup pumpkin seeds
- 3 tablespoons olive oil
- 2 tablespoons grated Parmesan cheese
- ½ cup grated Monterey Pepper Jack cheese

### TOPPING

- 1 large egg, beaten with 1 tablespoon water
- 1 - 1 ½ tablespoons olive oil, optional

## DIRECTIONS

1. In bowl of stand mixer fitted with paddle, combine 1 ¾ cups flour, yeast, turmeric, garlic powder, onion powder and salt. Set aside.
2. Microwave water on high heat for about 30 seconds or until 120°F-130°F. Beat warm water into flour mixture; add egg and beat 5 minutes to form a very soft dough. Scrape dough down.
3. Switch to the dough hook and mix in Parmesan cheese. Gradually add enough flour until dough forms a soft, but not sticky, dough.
4. Place dough in greased bowl and turn to coat. Cover; let rise until puffy, 45-60 minutes.
5. For the filling: In a bowl, stir together onion powder, garlic powder, rosemary, sesame seeds, sunflower seeds, pumpkin seeds and oil until seeds are coated. Set aside.
6. Deflate dough; on a lightly floured surface roll dough into 12" x 16" rectangle. Leaving ½" border, sprinkle Parmesan cheese and Monterey Pepper Jack cheese over dough; pat cheese into dough. Carefully spread on seed mixture and pat into dough. Starting at the long edge, roll the dough into a 16" log, sealing edges. Lightly stretch into a 24" - 25" log; place seam-side down on a large parchment lined cookie sheet. To make cutting easier, cover and chill the log 10 - 15 minutes.
7. With sharp serrated knife, cut the log lengthwise in half; turn halves with filling-side up. The exposed filling may open slightly, so place the logs close together.
8. To shape wreath: Place logs to form an "X", keeping filling-side up. Starting at the center, twist one half of the log over and under the first log, keeping the filling-side up. Twist the remaining dough in the same way, forming a braid with filling partially exposed. Shape into a 9" - 10" ring; seal the ends. Tuck loose seeds into top of ring. Cover lightly with plastic wrap; let rise in warm place until puffy, 45 - 60 minutes.
9. Near the end of the rise, preheat oven to 375°F. Whisk together egg and water; carefully brush on wreath. Bake 22 - 28 minutes or until golden brown and internal temperature registers 200°F - 205°F. Remove bread to cooling rack. If desired, brush bread with olive oil and cool before slicing.

Yield: 1 loaf, 24 slices.

**NUTRITION INFORMATION PER SERVING (1 SLICE, 34g):** 110 calories, 45 calories from fat, 5g total fat, 1g saturated fat, 0g trans fat, 10mg cholesterol, 150mg sodium, 12g total carbohydrate, 1g dietary fiber, 0g sugars, 4g protein, 31mcg folate, 1mg vitamin C, 1mg iron.





# HEARTY WILD RICE 'N TART CHERRY BREAD

BARBARA ESTABROOK, APPLETON, WISCONSIN

~~~~~ *2021 National Festival of Breads Adult Division* ~~~~~

*Traditional Breads Winner*

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“I created a healthful bread using local wild rice, dried tart cherries, pecans and maple syrup. I love my bread lightly toasted and spread with maple-laced butter.”

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## INGREDIENTS

### DOUGH

- ½ cup cooked cultivated wild rice, cooled
- ½ cup toasted pecans, coarsely chopped
- 1 cup KING ARTHUR® White Whole Wheat Flour
- 2 – 2 ¼ cups KING ARTHUR® Unbleached Bread Flour, divided
- 1 (1/4 ounce) package RED STAR® Quick-Rise™ Yeast
- ½ teaspoon granulated sugar
- 1 teaspoon salt
- 1 cup whole milk
- 3 tablespoons water
- 3 tablespoons pure maple syrup, dark grade
- 1 tablespoon unsalted butter
- ½ teaspoon pure maple extract or pure vanilla extract
- 2 tablespoons orange marmalade
- ½ cup coarsely chopped sweetened dried tart cherries
- ½ tablespoon unsalted butter, melted

## DIRECTIONS

1. Cook wild rice according to package directions to yield ½ cup cooked rice; let cool. To toast pecans, spread in ungreased pan. Bake in preheated 350°F. oven 5-7 minutes, stirring occasionally, or until brown.
2. In bowl of stand mixer fitted with paddle, combine white whole wheat flour, ¾ cup bread flour, yeast, sugar and salt.
3. In small saucepan over low heat, stir milk, water, maple syrup, butter and extract together; heat to 120°F - 130°F. Pour into mixer bowl. Beat on medium speed 2 minutes; scrape down sides of bowl.
4. Beat in marmalade on low speed until combined. Stir in rice, cherries, pecans and enough remaining bread flour to create a soft, slightly tacky dough.
5. Knead by hand or with dough hook 8 -10 minutes, or until smooth and elastic. Form dough in a ball, cover and let rest 10 minutes.
6. Grease a deep 9” round cake pan. Gently deflate dough and re-shape into a 6” - 7” round loaf and place in pan. Cover; let rise in a warm place until almost doubled, about 30 minutes. Near the end of the rise, preheat oven to 350°F.
7. Carefully cut a ¼” deep X in top of loaf. Bake 35 - 40 minutes, or until golden brown and internal temperature is 195°F - 200°F. Tent with foil if top is browning too quickly.
8. Let cool in pan 10 minutes, then transfer to rack and brush with melted butter.

Yield: 1 loaf, 16 servings.

Note from Barbara: If you do not have a stand mixer you may easily mix the dough in a large mixing bowl and knead the dough by hand on a lightly floured surface.

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**NUTRITION INFORMATION PER SERVING (1 SLICE, 65g):** 180 calories, 40 calories from fat, 5g total fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 150mg sodium, 30g carbohydrate, 3g dietary fiber, 7g sugars, 5g protein, 39mcg folate, 0mg vitamin C, 1mg iron.



# CHOCOLATE MARSHMALLOW CINNAMON ROLLS

MARILYN BLANKSCHIEN, CLINTONVILLE, WISCONSIN

~~~~~ *2021 National Festival of Breads Adult Division* ~~~~~  
*Sweet Breads and Rolls Honorable Mention*

“My recipe inspiration came from my mother. When I was a child, my mother made a chocolate marshmallow cake. Now, I make these rolls for my grandchildren.”

## INGREDIENTS

### DOUGH

- 2 ¼ - 2 ½ cups KING ARTHUR® Unbleached All-Purpose Flour, divided
- ¼ cup unsweetened cocoa powder
- ¼ cup granulated sugar
- ¾ teaspoon salt
- 1 (1/4 ounce) package RED STAR® Quick-Rise™ Yeast
- ¼ cup water
- ½ cup whole milk
- 3 tablespoons salted butter
- 1 large egg, beaten

### FILLING

- 1 tablespoon salted butter, melted
- 2 tablespoons granulated sugar
- ¾ teaspoon ground cinnamon

### TOPPING & ICING

- 6 large marshmallows, cut in half
- ¼ cup granulated sugar
- 2 tablespoons whole milk
- 1 tablespoon salted butter
- ¼ cup semi-sweet chocolate chips
- 12 English walnut halves

## DIRECTIONS

1. In large mixing bowl or bowl of a stand mixer fitted with paddle, combine 1½ cups flour, cocoa, sugar, salt and yeast.
2. Heat water, milk and butter to 120°F-130°F. Add to flour mixture along with egg. Beat at low speed 2 minutes, scraping down sides of bowl as needed.
3. Using dough hook or by hand using a wooden spoon, gradually stir in enough of the remaining flour to form a soft dough. The dough may appear sticky, but avoid adding excess flour. It becomes less sticky as it rises.
4. Knead 8 – 10 minutes with dough hook or on lightly floured surface until smooth and elastic. Transfer dough to greased bowl, turning to grease top. Cover; let rise in warm place until almost doubled, 35-45 minutes.
5. On a nonstick surface or very lightly floured surface, roll dough into a 10” x 12” rectangle. Brush with melted butter keeping it ½” from one 10” side. In a small bowl, stir together 2 tablespoons sugar and cinnamon. Sprinkle evenly over the buttered area. Starting at buttered 10” side, tightly roll dough; pinch seam to seal. Cut into 12 even slices and arrange cut-side down on parchment-lined cookie sheets, keeping them at least 2-inches apart. Flatten rolls slightly by pressing down, making them about 5/8-inch thick. Cover; let rise in warm place until almost doubled, about 40 – 45 minutes.
6. Near the end of the rise, preheat oven to 375°F. Bake until rolls just begin to brown, about 10 minutes. Remove from oven. Immediately place one-half marshmallow, cut-side down, in center of each roll. Return rolls to oven 2 minutes or until marshmallows are puffed and softened.
7. Remove from oven and flatten marshmallows slightly with back of large, metal spoon. Remove rolls to cooling rack.
8. For icing: In small saucepan combine sugar, milk and butter. Place over medium heat and bring to boil, stirring constantly. Cook and stir 1 minute longer. Remove from heat and stir in chocolate chips. Stir until smooth. Add about ¼ teaspoon of warm water at a time until drizzling consistency; drizzle over warm rolls. Top rolls with walnut halves.

Yield: 12 rolls.

**NUTRITION INFORMATION PER SERVING (1 ROLL, 75g):** 240 calories, 80 calories from fat, 9g total fat, 4.5g saturated fat, 0g trans fat, 30mg cholesterol, 210mg sodium, 38g total carbohydrate, 2g dietary fiber, 16g sugars, 5g protein, 52mcg folate, 0mg vitamin C, 2mg iron.

# STRAWBERRY LEMONADE SWIRLS

MAGGIE SLEICHTER, CLAY CENTER, KANSAS

~~~~~ 2021 National Festival of Breads Youth Division ~~~~~

*Sweet Rolls Winner*

**Special Award: People's Choice Award Winner**

“Strawberry lemonade is a flavor combination that I’ve never tried in bread before. I have a big family and they love to taste test recipes.”

## INGREDIENTS

### STRAWBERRY JAM

- Juice of 1 medium lemon (about 3 tablespoons)
- 1 (16-ounce) package frozen unsweetened strawberries
- ½ cup plus 2 tablespoons granulated sugar substitute\*

### DOUGH

- 1 cup warm whole milk (110°F-115°F)
- 1 (¼ ounce) package RED STAR® Quick-Rise™ Yeast
- 2 tablespoons plus 2 teaspoons granulated sugar substitute\*
- ¼ cup (½ stick) unsalted butter, melted
- 1 large egg, beaten
- 2 teaspoons pure lemon extract
- 1 ½ teaspoons pure vanilla extract
- 1 ¼ teaspoons salt
- 2 tablespoons nonfat dry milk
- 3 ¼ - 3 ½ cups KING ARTHUR® Unbleached All-Purpose Flour
- 1 tablespoon freshly grated lemon zest
- 1 large egg plus 1 tablespoon water (for egg wash)

### LEMON GLAZE (optional)

- 1 cup low-calorie confectioners' sugar substitute\*\*
- 3 - 4 tablespoons whole milk
- 1 teaspoon lemon extract or lemon juice
- Yellow food color, optional

## DIRECTIONS

- For strawberry jam: Zest the lemon before juicing and set aside. In medium saucepan, combine frozen strawberries, sugar substitute and lemon juice. Cook, stirring frequently over medium heat, mashing berries with a potato masher. Cook until mixture thickens, 25 - 30 minutes. Mixture should be very thick and spreadable. Remove from heat and cool.
- For dough: In the bowl of stand mixer fitted with paddle, combine warm milk, yeast and sugar substitute; let set 5 minutes.
- Stir in butter, egg, lemon extract, vanilla, salt and dry milk. Gradually add enough flour until soft dough forms, stopping occasionally to scrape sides of bowl.
- Exchange paddle for dough hook. Knead 8 - 10 minutes, or until smooth and elastic. Place dough in greased bowl. Cover; let rise until doubled, about 1 hour.
- Deflate dough; divide into 12 equal pieces and cover. Roll each piece into a 12" x 4" rectangle. Sprinkle on ¼ teaspoon lemon zest and spread on 1 tablespoon strawberry jam almost to edges.
- Starting at the long side, roll tightly into a log. Pinch seam to seal. Transfer onto parchment-lined baking sheet. Cover and freeze 10 minutes.
- Remove from freezer. With seam-side down, cut log in half lengthwise, leaving ¼" uncut at one end. With cut-sides up, twist together a few times. Starting with one end, which becomes the center, wrap dough around in a swirling motion to form a snail shape. Tuck end under roll and pinch to seal. Place on two 18" x 13" parchment-lined baking sheets. Cover; let rise until doubled, or finger indentation remains when dough is touched, about 45 - 50 minutes.
- Near the end of the rise, preheat oven to 350°F. Whisk egg with water and brush on rolls. Bake 18 - 20 minutes, or until lightly golden and internal temperature is 190°F - 195°F. Let cool on baking sheet 1 minute, then transfer to wire rack.
- For lemon glaze: Whisk ingredients until smooth and desired consistency. Drizzle glaze over cooled rolls.

Yield: 12 rolls.

\* Truvia Sweet Complete® Granulated All-Purpose Sweetener

\*\* Truvia Sweet Complete® Confectioners Sweetener

Test Kitchen Note: Pure cane granulated sugar and confectioners' sugar may be substituted in equal amounts.

**NUTRITION INFORMATION PER SERVING (1 UNGLAZED ROLL, 129g):** 270 calories, 50 calories from fat, 6g total fat, 3g saturated fat, 0g trans fat, 45mg cholesterol, 270mg sodium, 47g carbohydrate, 2g dietary fiber, 3g sugars, 6g protein, 80mcg folate, 19mg vitamin C, 2mg iron.





# SPARKLING CHOCOLATE BOWTIES

MICHELE KUSMA, COLUMBUS, OHIO

~~~~~ 2021 National Festival of Breads Adult Division ~~~~~  
Sweet Breads and Rolls Honorable Mention

“Dutch process cocoa, mini chocolate chips and sparkling sugar takes this creative roll shape over the top for a special occasion.”

## INGREDIENTS

### DOUGH

- 1 (1/4 ounce) package RED STAR® Quick-Rise™ Yeast
- 1 cup warm water (110°F – 115°F)
- 2 tablespoons granulated sugar
- 1/4 cup vegetable oil
- 1/4 cup Dutch process cocoa
- 2 1/2 - 2 2/3 cups King Arthur® Unbleached All-Purpose Flour, divided
- 1 teaspoon salt
- 2 ounces cream cheese, softened
- 1/2 cup mini semi-sweet chocolate chips
- 2 tablespoons whole milk
- 3- 4 tablespoons sparkling sugar

## DIRECTIONS

1. Line two large 12” x 18” baking sheets with parchment paper. In the bowl of a stand mixer fitted with dough hook, stir together yeast, warm water and sugar. Wait 5 - 10 minutes for mixture to proof.
2. Add the oil, cocoa, 2 1/4 cups flour and salt. Mix on low speed until combined, 1 - 2 minutes. Add cream cheese and mix on low speed until well blended. Scrape sides of bowl as needed. Gradually add remaining flour, 1 tablespoon at a time, to form a soft and sticky dough; dough should not stick to hands. Knead dough 5 – 8 minutes.
3. Place dough in a lightly greased bowl, turning to completely coat. Cover with plastic wrap and place in a warm, draft-free place until nearly doubled, about 60 minutes.
4. Punch down dough and roll about 1/4” thick. Using 3” round cutter or drinking glass, cut 26 - 28 circles. Re-roll scraps.
5. Press a scant teaspoon of mini chocolate chips onto each circle.
6. To form the bowtie shape, use a sharp knife to cut a 1-inch slit into the top of each circle. Then, cut two vertical parallel 1-inch slits, about 1/2” apart, on the bottom of each round. Fold the circle in half, top to bottom, and seal to the bottom edges, keeping bottom strip free. Turn each side slightly outward to create a bowtie shape. Fold the bottom strip of dough over the center to create the middle “knot” and press under the roll to seal.
7. Place bowties 2” apart on prepared baking sheets. Cover with plastic wrap and place in a warm, draft-free area until puffy, about 30 minutes. Toward the end of the rising time, preheat the oven to 350°F.
8. Lightly brush bowties with milk and sprinkle generously with sparkling sugar. Bake 12 – 15 minutes or until internal temperature is about 195°F. Cool slightly on a rack and serve warm.

Yield: 26-28 rolls.

**NUTRITION INFORMATION PER SERVING (1 ROLL, 32g):** 90 calories, 35 calories from fat, 4g total fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 90mg sodium, 14g total carbohydrate, 1g dietary fiber, 4g sugars, 2g protein, 23mcg folate, 1mg vitamin C, 1mg iron.



# BLUEBERRY BLOSSOM TREE BRAIDS

MADEE MCKEE, WAMEGO, KANSAS

~~~~~ *2021 National Festival of Breads Youth Division* ~~~~~  
*Creative Bread Shape Winner*

“My high school FACS Department created a coffee shop. This inspired me to modify a white bread recipe with the addition of dark espresso to give my recipe a twist to start my day.”

## INGREDIENTS

### DOUGH

- ¼ cup warm water (110°F – 115°F)
- 1 (1¼ ounce) package RED STAR® Platinum Superior Baking Yeast®
- 1 teaspoon honey
- ½ cup (1 stick) unsalted butter, room temperature
- ½ cup granulated sugar
- ½ cup firmly packed light brown sugar
- 1 large egg, beaten
- 1 teaspoon salt
- 2 cups warm buttermilk (110°F – 115°F)
- ¼ cup warm dark espresso (110°F – 115°F)
- 7 ½ - 7 ¾ cups KING ARTHUR® Unbleached All-Purpose Flour
- ¾ - 1 cup blueberry jam, divided
- 1 large egg, plus 1 tablespoon water (for egg wash)

## DIRECTIONS

1. For dough: In measuring cup, combine warm water, yeast and honey; let proof 5 - 10 minutes.
2. In bowl of stand mixer fitted with paddle attachment, beat butter until creamy. Mix in granulated sugar, brown sugar, egg, salt and buttermilk. Stir in yeast mixture and espresso.
3. Gradually mix in enough remaining flour to form a soft dough. Exchange paddle for dough hook. Knead 8 - 10 minutes, until smooth and elastic. Place in greased bowl, cover and refrigerate overnight.
4. Remove dough from the refrigerator and deflate. Divide dough in half to make two trees. Cover and set aside or refrigerate one-half of dough until time to shape second tree.
5. For tree: Divide dough in half; set aside and cover one-half of dough for blossoms. Divide the other half into 3 equal parts and roll into 16” ropes. Braid the three ropes together starting from top. (Cross left strand over middle strand; cross right strand over middle strand.) Leave about one-fourth of the ropes unbraided for tree roots. For roots, split dough ropes and twist and turn to resemble roots. At the top of the tree trunk, pinch ends together and tuck under braid. Place on a 12” x 18” parchment-lined baking sheet; cover let rise until almost doubled, 20 - 25 minutes.
6. For blossoms: Take remaining half of dough and divide into 18 equal pieces; form into uniform 10” ropes. Twist two ropes together. Form into coil; pinch ends together and tuck underneath roll. Repeat with remaining ropes making 9 blossoms. Place rolls about ¼” apart on parchment-lined baking sheet in a 4, 3, 2 pattern. Cover; let rise until almost doubled, 20 - 25 minutes.
7. Near the end of the rise, preheat oven to 375°F. Make deep indentation in center of each blossom; fill indentations with 2 teaspoons blueberry jam. Whisk together egg and water and brush blossoms, tree trunk and roots with egg wash.
8. Bake 20 - 25 minutes, or until golden brown. Tent roots and edges with aluminum foil to prevent over-browning. Transfer to rack. To serve, on large tray assemble blossoms on top of tree trunk.
9. Repeat steps to form second tree trunk and blossoms. Or, shape remaining dough into 18 additional rolls.

Yield: 2 trees, 18 servings each.

Test Kitchen Note: This would be a creative bread to serve at your next family reunion.

**NUTRITION INFORMATION PER SERVING (1 SLICE/ROLL, 67g):** 170 calories, 30 calories from fat, 4g total fat, 2g saturated fat, 0g trans fat, 20mg cholesterol, 85mg sodium, 31g carbohydrate, 1g dietary fiber, 9g sugars, 4g protein, 57mcg folate, 1mg vitamin C, 2mg iron.



# HONEY HEART CHALLAH

MICHELE KUSMA, COLUMBUS, OHIO

~~~~~ *2021 National Festival of Breads Adult Division* ~~~~~  
*Traditional Breads Honorable Mention*

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“This is a challah made with honey for honey and shaped like a heart for Valentine’s Day.”

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## INGREDIENTS

### DOUGH

- 1 cup warm water (110°F-115°F)
- 1 tablespoon RED STAR® Quick-Rise™ Yeast
- ¼ teaspoon granulated sugar
- 1/3 cup honey
- 2 large eggs
- ½ cup vegetable oil
- 2 teaspoons salt
- 4 ¼ - 4½ cups KING ARTHUR® Unbleached Bread Flour

### TOPPING

- 1 large egg
- 2 - 3 tablespoons honey powder \*

## DIRECTIONS

1. In bowl of stand mixer fitted with paddle attachment, combine warm water, yeast and sugar; let proof 5 - 10 minutes.
2. Mix in honey, eggs, oil and salt. Gradually add enough flour to form a soft dough.
3. Exchange paddle for dough hook. Knead on low speed until dough begins to form a ball, about 1 minute. Knead on medium-low speed 5 - 8 minutes or until the dough is smooth and elastic. Place dough in greased bowl and turn to coat. Cover; let rise until doubled, 60- 90 minutes.
4. Line a large baking sheet, 12” x 17” or larger, with parchment paper. Deflate dough; divide into 3 equal pieces, using a scale. Roll each piece into a uniform 30” rope, tapering the ends.
5. Pinch ends together at the top. Shape into a three-strand braid. Pinch the ends of the strands together at the bottom. Bring the two tapered ends of the braid together, and pinch to form a heart shape. Place on prepared pan.
6. Cover; place in a warm, draft-free area until doubled and puffy, about 45 minutes. Preheat oven to 350°F.
7. In a small bowl, beat the egg and lightly brush over the dough, covering the entire surface. Generously sprinkle on honey powder.
8. Bake 25 - 30 minutes. If necessary to prevent over-browning, loosely cover bread with aluminum foil during the last 5 - 10 minutes. Bread is done when an instant-read thermometer inserted in the bread registers 195°F - 200°F. Cool on wire rack.

Yield: 1 loaf, 18 servings.

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**NUTRITION INFORMATION PER SERVING (1 SLICE, 70g):** 220 calories, 60 calories from fat, 7g total fat, 1g saturated fat, 0g trans fat, 20mg cholesterol, 270mg sodium, 33g total carbohydrate, 1g dietary fiber, 8g sugars, 5g protein, 68mcg folate, 2mg vitamin C, 2mg iron.