

KANSAS WHEAT COMMISSION **2024 RECIPE BOOK**



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IN RECOGNITION

This book recognizes the retirement and years of service of Sharon Davis and Charlene Patton for their tireless efforts to educate all ages about wheat foods and home baking. Join us in thanking Sharon and Charlene for their years of dedication to the wheat industry and Home Baking Association.



SHARON DAVIS

My career as a Family and Consumer Sciences Educator and licensed secondary teacher launched as I graduated from Iowa State University. Moving to Kansas to work for KSU Cooperative Extension I couldn't have had a richer environment than Stafford County KS offered. With flour mills, wheat farmers, homemakers and KSU to guide me, I truly engaged my baking love with the county and community.

From there the Kansas Wheat Commission hired me as their Nutritionist/FCS Educator to develop recipes, consumer and educator resources, programs, promotions and the Kansas Wheat spokesperson program. Working with, and for, Kansans, food and nutrition educators, the Wheat Foods Council and the Home Baking Association to teach grain food, milling and baking consumer facts and skills has made life rich. It allowed me to “get the flour in the bowl” in all 48 states with thousands of food service professionals, teachers, parents, and child educators. Now, I'm thankful to share some of my personal recipes from those years.



CHARLENE PATTON

Charlene Patton's lifelong dedication to food and community service began with 4-H in Jefferson County and flourished through her education at Kansas State University, where she earned a Bachelor of Science in Foods and Nutrition in Business in 1975. Her career spans nearly 50 years, starting with 21 years at the Kansas Department of Agriculture's Marketing Division promoting Kansas

agriculture worldwide. Since 1996, she has served as the media and consumer spokesperson for the Kansas Soybean Commission. In 1997, she became the executive director of the Home Baking Association retiring in 2023. Charlene passionately educates through presentations and media appearances, sharing soy recipes and agricultural insights on WIBW-TV, KAKE-TV, and KOAM-TV. Her love for baking, instilled by her mother and grandmothers, has been passed down to her daughters and grandchildren, shaping cherished family traditions. Recognized for her contributions, Charlene has received numerous awards, including recognition from 4-H for her leadership and commitment to youth education in food and nutrition.

Oatmeal Yeast Bread



“This is the first bread I baked by myself. From college and early single life, through marriage and children, it has remained a favorite. It is delicious, nutritious, economical and popular to share.” - Sharon Davis

NUTRITION INFORMATION PER SERVING (1 slice or roll, 72g): 160 calories, 2g total fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 200mg sodium, 30g total carbohydrate, 2g dietary fiber, 3g total sugars, 5g protein, 3mcg folate, 0mg vitamin C, 1mg iron.

INGREDIENTS

1 cup (6 - 8 ounces) leftover plain oatmeal*	1/3 cup nonfat dry milk
2 cups lukewarm water (90°F - 100°F)	2 cups white whole wheat flour
2 (1/4 ounce) packages active dry yeast or quick-rise yeast	2 teaspoons salt
1/4 cup packed brown sugar	4 - 5 cups bread flour, divided
1/4 cup unsalted butter, shortening or oil	

DIRECTIONS

1. *Use leftover oatmeal or mix 1/2 cup quick-cooking or old-fashioned oats with 1 cup boiling water and a dash of salt. Stir and allow to cool to lukewarm (90°F - 100°F).
2. In a large mixing bowl, combine prepared oatmeal, water, yeast, brown sugar, butter, dry milk and whole wheat flour; mix 3 minutes. Cover; let rest 15 minutes.
3. Stir in salt and gradually add 3 - 3 1/2 cups bread flour until a rough ball forms. Gradually add 1 cup bread flour and knead the dough for 10 minutes on medium-low with dough hook or by hand on a lightly floured surface. Add remaining flour as needed to develop a smooth and elastic dough.
4. Place dough in greased bowl and turn to coat. Cover; let rise in draft-free place (70°F - 85°F) until doubled, 30-40 minutes.
5. Deflate dough and round into a ball, turn smooth-side up. If time allows, cover the dough and allow it to double in size again. The texture and flavor are better if the dough rises twice, but it can be hurried along with one rise.
6. Deflate dough; cover and let rest 5 minutes. While dough rests, grease two 9" x 5" bread pans, or for rolls, grease or line a half-sheet pan with parchment paper. Divide the dough in half and shape into two loaves. For rolls, divide dough into 24 equal pieces and shape into smooth, round rolls. Place in pans.
7. Cover lightly with a dampened towel or plastic wrap. Place in a warm, draft-free place (80°F -105°F) until doubled, 30 - 35 minutes. While dough rises, preheat oven to 350°F.
8. Bake loaves 35 - 40 minutes until golden and instant-read thermometer registers 200°F - 205°F at center. Bake rolls 20 - 25 minutes until golden and instant-read thermometer registers 190°F. Cool pans on rack for 5 minutes; transfer loaves or rolls to rack to finish cooling.

Yield: 2 large loaves or 2 dozen rolls.

VARIATION: CINNAMON SWIRL OATMEAL BREAD

Roll each half of the dough into a 9" x 14" rectangle. Sprinkle with a mixture of cinnamon and sugar. If raisins are desired, moisten and press into the cinnamon sugar. Tightly roll up dough and place seam-side down in prepared loaf pans. Cover; let rise until doubled and bake as directed.

NOTES If desired, right before baking, beat together one egg white and one tablespoon of water. Brush on top of loaves and sprinkle with rolled oats.

Quilt Patch Cake



This recipe is an all-time favorite recipe published in *Baking with Friends* cookbook by Charlene Patton and Sharon Davis. Charlene demonstrated the recipe on TV and to audiences while Sharon wrote a lesson plan and “Book and Bake” tutorial for the Home Baking Association.

NUTRITION INFORMATION PER SERVING (1/12th of cake/1 square frosted and no decorations 134 g): 460 calories, 14g total fat, 8g saturated fat, 0g trans fat, 80mg cholesterol, 160mg sodium, 76g total carbohydrate, 0g dietary fiber, 56g total sugars, 5g protein, 41mcg folate, 0mg vitamin C, 1mg iron.

INGREDIENTS

YELLOW CAKE

- 1 ½ cups granulated sugar
- ½ cup (1 stick) unsalted butter, softened
- 3 large eggs
- 1 teaspoon pure vanilla extract
- 2 ¼ cups cake flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 cup 2% or whole milk

FROSTING

- 3 cups confectioners' sugar, sifted
- ⅓ cup butter or margarine, softened
- 1 ½ teaspoons pure vanilla extract
- 2 – 3 tablespoons 2% or whole milk

DECORATIONS

- Piped colored frosting
- Fondant
- String candy or fruit leather
- Colored sugar, candy, nuts
- Fresh or dried fruits

DIRECTIONS

1. Preheat oven to 350°F. Grease and flour a 13 x 9-inch baking pan.
2. **For cake:** In bowl of stand mixer fitted with paddle attachment, combine sugar and butter; beat until light and fluffy.
3. Add eggs, one at a time, mixing well after each addition. Stir in vanilla.
4. In a separate mixing bowl, combine flour, baking powder and salt.
5. Gradually add dry ingredients alternately with milk to sugar mixture.
6. Pour batter into prepared pan. Bake 30 - 35 minutes, or until wooden pick inserted in center comes out clean. The internal temperature should register 200°F - 209°F on an instant-read thermometer.
7. Transfer pan to rack and cool completely before decorating.
8. **For frosting:** In medium mixing bowl, combine confectioners' sugar and butter until light and fluffy. Stir in vanilla and gradually add milk. Beat until smooth and spreading consistency. Divide and color for decoration, as desired. Frost the surface of the cooled cake with a thin layer of white frosting.
9. **For decorations:** Divide the top of the cake with piped frosting, strips of fondant, string candy or fruit leather into 12 even squares. Decorate each square to create quilt patterns.

Yield: 12 servings.

NOTES A substitute for cake flour is 1 cup all-purpose flour minus 2 tablespoons plus 2 tablespoons corn starch. The frosting recipe makes a minimal amount, and you may need to double the recipe if making several colors and piping frosting on the cake. For a fun family activity, let each member decorate a square for a family quilt cake. Use triangles and other patterns cut from baking parchment paper as stencils to help make designs.

Designer Oatmeal Cookies



This recipe was developed by Sharon Davis and baked often because it qualifies as a “breakfast, lunch and snack” cookie. “It was great for teaching and engaging little bakers. They could begin to measure or could add the pre-measured ingredients they’d helped pick as their ‘designer’ ingredient.”

NUTRITION INFORMATION PER SERVING (1 cookie with chocolate chips and pecans 28g): 130 calories, 8g total fat, 4g saturated fat, 0g trans fat, 15mg cholesterol, 40mg sodium, 14g total carbohydrate, 2g dietary fiber, 7g total sugars, 2g protein, 3mcg folate, 0mg vitamin C, 1mg iron.

INGREDIENTS

$\frac{2}{3}$ cup whole wheat or all-purpose flour
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{4}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon ground cinnamon
 $\frac{1}{8}$ teaspoon salt
 $\frac{1}{2}$ cup (1 stick) unsalted butter, softened
 $\frac{1}{3}$ cup packed brown sugar
 $\frac{1}{3}$ cup granulated sugar
1 large egg
 $\frac{1}{2}$ teaspoon pure vanilla extract
1 $\frac{1}{2}$ cups quick-cooking oats or old-fashioned oats, uncooked
 $\frac{3}{4}$ cup chocolate baking chips, moist raisins* or dried fruit, or a combination
 $\frac{1}{2}$ cup chopped nuts or sunflower seeds unsalted, roasted

*Avoid crumbly cookies by soaking raisins in water for 5 minutes and drain.

DIRECTIONS

1. Preheat oven to 375°F.
2. In small mixing bowl, combine flour, baking powder, baking soda, cinnamon and salt.
3. In bowl of stand mixer fitted with paddle, combine butter, brown sugar, granulated sugar, egg and vanilla. Beat until creamy.
4. Add flour mixture and oats to creamed mixture and thoroughly combine.
5. Add baking chips or fruit and nuts.
6. Drop by rounded tablespoonfuls 2 inches apart onto two ungreased or parchment-lined baking sheets.
7. Bake cookies 8 – 10 minutes, until golden brown. Cool on baking sheet for 2 minutes; remove to wire cooling rack to finish cooling.

Yield: 2 dozen cookies.

NOTES Select optional ingredients to create your own family “designer” cookie.

90-Minute Basic Yeast Dough



Charlene Patton developed this recipe for the 2013 National 4-H Congress workshops. The recipe was also used in the Home Baking Association's Dough Sculpting 101 Lab; however, you can use this dough for quick and easy pan rolls, pizza dough, focaccia and more.

NUTRITION INFORMATION PER SERVING (1 roll 54g): 120 calories, 1.5g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 210mg sodium, 23g total carbohydrate, 2g dietary fiber, 2g total sugars, 4g protein, 1mcg folate, 0mg vitamin C, 0mg iron.

INGREDIENTS

- 4 ¼ - 4 ½ cups bread or all-purpose flour, divided
- 1 cup whole wheat flour
- 3 tablespoons granulated sugar
- 2 (¼ ounce) packages fast-rising dry yeast
- 2 teaspoons salt
- 2 cups warm water (120°F - 130°F)
- 2 tablespoons vegetable oil or melted butter

DIRECTIONS

1. In a large mixing bowl, combine 2 cups bread flour, whole wheat flour, sugar, yeast and salt.
2. Stir in water and vegetable oil and mix to blend well.
3. Stir in enough remaining bread flour to make a soft dough. Knead on a lightly floured surface until dough is smooth and elastic, about 5 – 8 minutes.
4. Form a rounded, smooth, dough ball. Cover; let rest for 15 minutes.
5. Divide dough into two equal portions; one for each team member.
6. Divide the dough ball in half again. Each team member now has two portions to shape.
7. Shape one portion of the dough into one or two turtles.
8. Divide the second portion into four equal pieces and shape into a rosette roll, pretzel and two breadsticks.
9. Place the same size dough shapes on greased or parchment-lined baking sheets. Cover; proof until almost doubled.
10. Bake in preheated 375°F oven 15 – 18 minutes, or until golden and internal temperature is 190°F - 200°F.

Yield: about 22 (2-ounce rolls).

For shaping instructions visit: kswheat.com/shaping

NOTES Baking time may vary depending on the shape and size of rolls. Bake comparable size rolls and shapes on the same baking sheet for even doneness. If desired, brush dough with egg wash (1 egg beaten with 1 tablespoon water) before placing in the oven. Dough can also be shaped into two round loaves. Before baking, using a sharp knife, make ¼" cuts on top of loaves. Bake loaves at 375°F for 30 - 40 minutes or until instant-read thermometer inserted registers 200°F.

Overnight Whole Grain Yeast Waffles



“A family favorite for our children and grandchildren served at any meal, any time! The flavor gets better in the fridge overnight and the yeast-based waffle batter is ready to be baked morning, noon or night. The waffles are crisp and exceptionally light.” - Sharon Davis

NUTRITION INFORMATION PER SERVING (1 waffle, 150g): 330 calories, 13g total fat, 7g saturated fat, 0g trans fat, 70mg cholesterol, 440mg sodium, 46g total carbohydrate, 6g dietary fiber, 3g total sugars, 10g protein, 21mcg folate, 0mg vitamin C, 2mg iron.

INGREDIENTS

1 (¼ ounce) package instant yeast or active dry yeast
1 teaspoon granulated sugar
½ cup water, room temperature
2 cups warm 2% or whole milk (110°F - 115°F)
1 ¼ cups whole wheat flour
1 cup all-purpose flour

¼ cup cornmeal
¼ cup quick oats
½ cup (1 stick) unsalted butter, melted, cooled slightly
2 large eggs, beaten slightly
1 teaspoon salt
½ teaspoon baking soda, reserve and add just before baking

DIRECTIONS

1. In a large sealable container, about 1 gallon in size, whisk together the yeast, sugar, water, warm milk, whole wheat flour, all-purpose flour, cornmeal and oats.
2. Add the cooled butter to the flour mixture along with the beaten eggs and salt. Mix until batter is well blended. Cover with a lid but do not seal. Refrigerate overnight or until needed the next day.
3. When ready to bake, preheat waffle iron according to manufacturer's instructions. Stir ½ teaspoon baking soda into batter. Ladle batter on slowly and give it a moment to set before closing the lid. Bake batter according to your iron's instructions, typically 3 – 5 minutes per waffle, until waffle is golden and crisp. Repeat using all the batter.
4. To keep waffles warm until ready to serve, place cooked waffles on a cooling rack on top of a rimmed baking sheet and place in a preheated 200°F oven. The rack allows for air circulation so the waffles will stay warm and crispy.
5. If you have extra waffles, cool completely on wire rack. Store in refrigerator for up to three days. For longer storage, freeze the waffles. Place in a plastic freezer container or freezer bag and when needed, toast for a crisp, quick breakfast. Or place frozen waffles on a baking sheet and warm in a 350°F oven for about 10 minutes, or until heated through.
6. Serve warm with fruit sauce, maple syrup, butter, or as desired.

Yield: 8 – 9 (6 ½-inch) Belgian waffles.

FRUIT SAUCE

In a pitcher or bowl, using a hand blender, combine 1 (15-ounce) can mandarin oranges and 1 cup fresh or frozen berries (one or several kinds). If you prefer a thicker sauce, drain the mandarin orange juice. Makes about 2 cups fruit sauce.

NOTES If you do not have cornmeal or oats, substitute ½ cup whole wheat flour or all-purpose flour. OR substitute rye flour, flax meal, wheat germ, or brown rice flour to equal ½ cup.

Czech Kolaches

(“koh-lah-chee”)



“This is my Grandmother Tressie Kratina Uhl’s recipe. She was born in Czechoslovakia and arrived in the United States in 1890. Four generations have made this delicious pastry and the fifth, very young generation, loves eating these treats and now learning how to make them too!” - Charlene Patton

NUTRITION INFORMATION PER SERVING (1 kolache/cherry filling, 63g): 160 calories, 4g total fat, 2g saturated fat, 0g trans fat, 20mg cholesterol, 85mg sodium, 28g total carbohydrate, 1g dietary fiber, 11g total sugars, 3g protein, 32mcg folate, 16mg vitamin C, 1mg iron.

INGREDIENTS

DOUGH

- 2 (¼ ounce) packages active dry yeast
- ½ cup potato water (105°F - 115°F)
- 1 cup whole milk
- ⅔ cup granulated sugar
- ⅓ cup unsalted butter plus 2 tablespoons, divided
- 5 - 5 ½ cups all-purpose flour, divided
- 2 large eggs
- 1 teaspoon salt

⅛ teaspoon ground mace or ground nutmeg

DESIRED FILLINGS

Cherry, Poppy Seed, Prune, Apricot

TOPPING

- ½ cup all-purpose flour
- ½ cup granulated sugar
- 2 tablespoons shortening

DIRECTIONS

1. In bowl of stand mixer fitted with paddle, or large mixing bowl, dissolve yeast in the potato water saved from boiled, peeled potatoes. Wait 5 – 10 minutes for mixture to foam (proof).
2. In saucepan or microwaveable bowl scald milk to 180°F; remove from heat and stir in sugar and 1/3 cup butter. Let cool until lukewarm or 115°F. Stir into dissolved yeast with 1 ½ cups flour, eggs, salt and mace.
3. Gradually stir in enough flour to make a soft dough. Be careful not to add too much flour.
4. Switch to dough hook or knead by hand on work surface. Knead dough until smooth and elastic, 8 – 10 minutes. Place dough in greased bowl, turning to grease top. Cover; let rise in a warm place until doubled, about 1 hour.
5. **For topping:** In a medium bowl, whisk flour and sugar. Add shortening in small chunks. Use a pastry cutter or fork to cut the shortening into the dry ingredients.
6. Grease 2 half-sheet pans (18" x 12" x 1"). Deflate dough and divide it in half. On lightly floured surface, roll one half of dough to 1/2-inch thickness. Using a 2 ½" round cutter, cut dough, re-rolling scraps. Place on prepared pans about 1" apart. Brush each circle with some of the 2 tablespoons melted butter. Repeat with remaining dough. Cover; let rise until doubled, about 1 hour.
7. Using your fingers, carefully indent the center of each roll and fill with about 1 tablespoon filling. Sprinkle on 1 teaspoon topping. Cover; let rise until puffy, about 30 minutes.
8. Near the end of the rise, preheat oven to 375°F. Gently press your finger into the dough and if the indentation remains, the kolaches are ready to bake. (If it snaps back too quickly, it needs more time.)
9. Bake until golden brown, 18 - 20 minutes, or the internal temperature is 195°F - 200°F. Transfer pan to wire rack and lightly brush the edges of the kolaches with remaining melted butter. Cool in pan 5 minutes; remove to rack.

Yield: about 32 kolaches.

NOTES For step-by-step photos, visit: nationalfestivalofbreads.com/kolaches

Top o' the Morning Scones



“Scones are a baking tradition I make because we are both Scottish and Irish in our household. The ‘top o’ the morning’ greeting equals ‘The best part of the morning to you.’ A typical response would be, ‘And the rest of the day to you.’” - Sharon Davis

NUTRITION INFORMATION PER SERVING (1 scone, without optional ingredients and toppings, 92g): 360 calories, 20g total fat, 12g saturated fat, 0g trans fat, 75mg cholesterol, 290mg sodium, 40g total carbohydrate, 3g dietary fiber, 13g total sugars, 5g protein, 9mcg folate, 0mg vitamin C, 1mg iron.

INGREDIENTS

1 cup all-purpose flour
1 cup white whole wheat flour
½ cup quick oats
½ cup granulated sugar
1 tablespoon baking powder
¼ teaspoon salt
Zest of 1 orange, ½ teaspoon pure vanilla extract, ⅛ teaspoon almond extract (optional)
1 cup fresh or frozen fruit (do not thaw), raspberries, blueberries, dried cherries, and/or dark chocolate pieces (optional)

½ cup (1 stick) unsalted butter, very cold (35°F - 40°F)
½ cup plus 3 - 4 tablespoons heavy cream, cold
1 large egg, cold

TOPPING

1 tablespoon heavy cream, for brushing
Demerara sugar, raw sugar, sparkling sugar, or granulated sugar
Raw, sliced almonds or nuts of choice

DIRECTIONS

1. Work with cold ingredients; the colder the better. In large bowl, blend all-purpose flour, white whole wheat flour, oats, sugar, baking powder, salt and zest, if desired. Cover and chill in refrigerator.
2. Preheat oven to 425°F.
3. Using large holes of a box grater or food processor, grate the very cold butter and toss into the chilled flour mixture. Or, cut butter into large pieces and using a pastry blender, cut butter into flour mixture until size of large peas.
4. If adding fruit or chocolate, lightly toss into the flour and butter mixture.
5. In a measuring cup, whisk together ½ cup plus 2 tablespoons heavy cream, egg and flavoring, if desired.
6. Drizzle the liquid mixture over the dry ingredients and toss gently to moisten. Using a bowl scraper or spatula is helpful. If it is too crumbly, drizzle with an additional 1 - 2 tablespoons of cream.
7. The dough will be ragged and may not hold together perfectly but turn it onto a lightly floured work surface and press it together quickly to form a disc. Pat or press with a light hand into an 8" x 1" circle.
8. Place the circle of dough onto a parchment-lined baking sheet. With a bench knife, bowl scraper or sharp knife, cut into 8 even wedges. Lift and pull the wedges apart, separating them at least an inch, or evenly space wedges across the baking sheet.
9. **For topping:** If desired, brush with cream and sprinkle with sugar and/or nuts.
10. Bake 15 - 18 minutes until golden and internal temperature is 200°F in center. Transfer scones to wire rack and let cool 10 minutes before serving or glazing.

Yield: 8 large scones.

NOTES Scones may be covered/sealed and frozen before baking in step 8. Bake straight from the freezer, adding any optional toppings, in preheated 425°F oven 18 - 22 minutes. Check to ensure the center reaches an internal temperature of 200°F.

Snickerdoodle Cookies



“A favorite soft snickerdoodle cookie recipe from my mother, Juanita Kendall. Everyone loves these cookies.”- Charlene Patton

NUTRITION INFORMATION PER SERVING (1 cookie, 27g): 120 calories, 6g total fat, 1.5g saturated fat, 0g trans fat, 10mg cholesterol, 55mg sodium, 16g total carbohydrate, 0g dietary fiber, 9g total sugars, 2g protein, 2mcg folate, 0mg vitamin C, 0mg iron.

INGREDIENTS

1 ½ cups granulated sugar
1 cup vegetable shortening
2 large eggs
1 teaspoon pure vanilla extract
2 ¾ cups all-purpose flour
2 teaspoons cream of tartar
1 teaspoon baking soda
¼ teaspoon salt

TOPPING

2 tablespoons granulated sugar
2 teaspoons ground cinnamon

DIRECTIONS

1. In large mixing bowl, combine 1½ cups granulated sugar and shortening. Cream until light and fluffy. Add eggs, one at a time, and continue mixing until well blended.
2. Add vanilla to creamed mixture and continue mixing.
3. Combine in the second mixing bowl, all-purpose flour, cream of tartar, baking soda and salt. Gradually add into creamed mixture and mix until blended.
4. Cover; chill dough for 1 hour in the refrigerator.
5. In a small bowl, combine the topping ingredients.
6. Form chilled dough into 1-inch balls and roll in cinnamon-sugar mixture to cover dough. Place balls on cookie sheets 2 inches apart.
7. Bake cookies at 375°F for 10 - 13 minutes, or until lightly browned but still soft. Cool cookies 2 minutes and then remove from baking sheet to cooling rack.
8. Store cookies in an airtight container at room temperature or freeze.

Yield: 3 - 4 dozen cookies.

Pilgrim Bread



Sharon Davis used this recipe with youth at 4-H Congress in Atlanta, Georgia. She has enjoyed making hundreds of loaves for friends, family and her parish fundraisers for the homeless.

NUTRITION INFORMATION PER SERVING (1 slice, 48g): 110 calories, 2g total fat, 0g saturated fat, 0g trans fat, 5mg cholesterol, 180mg sodium, 19g total carbohydrate, 2g dietary fiber, 2g total sugars, 3g protein, 7mcg folate, 0mg vitamin C, 1mg iron.

INGREDIENTS

1 cup boiling water	½ cup rye flour
½ cup yellow cornmeal	3 cups whole wheat flour
¼ cup packed brown sugar	¼ cup vegetable oil or shortening
2 ½ teaspoons salt	1 large egg, beaten
1 ½ cups cool water	1 ½ - 2 cups bread flour, divided
2 (¼ ounce) packages or 4 ½ teaspoons active dry yeast	Cornmeal, for dusting

DIRECTIONS

1. In bowl of stand mixer, fitted with paddle, or a large bowl, combine 1 cup boiling water, cornmeal, brown sugar and salt. Allow to stand 10 - 15 minutes.
2. Mix cool water into cornmeal mixture; the temperature should be 110°F - 115°F or below. Add yeast, rye flour and whole wheat flour. Beat 3 minutes on medium speed. Cover; let stand 15 - 20 minutes.
3. Add vegetable oil, egg and 1 cup bread flour. Beat at medium speed 3 - 5 minutes or until smooth. Stir in enough remaining bread flour until dough forms a ball and pulls away from sides of the bowl.
4. Exchange paddle for dough hook or turn onto lightly floured surface; knead 8 - 10 minutes until dough is smooth and elastic.
5. Place dough in greased bowl, turning to grease top. Cover; let rise until doubled, about 40 minutes.
6. Gently punch down dough and form into a smooth ball. Cover; let rest 10 minutes.
7. Divide dough in half; shape each half into round or rectangle loaves. Place round loaves into two greased pie plates or space apart on a baking sheet; or place into greased 8 ½" x 4 ½" loaf pans. If desired, sprinkle cornmeal on pie plates or baking sheet.
8. Cover with plastic wrap and proof in warm (85°F - 95°F) draft-free place until loaves are doubled in size and when lightly touched, the small indentation stays. Near the end of the rise, preheat oven to 375°F.
9. On the round loaves, using a sharp knife, score surface with shallow cuts in an "X" pattern.
10. Bake loaves until golden brown and instant-read thermometer inserted registers 205°F - 210°F, about 35 - 40 minutes. Remove bread from pans to wire rack. Cool bread about 30 minutes before slicing or wrapping.

Yield: 2 loaves, 16 slices each loaf.

NOTES Let family members suggest 1 ½ cups of additional ingredients they would like to add to the dough for a "signature" family bread. Add dried fruit, nuts, grated cheese, chopped onion, spices or herbs at the end of the kneading time. Dough may be divided into thirds and shaped into three medium loaves.

Blueberry-Oat Muffins



Kansas Soybean Commission spokesperson, Charlene Patton, partnered with the KWC “Speak for Wheat” Test Kitchen using recipes to promote Bake and Take Month and Bake for Family Fun Month. This is a nutrient-packed muffin loaded with blueberries!

NUTRITION INFORMATION PER SERVING (1 muffin, 63g): 180 calories, 7g total fat, 1g saturated fat, 0g trans fat, 15mg cholesterol, 200mg sodium, 26g total carbohydrate, 2g dietary fiber, 12g total sugars, 4g protein, 5mcg folate, 1mg vitamin C, 1mg iron

INGREDIENTS

SOY-FLOUR BLEND

7 cups all-purpose flour
1 cup soy flour

MUFFINS

1¼ cups soy-flour blend
1 cup quick-cooking oats
½ cup packed brown sugar
1 teaspoon baking powder
½ teaspoon baking soda

½ teaspoon salt
1 cup fresh blueberries
1 large egg, room temperature
½ cup soymilk
⅓ cup vegetable oil

TOPPING

1 tablespoon granulated sugar
¼ teaspoon ground cinnamon

DIRECTIONS

1. **For the soy-flour blend:** In large bowl, whisk together the all-purpose flour and soy flour. Keep soy-flour blend in sealable container and use in any recipe using all-purpose flour. Makes 8 cups.
2. Preheat oven to 400°F. Line a standard-size (2 ½ x 1 ¼-inch) muffin pan with paper liners, or spray with cooking spray.
3. In a large mixing bowl, whisk together 1 ¼ cups soy-flour blend, oats, brown sugar, baking powder, baking soda and salt.
4. Fold in blueberries and coat lightly with flour mixture.
5. In second mixing bowl, combine egg, soymilk and vegetable oil.
6. Add liquid mixture to dry mixture, stirring just until moistened. Do not overmix.
7. Portion batter into prepared muffin cups.
8. In a small bowl, combine topping ingredients. Top each muffin with the topping.
9. Bake until a wooden pick inserted in center comes out clean, 18 – 22 minutes. The internal temperature should register 200°F - 205°F on an instant-read thermometer. Transfer muffins from the pan to a wire rack. Serve warm or at room temperature.

Yield: 12 medium muffins.

NOTES Blueberries are fragile, so don't wash until ready to use.

Trella's Raised Nut Bread



“The original recipe was my grandma’s, but I adapted it during my days as Nutritionist at the Kansas Wheat Commission. Our family still loves it.” - Sharon Davis

NUTRITION INFORMATION PER SERVING (1 slice, 66g): 150 calories, 3.5g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 160mg sodium, 25g total carbohydrate, 1g dietary fiber, 6g total sugars, 4g protein, 8mcg folate, 1mg vitamin C, 1mg iron.

INGREDIENTS

- | | |
|---|--|
| 1 medium red potato, peeled and chopped about the size of your fist | 1 tablespoon shortening or lard |
| 2 ½ cups water | 1 ½ teaspoons salt |
| 1 ½ cups corn flakes (not crushed) | 1 cup chopped nuts (black walnuts, walnuts, or pecans) |
| 4 - 5 cups bread flour (may use part whole wheat flour), divided | |
| 2 (¼ ounce) packages active dry yeast | |
| ⅔ cup granulated sugar | |

DIRECTIONS

1. In medium pan, boil the potato in the water until tender. Mash the potato in the water.
2. In bowl of a stand mixer fitted with paddle attachment, or a large bowl, add corn flakes and pour the boiling potato water mixture over the cereal. Allow the corn flakes to absorb the water and let cool to 95°F – 105°F.
3. Mix in 2 cups flour, yeast, sugar and shortening. Mix 3 minutes on medium speed; cover and allow to rest 15 minutes.
4. Stir in salt and gradually add remaining flour, ½ cup at a time, stirring/mixing vigorously. When dough forms a rough ball, turn onto work surface to knead, using small amounts of flour or exchange paddle for dough hook; knead 8 - 10 minutes to form a soft, elastic dough.
5. Place dough in greased bowl, turning once to coat. Cover; let rise in a draft-free 75°F - 80°F place until doubled in size, about 1 hour. Repeat for a second rising, if time allows, for a lighter bread.
6. Deflate dough, divide, and flatten halves on work surface into a 9" x 14" rectangle. Press and fold the chopped nuts evenly into the dough.
7. Form two loaves. Place loaves into greased or sprayed 8" x 4" loaf pans.
8. Cover lightly with oiled plastic food wrap or slightly damp towel; let rise in a warm 80°F - 90°F place until doubled, about 40 - 60 minutes.
9. While dough is rising, preheat oven to 350°F. Bake loaves 35 - 40 minutes, depending on size, until golden and internal temperature is 201°F - 203°F at center.
10. Cool on wire rack in pans for 5 minutes. Remove bread from pans and let cool completely on a wire rack before slicing and serving.

Yield: 2 (8" x 4") loaves, 12 slices each.

Pet Treats



**Your dog will bark about these treats!
“For a family activity make pet treats and
donate them to the local animal shelter or a
fundraiser bake sale.” - Charlene Patton**

NUTRITION INFORMATION PER SERVING (1 medium pet treat, 30g): 90 calories, 4g total fat, 2g saturated fat, 0g trans fat, 20mg cholesterol, 130mg sodium, 13g total carbohydrate, 2g dietary fiber, 1g total sugars, 3g protein, 6mcg folate, 0mg vitamin C, 1mg iron.

INGREDIENTS

2 ½ cups whole wheat flour
½ cup non-fat dry milk powder
1 teaspoon salt
1 teaspoon brown sugar
6 tablespoons unsalted cold butter or margarine
1 large egg
½ cup cold water or broth

DIRECTIONS

1. Preheat oven to 350°F.
2. In a medium bowl, combine whole wheat flour, dry milk powder, salt and brown sugar. Cut butter into flour mixture using a pastry blender, fork or two knives until mixture resembles coarse crumbs.
3. In a small bowl, combine egg and cold water or broth.
4. Stir the egg mixture into the dry mixture to form a dough ball. Sprinkle with small amounts of water or flour to make a dough that can be kneaded. Knead for about 3 minutes.
5. Roll dough to ½-inch thickness. Cut into bone shapes, using cookie cutter or knife. Cut into kibble snacks by rolling the dough into a long, thin log and cut ½-inch pieces.
6. Place the same size shapes on each baking sheet for even browning.
7. Depending on the size of the shapes, bake 30 - 35 minutes, or until browned and crunchy.

Yield: 20 medium pet treats or 10 large.

NOTES Did you know pets can have food allergies? Substitute a blend of non-gluten flours (sorghum, soy, corn) or meal (corn or flax) for pets with wheat allergies.

NATIONAL FESTIVAL OF BREADS

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Recipes tested in the KWC “Speak for Wheat” Test Kitchen by Cindy Falk, Nutrition Educator, and Linda Beech, K-State Research and Extension Agent, Emeritus.

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