Best Of WHEAT

Prize-winning recipes from the 2019 Oklahoma State Fair Bread Baking Contest
The Best of Wheat 2019-2020

There is a delectable aroma that fills the air when baking any sort of bread. Many people bake for pleasure, some for satisfaction and others bake for a chance to win the Oklahoma Best of Wheat Bread Baking Contest, held each year at the Oklahoma State Fair. The Oklahoma Best of Wheat contest includes entries from all across the state, which have won at the county level in order to advance to state competition.

The contest is held annually at the Oklahoma State Fairgrounds and is supported by the wheat producers in Oklahoma. It is sponsored by the Oklahoma Wheat Commission. We hope you savor the taste and enjoy each of these winning recipes.

The Oklahoma Wheat Commission

In 1965, the Oklahoma Wheat Resources Act established the Oklahoma Wheat Commission and a framework for Oklahoma wheat producers to invest in the promotion of their product ... Hard Red Winter Wheat.

The Oklahoma Wheat Commission is entirely producer controlled and five Oklahoma wheat producers make up the Board of Commissioners. State producers elect their peers to serve as a commissioner in district elections. Once selected, commissioners are appointed by the Secretary of Agriculture to serve a five-year term. Each district has an opportunity to elect a commissioner every five years.

The Oklahoma Wheat Commission is committed to ensuring the competitiveness of Oklahoma wheat in domestic and international markets. OWC invests producer contributions in market development through U.S. Wheat Associates and the Wheat Foods Council. Twenty percent of all producer funds collected by OWC are allocated to the Oklahoma Wheat Research Foundation, as required by law.

In addition, OWC supports wheat research projects that are conducted by the Oklahoma State University Division of Agricultural Sciences and Natural Resources; aimed at ensuring a bright future for Oklahoma wheat.

Specific areas of research include: wheat breeding and genetics; end use quality; production techniques; non-food uses; consumer nutrition education; and utilization of wheat flours.
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Dissolve yeast in ¹⁄₂ cup warm water. In large mixing bowl, combine 2 ¹⁄₂ cups flour, sugar and salt. In small saucepan, heat 1 cup water, oil and cheese until warm and cheese is soft. Add warm liquid mixture, egg and softened yeast to flour mixture. Beat 2 minutes at medium speed. Add 3 to 4 cups flour to make a soft dough. Turn onto lightly floured board and knead until smooth and elastic. Place in greased bowl and let rise until doubled. Punch dough down and let rest 15 minutes. Divide dough in half and shape to variation desired.

In small saucepan, combine filling ingredients, cook over low heat stirring constantly until butter is melted. Set aside. On lightly floured surface, roll dough to a 6" x 8" rectangle. Cut into 3 equal strips. Spread ¹⁄₃ filling onto each strip and roll up. Braid the strips together and put into greased pan. Let rise until doubled. Bake at 350 degrees for 20 to 30 minutes. Remove from pan. Cool.

Yield: 2 large loaves
White Bread

1st Place • Class 1 – Senior – White Bread
Dena Welch • Lincoln County

1/2 cup warm water
4 1/2 tsp. active dry yeast

Mix together in a bowl.

Add:
2 cups warm milk (110 to 115 degrees)
3 Tbsp. butter
3 Tbsp. shortening
2 large eggs
1/4 cup sugar
1 1/2 tsp. salt
7 to 7 1/2 cups bread flour

Mix together all the above ingredients except only add about half the flour. Mix until smooth then beat on medium speed for 2 minutes. Change to dough hook and add the rest of the flour a little at a time until dough leaves side of bowl. Knead with dough hook 3 to 5 minutes or by hand 8 to 10 minutes. Let dough rise in greased bowl in warm place for about an hour or until double in size. Punch down and form into loaves. Let rise until doubled. Bake at 350 degrees for about 20 to 30 minutes until loaves sound hollow when tapped. When done, turn out onto cooling rack. Brush with melted butter, if desired.

Yield: 3 loaves
Stir yeast into warm, not hot, water. Add a pinch of sugar. Warm milk. Stir salt, sugar and shortening into milk. Cool. Stir in egg and then yeast mixture. Stir in 4 cups flour until mix is smooth. Stir in or knead in remaining flour to make dough smooth and elastic. Place in lightly greased bowl and cover loosely. Let rise until doubled. Poke two fingers to make indentation. If indentation remains, punch down and roll back into a ball and let rise again. Make indentions and check again. Roll out and shape into 2 loaves. Place into 2 greased bread pans and let rise. Bake at 350 degrees for 30 to 35 minutes or until done. Run the end of a stick of butter across the top to coat the top crust. Turn out onto cookie rack to cool.
Egg Bread

3rd Place • Class 1 – Senior – White Bread
Chelsea McKay • Kiowa County

In a mixing bowl, add 2 cups of flour, sugar and yeast. With a hand whisk or a fork, stir to combine. In a small saucepan, add the water, milk and butter and heat over low flame until lukewarm (110 degrees). Slowly pour over the flour mixture, stir to combine and let rest for about 10 to 15 minutes until the sticky dough starts to rise and gets a spongy texture. Attach the dough hook to your mixer. With the mixer on low speed, start mixing the sticky dough, slowly beating the lightly beaten eggs in. Stir in salt and slowly add the remaining 2 cups of bread flour. When all the flour is added, increase the mixer speed to medium-low and let it knead for about 5 to 6 minutes or until the dough cleans itself from the sides of the bowl. If it’s sticky, add just a little bit more flour. The dough should be soft and elastic. With greased hands, remove the dough from the mixing bowl and into a buttered bowl, cover with plastic wrap and let rise at room temperature until doubled in volume. It should take a little over an hour.

After rising, shape the bread as desired. Cover with plastic wrap again and let it rest for the second time for about half an hour. Meanwhile, heat the oven to 350 degrees. Bake for 30 to 40 minutes or until nice and golden. Let cool before slicing.

DID YOU KNOW?

One bushel of wheat weighs approximately 60 pounds.
In large bowl, dissolve sugar in water; add yeast and allow to proof until foamy. Mix salt and oil into yeast mixture. Add 1 cup of flour at a time, mixing well between additions. Continue adding flour as needed for soft and smooth dough. Place in oiled bowl and cover. Set in a warm place until dough has risen double in size, about 1 hour.

Punch down dough and divide in half. Form each half into loaf, place loaves into greased loaf bread pan, let rise for about 30 minutes or until dough is about 1 inch above pan.

Bake at 350 degrees for 25 to 30 minutes or until loaves are golden brown.

**DID YOU KNOW?**

Wheat originated in the “cradle of civilization” in the Tigris and Euphrates river valley, near what is now Iraq.

Wheat, used for white bread, pastries, pasta and pizza, has been the principal cereal crop since the 18th century.
Yeast Bread
5th Place • Class 1 – Senior – White Bread
Marta Ashlock • Cherokee County

Measure yeast, 2 cups flour, sugar, salt and oil into large mixing bowl, blending well. Stir in the hot water and beat with spoon until mixture is smooth and satiny. Slowly add 3 cups more flour mixing until dough pulls away from side of bowl. Cover and let stand for 10 minutes. Turn dough out onto lightly floured surface and knead until smooth. Place dough into greased bowl. Cover with plastic wrap. Let rise in warm place about 1 1/2 hours until doubled. Punch dough down. Divide into 2 parts. Shape each into a loaf. Place into 2 greased 5 1/2” x 9 1/2” bread pans. Let rise again about 1 1/2 hours until doubled. Bake at 375 degrees for 40 to 45 minutes or until loaves sound hollow when tapped and are golden brown in color. Brush tops with melted butter.

DID YOU KNOW?
Wheat is a member of the grass family that produces a dry, one-seeded fruit commonly called a kernel.

More than 17,000 years ago, people gathered plant seeds, rubbed off the husks and chewed the kernels raw, parched or simmered.
Whole Wheat Bread

1st Place • Class 2 – Senior – Whole Wheat Bread
Don Robison • Kingfisher County

Additives:
1 Tbsp. instant yeast
3 ounces – gluten – retains gas and steam during baking and gives more volume and strength
1.6 ounces – dough conditioner – enhances flavor, softer texture and longer shelf life
1.6 ounces – lecithin granules – fat emulsifier, great texture and brown crust
.5 ounce – salt
.5 ounce – diastatic malt – strong rise, great texture and brown crust
1 ounce – flax seed meal – nutrition and softness to dough

After letting the dough sit covered for 2 hours, add all the additives at one time. Mix and knead to a soft, slightly sticky dough. Divide in half and place in oiled bowls. Cover and let set for about 1 hour or until finger punch test says it is ready. Remove and form 2 logs. Put in 2 loaf pans. Let rise for about 1 to 2 hours, depending on finger punch test to say it is ready. Bake in preheated 325 degree oven for about 46 minutes or to internal temperature of 191 degrees.

I buy each of my additives in bulk and measure out enough for 10 batches of bread and mix well. Then measure out 8.2 ounces of that mixture for each batch. You should not have to add any more flour. Just be patient, it may take several minutes before it reaches kneading stage, then knead for about 10 minutes. For the finger punch test, make a depression in the dough. It is ready when the depression only slowly begins to fill in. It may take 1 to 2 hours. Also, I buy my organic wheat berries in bulk and grind them fresh for each batch.

Dough:
23 ounces – whole wheat flour
1/4 tsp. instant yeast
13 ounces – 2% milk
1 ounce – vinegar
2 jumbo eggs
4 ounces – butter
6 ounces – honey

Mix together the whole wheat flour and yeast. Then mix the vinegar and milk together and then add to the flour/yeast mixture. Add the rest of the above ingredients in the mixture until all combined together. Cover and let set for at least 2 hours.
Honey Whole Wheat Bread

2nd Place • Class 2 – Senior – Whole Wheat Bread
Nancy Barth • Harper County

2 cups milk
3 Tbsp. oil
1 Tbsp. salt
1/2 cup honey
2 pkgs. active dry yeast
5 1/2 cups whole wheat flour
1/3 cup warm water

Heat milk to simmer, add oil, salt, honey and cool to lukewarm. Dissolve yeast in 1/3 cup of warm water, add to cooled milk. Add 3 cups of whole wheat flour, stir 8 minutes with electric mixer at low speed. Add 2 cups whole wheat flour slowly and mix well. Turn out onto floured board and knead 8 to 10 minutes or until smooth and elastic. Place in oiled bowl, cover with cloth towel to rise in warm place until double in bulk for 1 hour. Knead down to original size, cut in half, shape into 2 loaves. Place in greased pans, cover and let rise until dough begins to lift towel. Bake in 350 degree oven about 45 minutes. Remove from pan and cool on rack.
Combine all ingredients. Stir until dough starts to leave the side of the bowl. Let dough rest for 30 minutes. Knead until dough is smooth (8 to 10 minutes). Place dough in a lightly greased bowl, cover, and allow dough to rise until puffy (1 to 2 hours).

Shape dough and place in a 8 1/2" x 4 1/2" loaf pan. Cover and allow dough to rise until the center is 1" above the edge of the pan (1 to 2 hours). Bake at 350 degrees for 35 to 40 minutes. Tent with aluminum foil after 20 minutes. Bake to an internal temperature of 190 degrees. Remove from oven and turn out on a rack to cool. Rub crust with butter.

DID YOU KNOW?

Wheat was first planted in the United States in 1777.

Wheat was introduced by the first English colonists and quickly became the main cash crop of farmers who sold it to urban populations and exporters. In colonial times, the Middle Colonies became known as the “bread colonies.”
Whole Wheat Bread

4th Place • Class 2 – Senior – Whole Wheat Bread
Tawny Keith • Beckham County

Microwave milk for 1 minute and stir. It should be warm, not hot. Sprinkle yeast over the milk and let sit for about 5 minutes until foamy. Pour milk mixture into mixer bowl, add honey, butter, 2 cups whole wheat flour and salt. Mix until moistened. Mix in additional whole wheat flour until dough forms a ball and pulls cleanly from the sides of the bowl. Knead dough until smooth and elastic, about 10 minutes.

While kneading, heat up a small pot of water until boiling. Place dough in a large greased bowl and cover. Put bowl of dough and pan of hot water in a cool oven to rise for about an hour or until dough is doubled in size. Spray a 9” x 5” loaf pan with non-stick spray. Punch down dough and pat into a rectangle about 8” wide. Roll dough into a log starting at the short end. Place the rolled-up dough in the pan, seam side down. Cover and let rise about 40 minutes until doubled in size.

Place an oven safe pan filled a couple of inches deep with water on the bottom rack of your oven. Preheat oven to 350 degrees. Uncover dough and bake for 40 to 45 minutes or until loaf sounds hollow when lightly tapped on the bottom.

DID YOU KNOW?

Wheat is grown in 42 states in the United States.
Place the warm water in a large bowl and sprinkle the yeast on top. Set aside for 5 minutes to allow the yeast to proof. Add the honey and butter. Blend in 2 cups of the whole wheat flour and the salt until moistened. Beat on medium speed for 3 minutes. Stir in an additional 1 1/4 to 1 3/4 cups whole wheat flour, until dough pulls away cleanly from the sides of the bowl. Knead on floured surface, adding 1/2 to 3/4 cup additional flour, until dough is smooth and elastic, about 10 minutes. Place dough in large greased bowl and cover loosely with plastic wrap. Let rise in warm place until doubled in size, 30 to 40 minutes.

Lightly mist a 9" x 5" loaf pan with non-stick spray. Punch down the dough and shape it into a loaf. Place in prepared pan, cover loosely with greased plastic wrap and let rise in warm place until doubled in size, 30 to 40 minutes. Preheat oven to 350 degrees. Uncover dough and bake 40 to 45 minutes or until loaf sounds hollow when lightly tapped.

DID YOU KNOW?

A bushel of wheat yields 42 one-and-a-half pound commercial loaves of white bread or about 90 one-pound loaves of whole wheat bread.
Milk and Honey Dinner Rolls

1st Place • Class 3 – Senior – Dinner Rolls
Kim Weder • Carter County

1 cup plus 1 Tbsp. milk
3 Tbsp. honey
3 Tbsp. butter – melted
3 cups bread flour
1 1/2 tsp. salt
2 tsp. active dry yeast

In a large bowl, dissolve yeast and 1 1/2 Tbsp. honey in warm milk; let stand until bubbles form on the surface. Whisk together remaining 1 1/2 Tbsp. honey, salt, butter and 1 1/2 cups flour. Stir in remaining flour, 1/2 cup at a time to form a soft dough. Remove the dough, divide into about 10 to 12 pieces and shape the dough into rolls on a floured surface. Place the rolls in a pan and let them rise for about 45 minutes. Bake the rolls at 375 degrees for 15 to 20 minutes or until golden brown.
Mix with non-metal spoon and replace plastic cover. Let starter sit at room temperature for 8 to 12 hours or overnight.

Stir sour dough starter mix. In a large mixing bowl, make a dough of the following:
- 4 cups flour – sifted
- 3/4 cup vegetable oil
- 1/2 cup sugar
- 3 tsp. salt
- 2 cups warm water
- 1 1/4 cup starter – (Cover remaining starter with plastic and place back in the refrigerator until you use again. It is recommended to use at least every 3 weeks or more often.)

Place dough in a large greased bowl and cover loosely with plastic wrap. Allow dough to rise again in warm place until it doubles in size – usually 6 to 8 hours. Shape dough as desired and place in greased pans. Allow dough to rise again in a warm place until it doubles in size – usually 2 to 3 hours. Bake at 350 degrees until golden brown. Brush with butter. Remove from pans and cool.

Makes 2 1/2 dozen rolls.
Combine yeast and 1 Tbsp. sugar in a bowl. Add water and let stand until frothy (about 5 minutes).

Scald milk. Add remaining sugar, salt and butter. Cool to 120 degrees. In a large bowl, measure out flour. Add yeast mixture, milk mixture and eggs. With a wooden spoon, mix until well combined. The dough will be sticky. Cover and let rise an hour.

Punch down dough and scoop out onto a well-floured surface. Form into 12 rolls and place in a 3 x 4 pattern in a greased 9” x 13” baking pan. Cover and rise again until doubled in size. Bake at 350 degrees for 15 to 18 minutes or until golden brown.

DID YOU KNOW?

One acre of land, or one football field, can grow enough wheat to make bread for your family for almost 12 years.

In the United States, one acre of wheat yields an average of around 40 bushels of wheat.
Quick Dinner Rolls

4th Place • Class 3 – Senior – Dinner Rolls
Billie Reedy • Lincoln County

Dissolve yeast in warm water and mix thoroughly. In large bowl, mix the remaining ingredients. Cover and let stand 8 hours or overnight on kitchen counter. Next morning, turn out on floured board and knead lightly. Roll out 1/2” thick and cut into rolls. Place rolls on greased cookie sheet. Let dough rise 4 to 6 hours. Bake in preheated 350 degree oven 10 to 12 minutes.

Ingredients:
- 1 pkg. active dry yeast
- 1/2 cup cooking oil
- 1 tsp. salt
- 2 eggs – beaten
- 1 cup warm water
- 4 cups all-purpose flour
- 1/2 cup sugar

Yeast Rolls

5th Place • Class 3 – Senior – Dinner Rolls
Marlys Doss • Cherokee County

Dissolve yeast in warm water. Stir in sugar, salt, eggs, oil and flour. Mix enough to make dough easy to handle. Turn dough onto floured board. Knead until smooth. Cover and let rise in warm place until doubled in size. Shape into rolls and let rise until doubled in size. Bake in 350 degree oven about 7 to 12 minutes.

Ingredients:
- 2 Tbsp. + 2 tsp. active dry yeast
- 2 1/2 cups warm water
- 1/3 cup sugar
- 1/2 Tbsp. salt
- 1/3 cup vegetable oil
- 7 cups flour
- 3 eggs
Classic Honey Wheat Bread

2nd Place • Class 4 – Senior – Other Wheat Breads
June McGuire • Stephens County

1 1/3 cup warm milk
1 pkg. yeast
1/4 cup honey, brown sugar or combination of the two
1 egg
1/4 cup oil or shortening
1 tsp. sea salt
3 cups bread flour
3/4 cup whole wheat flour

Put milk, yeast, honey, egg, 1/2 cup bread flour in mixing bowl, stir until mixed well. Cover and let set until foamy. Add salt, oil and 2 1/2 cups bread flour and 3/4 cup whole wheat flour, one cup at a time. You may not need all the flour. Knead for about 8 to 10 minutes. Put in a covered oiled bowl, let rise until dough is doubled in size. Turn dough onto lightly oiled work surface, shape dough and place into greased loaf pan. Place in a warm area to rise. Bake at 350 degrees for 30 minutes. Yield: 1 large loaf or 2 one-pound loaves.

DID YOU KNOW?

A bushel of wheat makes about 42 pounds of pasta or 210 servings of spaghetti.

If you eat pasta three times a week, it would take 70 weeks to eat all the pasta made from one bushel of durum.

Per capita consumption of pasta in the United States was 22 pounds in 1996, and 19.84 pounds in 2017.
Pour water and seeds into mixing bowl and let stand for 10 minutes. Add any kind of sourdough starter you would like to use. Add molasses, honey and sugar. Stir to mix. Add yeast and whole wheat flour. Top with salt, wheat chops and bread flour, then oil. Knead for 10 minutes. Let rise for 1.5 hours. Shape into 2 loaves or 1 larger and place into baking pans.

Preheat oven to 425 degrees. Bake for 10 minutes. Turn oven down to 375 degrees. Spritz oven with water when bread first goes into the oven. Spritz again after 3 minutes and then again after 2 minutes. Bake until internal temperature reaches 200 degrees. Remove and cool.

**DID YOU KNOW?**

The term, cereal, is named from the Roman goddess, Ceres, who was deemed protector of the grain.

Wheat has been the principal cereal crop since the 18th century.

Wheat is the most widely grown cereal grain. It’s grown on 17 percent of the total cultivated land in the world.
Hearty Wheat & Oat Artisan Bread

4th Place • Class 4 – Senior – Other Wheat Breads
Kay Williams • Logan County

2 cups quick oatmeal
2 cups boiling water
1/3 cup butter
1/2 cup molasses
2 Tbsp. honey
6 cups bread flour (+/-)
1 Tbsp. salt
2 pkgs. yeast
1 1/2 cups warm water
1 egg – slightly beaten
1/3 cup sesame seeds
2 cups whole wheat flour

Soften yeast in 1 1/2 cups of warm water. Combine in large bowl the oatmeal, boiling water, molasses, honey, butter and salt. Blend well; cool to lukewarm. Add yeast which has been softened in the warm water. Mix. Add whole wheat flour, egg and sesame seeds. Blend well. Gradually add bread flour to form a soft, pliable dough; then knead for 6 to 8 minutes. Place dough in greased bowl and let rise until doubled. About 2 hours. Punch down and let rise again for 30 minutes.

Place dough on floured surface. Divide into 3 portions. Shape dough into round or oval shape and place on flat baking sheets. Sprinkle oatmeal on top of shaped dough (or if desired, shape the dough into standard loaves and bake in three 8 1/2" x 4 1/2" pans. Let rise until doubled. With very sharp knife, cut three slashes across the top of each shaped loaf. Bake loaves at 350 degrees for 35 to 40 minutes. Let cool before slicing.

Tip: Oil hands well before kneading to keep dough from sticking to fingers.

DID YOU KNOW?

A one-and-a-half pound loaf of commercial wheat bread contains 24 slices.
Jalapeno Cheese Bread

5th Place • Class 4 – Senior – Other Wheat Breads
Cynthia Larson • Pottawatomie County

1 pkg. yeast
1/4 cup sugar
1 tsp. salt
1 egg
1/2 cup picante sauce
1/4 cup jalapenos – chopped (optional)
1/4 cup lukewarm water
1/4 cup oil
1 cup milk – scalded
4 cups flour – sifted
1/2 cup Monterey Jack cheese – shredded

Soften yeast in water. Add 1/2 tsp. sugar. Mix in bowl, oil and remaining sugar, egg, salt and milk. Sift flour into liquid ingredients until well mixed. Place bowl in warm area and let rise until double in size. Turn dough out onto floured board. Knead quickly until smooth and elastic. Divide into two loaves. Add picante sauce, jalapenos (optional) and cheese. Dough becomes slimy as you mix together.

Place in greased loaf pans and let rise until doubled in size. Bake at 350 degrees for 40 to 50 minutes. Cover with foil for last 20 minutes to prevent overbrowning. Cool on wire rack. Yield: 2 loaves

The Oklahoma Wheat Commission Board of Directors present Melody Thorn her award for her first place senior sweet bread, Braided Cranberry Bread.
Braided Cranberry Bread

1st Place • Class 5 – Senior – Sweet Breads
Melody Thorn • Woodward County

In a large bowl, combine 1 cup of the flour and the yeast; set aside. In medium saucepan, heat and stir milk, water, sugar, butter and salt until warm and butter almost melts. Add milk mixture to flour mixture; add egg. Beat with mixer on low speed 30 seconds, then beat 3 minutes more. Using wooden spoon, stir in as much of the remaining flour as you can. Turn dough out into floured surface. Knead in enough of the remaining flour to make a stiff dough that is smooth and elastic. Shape into ball. Place in lightly greased bowl; turning once to grease surface. Cover and let rise in warm place until doubled.

Meanwhile, for filling, in a small bowl stir together cranberries, brown sugar, pecans, orange peel and cinnamon. Set aside.

Punch down the dough and turn out onto lightly floured surface. Cover and let rest 10 minutes. Grease baking pan. Roll dough in a 14” x 10” rectangle. Brush with melted butter. Spread filling over dough. Starting from the long side, roll up dough into a spiral. Seal seam. Cut roll in half lengthwise. Turn cut sides up. Loosely twist halves together, keeping the cut sides up. Pinch ends to seal. Place loaf in the prepared sheet. Cover; let rise in a warm place until nearly doubled (about 30 minutes). Bake bread in 350 degree oven about 25 minutes or until golden brown. Remove from sheet; cool on a wire rack.

Drizzle with Orange Glaze. Orange Glaze – Mix powdered sugar and vanilla. Stir in enough orange juice to make drizzling consistency.
Pineapple Rolls
2nd Place • Class 5 – Senior – Sweet Breads
Roberta Hinkle • Grady County

Heat milk; add butter, sugar, salt and eggs in bowl and mix well. Dissolve yeast in warm water. Mix milk mixture, yeast and 1 1/2 cups flour until smooth. Stir in enough flour to form a soft dough; knead until smooth. Cover; let rise until doubled. Meanwhile, mix cream cheese and 2 Tbsp. sugar until creamy; set aside. Cook pineapple, 1/2 cup sugar and 3 Tbsp. flour until thick. Let cool and set aside.

Punch dough down. Roll into rectangle. Spread cream cheese mixture then top with pineapple filling. Roll-up like jelly roll and slice into 12 rolls.

Place in a 13” x 9” greased pan; let rise. Bake at 350 degrees for 20 minutes or until golden brown.

**Dough:**
- 1 1/2 cups milk - lukewarm
- 6 Tbsp. butter
- 1 cup sugar
- 1 tsp. salt
- 2 eggs
- 2 Tbsp. dry yeast
- 1/2 cup warm water
- 6 cups bread flour

**1st Filling:**
- 3 ounces cream cheese
- 2 Tbsp. sugar

**2nd Filling:**
- 1 – 8 ounce can crushed pineapple
- 1/2 cup sugar
- 3 Tbsp. flour

**DID YOU KNOW?**

Ancient traditional tortillas were made from ground corn by Mexican natives as long as 2,000 years ago. Flour tortillas only started to become popular in the 19th century. In the United States, there were 85 billion tortillas consumed in 2000, not including tortilla chips.
Apple Pull-Apart Bread

3rd Place • Class 5 – Senior – Sweet Breads
Erin Slagell • Custer County

Dough:
1 pkg. active dry yeast
1 cup warm milk (110 to 115 degrees)
1/2 cup butter – melted and divided
1 egg
2/3 cup plus 2 Tbsp. sugar – divided
1 tsp. salt
3 to 3 1/2 cups all-purpose flour
1 medium apple – tart, peeled, chopped
1/2 cup pecans – finely chopped
1/2 tsp. cinnamon

Icing:
1 cup powdered sugar
1/2 tsp. vanilla
3 to 4 1/2 tsp. hot water

In large mixing bowl, dissolve yeast in warm milk. Add 2 Tbsp. butter, egg, 2 Tbsp. sugar, salt and 3 cups flour; beat until smooth. Stir in enough remaining flour to form a stiff dough. Turn out onto a floured surface; knead until smooth and elastic, about 6 to 8 minutes.

Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour. Punch down dough. Turn onto a lightly floured surface, divide in half. Cut each portion in 16 pieces. Pat or roll each piece into a 2 1/2” circle.

Combine the apple, pecans, cinnamon and remaining sugar. Place 1 tsp. of the mixture in the center of each circle. Pinch the edges together and seal, forming a ball. Dip in remaining butter.

In a greased 10" tube pan, place 16 balls seam down; sprinkle with 1/4 cup apple mixture. Layer with remaining balls; sprinkle evenly with remaining apple mixture. Cover and let rise until nearly doubled, about 45 minutes. Bake at 350 degrees for 35 to 40 minutes before removing from pan to a wire rack to cool completely.

Combine icing ingredients, drizzle over bread.
Combine all dough ingredients in a mixing bowl using a dough hook to stir them together. Knead 5 to 10 minutes using dough hook and mixer. Place in a greased bowl and let rise approximately 1 hour or until doubled in size. While dough is rising, make filling by mixing the filling ingredients together.

Assembly: Gently deflate the risen dough and turn out onto a light floured or greased surface. Divide dough into thirds. Roll the 1st third into a 10" x 12" rectangle. Spread 1/3 of the filling over the rolled-out dough, leaving a 1/2" margin clear of filling along the sides. Starting with a long side, roll the dough into a log, sealing the edge. Using a pair of kitchen shears, cut the log in half lengthwise. Place the half logs filled side up, side by side in a well-greased 9" x 5" bread pan. Keeping the filling side up, twist or braid the two half logs together, working from the center to each end, pinching the ends together. Repeat with the other 2 pieces of dough. Let rise, up to 1 hour or doubled before baking.

Bake the twists in a preheated oven of 350 degrees for 20 to 25 minutes, until they are done. Remove the twists from the oven and let set for 5 minutes. Gently remove the twists from the pan and place on a cooling rack and allow to cool for about 1 hour before glazing. Mix all the glaze ingredients and drizzle over the twists once they are cool. Yield: 3 twists.
Yummy Fresh Peach Sweet Rolls

5th Place • Class 5 – Senior – Sweet Breads
Nancy Barth • Harper County

**Dough:**
- 1/4 cup butter
- 1 tsp. salt
- 1/4 cup sugar
- 1 cup milk – scalded
- 1 Tbsp. yeast
- 1/2 tsp. sugar
- 1/3 cup warm water
- 2 large eggs
- 3 1/2 cups flour

**Cream Cheese Filling:**
- 8 ounces cream cheese – softened
- 1/4 cup butter – softened
- 1/2 cup sugar
- 1 tsp. vanilla

**Peach Filling:**
- 2 cups fresh peaches – peeled, sliced and diced
- 2 Tbsp. cornstarch

**Peach Glaze:**
- 1/2 cup peach puree
- 2 cups powdered sugar

**Icing: (Optional)**
- 2 cups powdered sugar
- 2 to 3 Tbsp. milk
- almond flavoring

In the bowl of a mixer fitted with a paddle, place the butter, salt and sugar. Pour scalded milk over the contents of the mixing bowl. Allow to cool to a warm, but not hot temperature. This takes about 20 to 30 minutes. In a small bowl, dissolve the yeast and 1/2 tsp. sugar in 1/3 cup warm water. Let stand until foamy, about 5 minutes. Pour the foamy yeast, 2 eggs and 2 cups flour into the mixing bowl. Mix on low just until everything is mixed together. Then beat on medium speed for 5 minutes. You must beat it for 5 minutes. Add the remaining 1 1/2 cups flour. Mix until well incorporated. This is going to be sticky, it will not be a ball of dough. Cover the dough and let rise until doubled. This will take 1 to 1 1/2 hours.

Roll out into a rectangle that is approximately 20" x 14". Spread the cream cheese filling over the top of the rolled-out dough. Evenly distribute the peach pieces over the cream cheese filling. Roll up jelly roll style and slice into 12 – 1 1/2" slices. Yes, this is a bit messy. Place slices in a 9" x 13" baking dish that has been greased. Cover and let rise until almost doubled in size while your oven preheats to 350 degrees. Bake for 25 to 30 minutes.

While they are baking, puree 1/2 peach giving you about 1/2 cup of peach puree. Add powdered sugar and mix until it is smooth and makes a pretty glaze. Cool the rolls for 10 minutes before glazing. I have also used the icing made from powdered sugar, milk and almond flavoring. Store in the fridge.
Orange-Cinnamon Loaf
1st Place • Class 6 – Senior – Bread Machine
Melody Thorn • Woodward County

Add all of the ingredients except the orange glaze to the bread machine according to the manufacturer’s directions. Bake using the basic white bread cycle. Remove hot bread from machine as soon as it is done. Cool completely on a wire rack. Drizzle with orange glaze. Prep time: 15 minutes
Yield: Makes 1 1/2 pound loaf (16 slices).

Dough:
1/2 cup buttermilk or sour milk
1/3 cup water
1 egg
3 Tbsp. butter – cut up
3 cups bread flour
3 Tbsp. granulated sugar
2 tsp. orange peel – finely shredded
3/4 tsp. salt
3/4 tsp. ground cinnamon
1 1/2 tsp. active dry yeast or bread machine yeast

Glaze: Mix together
1 cup powdered sugar – sifted
1 tsp. vanilla
4 to 6 tsp. orange juice
Spicy Apple Bread
2nd Place • Class 6 – Senior – Bread Machine
Kamie Gossen • Washita County

1 1/2 cups water
3 Tbsp. butter
3 cups bread flour
1/2 cup dried apples – cut up
3 Tbsp. dry milk
3 Tbsp. sugar
1 1/2 tsp. salt
3 tsp. apple pie spice
1 1/2 tsp. yeast

Place all ingredients in bread machine in order recommended by manufacturer. Select 1 1/2 pound basic/white cycle, medium crust color. Do not delay cycle. Remove bread from pan after cycle is complete and cool on wire rack. Enjoy! This bread makes amazing french toast!

Pizza Pleasure
3rd Place • Class 6 – Senior – Bread Machine
Sandy McClure • Cleveland County

1 cup water
1/2 cup pepperoni – finely chopped
1/2 cup mozzarella cheese
3 Tbsp. mushrooms – finely chopped
3 cups flour
2 Tbsp. sugar
1 1/4 tsp. salt
1/4 cup parmesan cheese
1/4 cup onion flakes
3/4 tsp. garlic powder
1 tsp. Italian seasoning
3/4 tsp. oregano
2 tsp. active dry yeast

Load ingredients in the order listed, bake and enjoy.
Bread Machine Bread

4th Place • Class 6 – Senior – Bread Machine
Cynthia Larson • Pottawatomie County

1 cup warm water (110 degrees)
3 Tbsp. white sugar
1 1/2 tsp. salt
1/4 cup olive oil
3 cups bread flour
2 1/4 tsp. (1 pkg.) active dry yeast

Place water, sugar, salt, oil, flour, and yeast into pan of bread machine. Bake on white bread setting. Cool on wire racks before slicing.

Many thanks to our state fair helpers who make the annual Best of Wheat Contest at the State Fair of Oklahoma possible!
**Star Bread**

Grand Champion Junior Division • Class 11 – Junior – Specialty Shaped Bread  
Bailey Gossen • Washita County

*Dough:*  
6 1/2 cups flour  
2 tsp. salt  
4 1/2 tsp. yeast  
1/2 cup oil  
1/2 cup sugar  
1 egg  
2 cups warm water

*Filling:*  
1/2 cup butter  
3 cups brown sugar  
3 tsp. cinnamon

*Topping:*  
1/2 cup powdered sugar

Dissolve yeast in water. Mix ingredients till it holds together. Knead 10 minutes. Cover and let rise until doubled. Divide dough into 4 balls. Roll 1 ball out in a circle then put butter, brown sugar and cinnamon on it in that order. Place on large cookie sheet. Repeat with 2 more dough balls, layering them one on top of the other. Roll out final dough and place on top with no toppings. This should make 4 dough layers – 3 with toppings. Place a cup in the center of the dough and cut 16 evenly spaced slices from the cup to the edge of the dough. Remove cup. Grab 2 adjacent strips and rotate 3 times outward. Pinch ends together. Repeat with the remaining strips. Cover and let rise.

Bake at 350 degrees until golden brown. Dust with powdered sugar. Enjoy!
Soften yeast in warm water. Combine hot milk, sugar, salt and shortening. Cool to lukewarm. Stir in 2 cups of flour and beat well. Add yeast and mix. Add enough remaining flour to make a moderately stiff dough. Turn out onto a lightly floured surface and knead until smooth and elastic. Place in a lightly greased bowl and cover. Let rise until doubled in size. Cut into 2 pieces. Shape each into 2 balls and let rest for 10 minutes. Roll dough and shape into 2 loaves and place in 2 greased bread pans. Let rise.

Bake at 350 degrees for 30 to 35 minutes or until done. Brush top with butter.
White Bread
2nd place • Class 7 – Junior – White Bread
Aiden Thompson • Noble County

1 pkg. dry yeast
1/4 cup warm water
2 cups milk – scalded
2 Tbsp. sugar
2 tsp. salt
1 Tbsp. shortening
6 to 7 cups flour

Soften yeast in warm water. Combine hot milk, salt, sugar and shortening. Cool to lukewarm. Stir in 2 cups of flour and beat well. Add yeast and mix. Add enough remaining flour to make a moderately stiff dough. Turn out onto a lightly floured surface and knead until smooth and elastic. Place in a lightly greased bowl and cover. Let rise until doubled. Punch down and let rise again until doubled. Cut dough in half and form into 2 balls. Let rest for 10 minutes. Roll out and shape into 2 loaves. Place into 2 greased bread pans. Let rise.

Bake at 350 degrees for 30 to 35 minutes or until done.

DID YOU KNOW?
The first automatically sliced commercial bread loaves were produced on July 6, 1928, in Chillicothe, Mo., using a machine invented by Otto Rohwedder, an Iowa-born, Missouri-based jeweler. Rohwedder’s quest to make sliced bread a reality was not without its challenges. A 1917 fire destroyed his prototype and blueprints. Nevertheless, in 1928, Rohwedder’s rebuilt “power-driven, multi-bladed” bread slicer was put into service at his friend Frank Bench’s Chillicothe Baking Company.
Grandma’s White Bread

2 cups very warm milk
1/2 cup sugar
1/2 cup oil
2 tsp. salt
2 Tbsp. yeast
1 egg
5 to 6 cups of flour to make a soft dough

Use a stand mixer with half the flour and the rest of the ingredients using a paddle attachment. High speed for 5 minutes and then switch to dough hook. Add enough flour to make a good soft dough. Put in oiled bowl and let rise in a warm area until the dough doubles in size. Punch down and shape. Place in greased bread pan and rise again until doubled in size. Bake in 350 degree oven until browned about 45 minutes. Butter top of bread.

DID YOU KNOW?

Wheat is the primary grain used in U.S. grain products. Approximately three-quarters of all U.S. grain products are made from wheat flour.

About half of the wheat grown in the United States is used domestically.
In a large bowl, dissolve sugar in warm water; add yeast and allow to proof until foamy. Mix salt and oil into yeast mixture. Add 1 cup of flour at a time, mixing well between additions. Continue adding flour as needed for soft and smooth dough. Place in oiled bowl and cover. Set in a warm place until dough has risen double in size. About 1 hour.

Punch dough down and divide in half. Form each half into a loaf and place into a greased loaf bread pan. Let rise for about 30 minutes or until dough is about 1 inch above the pan.

Bake at 350 degrees for 25 to 30 minutes or until golden brown.

DID YOU KNOW?

There are six classes to the thousands of varieties of wheat: hard red winter, hard red spring, soft red winter, hard white, soft white and durum.

One bushel of wheat contains approximately one million individual kernels.
Combine all ingredients. Knead until dough is smooth. Place the dough in a lightly greased bowl, cover, and allow to rise until puffy (60 to 90 minutes).

Shape dough and place in a 9" x 15" loaf pan. Cover and allow the dough to rise until the center is 1" to 1 1/2" above the rim (60 to 90 minutes).

Bake at 350 degrees for 35 to 40 minutes. Tent with aluminum foil after 20 minutes. Bake to an internal temperature of 195 to 200 degrees.

Remove from oven and turn out on rack to cool. Yield: 1 loaf

**DID YOU KNOW?**

The first bagel was introduced in 1683 when a baker from Vienna, Austria, thanked the King of Poland for saving Austria from Turkish invaders. The baker reshaped the local bread so that it resembled the king’s stirrup. The new bread was called “beugel,” derived from the German word stirrup, “bugel.”

The bagel is the only bread product boiled before it is baked.
Bailey’s Butterhorns

1st Place • Class 8 – Junior – Dinner Rolls
Bailey Nickels • Garfield County

In large bowl, dissolve yeast in water. Add milk, sugar, egg, salt and 3 cups flour; beat in butter and remaining flour (dough will be slightly sticky). Do not knead. Place in a greased bowl and refrigerate overnight.

Punch down and divide in half. On a floured surface, roll each half into a 12” circle. Cut each circle into 12 pie-shaped wedges. Beginning at the wide end, roll up each wedge. Place rolls point side down, 2 inches apart on greased baking sheets. Cover and let rise in a warm place until doubled, about 1 hour.

Bake at 350 degrees for 15 to 20 minutes or until golden brown. Immediately brush tops with melted butter. Yields: 2 dozen

1 pkg. dry yeast
2 Tbsp. water (110 to 115 degrees)
2 cups warm milk (110 to 115 degrees)
1/2 cup sugar
1 egg – beaten
1 tsp. salt
6 cups flour
3/4 cup butter - melted
Place the 1 cup of milk in a sauce pan to warm. Once the milk has been warmed, add the butter to melt in the milk. While the milk is warming, mix together flour, salt, sugar and yeast in another bowl. Set to the side. Place milk/butter combination in a large bowl. Add 2 eggs at room temperature and mix together. Slowly start adding the dry items into the milk/butter/egg mixture. It will begin to form a dough mixture as the final dry items are added. Once mixed, place dough in a greased bowl and cover to rest. Let rise until doubled in size. Remember to find a warm location to let your dough rise.

After reaching the double in size, have a floured surface to place your dough on. Slowly knead the dough. Don’t over knead. Use the pinch method and make dough balls the size of an extra-large egg. Place in a greased pan. Let double in size. Place in a preheated oven at 375 degrees. Bake 16 to 20 minutes. Cover with butter before removing from the oven. Enjoy with your favorite meal.

DID YOU KNOW?

The early crackers, or “biscuits” as the English called them, were handmade, hard-baked products made from flour and a little moisture.
**Dinner Rolls**

3rd Place • Class 8 – Junior – Dinner Rolls
Payten Kienholz • Kay County

- 2 cups very warm water
- 2 tsp. salt
- 1/2 cup oil
- 1/2 cup sugar
- 1/2 cup powdered milk
- 5 cups flour
- 2 Tbsp. yeast

Put in mixer in order given. Use a dough hook and turn on 2nd speed and mix 7 minutes. Let dough rise until it doubles in size or to the top of the bowl. Cut dough in half and roll each half into a circle 12 to 14 inches in diameter. Use a pizza cutter and cut 16 pie shape pieces. Roll each piece from the outer edge to point and place on a parchment lined baking sheet pan. Make sure there is room to let the rolls rise. Let rise until doubled.

Bake at 350 degrees in preheated oven until golden brown. Remove from oven and brush with oil.
Preheat the oven to 400 degrees. Grease a 9" x 13" pan with cooking spray and set aside.

In a microwave-safe bowl or measuring cup, stir together the water, milk, butter and honey. Microwave for 1 minute and then stir. Then continue microwaving it in 15 second intervals, until the mixture is very warm to the touch but not hot or boiling (anywhere between 95 to 115 degrees), and the butter is completely melted. Pour the liquid mixture into the large bowl of a stand mixer and then sprinkle the yeast evenly on top and give it a quick stir with a fork to combine. Wait 5 minutes or until the yeast is foamy. Add 3 1/2 cups of flour and the salt. Using the dough hook, mix on medium-low speed until the dry ingredients are combined. If the dough is sticking to the side of the bowl, add in 1/4 cup more flour at a time until the dough pulls away from the sides of the bowl and is only slightly sticky to the touch. (Only use up to 4 cups of flour total.) Continue mixing on low speed for 4 to 5 minutes. Then form the dough into a ball with your hands and transfer it to a greased bowl. Cover the bowl with a damp towel or paper towel and let it rise briefly for 15 minutes.

Gently punch the dough down and divide into 15 equal-sized pieces. Form each piece into a ball and place the dough balls in a greased 9" x 13" baking dish. Cover the dish again with a damp towel and let the dough balls rise for additional 15 to 20 minutes. Bake for 15 minutes or until the rolls are lightly golden brown on top and cooked through. Remove the baking dish from the oven and brush the top of the rolls with butter. Enjoy!
Pour 1/2 cup of the water into a bowl (preferably that of a stand mixer) and stir in the yeast and sugar. Let sit for 5 minutes, until foamy. (If the yeast doesn’t do anything, toss it out and buy fresh yeast.) Add the rest of the water and about half of the flour. Stir until well blended. Add the rest of the flour, salt and butter and stir with the dough hook (or by hand) until well combined and shaggy. Continue to knead (I let the dough hook go for about 8 minutes, poking it down occasionally) until it’s smooth and elastic. You could do this by hand too. If you used the dough hook, turn the dough out onto the countertop and knead a few times to make sure it’s evenly smooth.

Shape the dough into a ball and put it back into the bowl. Cover with a tea towel and let sit for 1 to 1 1/2 hours, until it’s doubled in size. Butter 9” x 13” pan. Punch the dough down and roll dough into 2-ounce balls. Place rolls in pan not quite touching each other. Cover with the tea towel again and leave to rise for an hour.

Preheat the oven to 375 degrees and put the rack in the middle of the oven. Bake for 30 to 35 minutes, until the rolls are honey brown. Immediately turn the rolls out of their pans and onto a rack to cool. Butter the tops of the rolls for a soft finish.

Adapted from Dinner with Julie’s recipe, “Julia Child’s Sandwich Bread.”
Garden Herb Braid

1st Place • Class 9 – Junior – Other Wheat Breads
Jacob Hinkle • Grady County

In a large bowl, combine 1 1/2 cups flour with sugar, yeast, salt and herbs. In a saucepan heat milk, water and butter to 120 to 130 degrees. Add dry ingredients; beat just until moistened. Add egg; beat until smooth. Stir in enough flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 10 minutes. Cover and let rise until doubled, about 1 hour. Divide dough into thirds. Roll each portion into a 15” rope. Braid ropes on greased cookie sheet. Cover; let rise until doubled, about 20 minutes.

Bake at 375 degrees for about 15 to 20 minutes or golden brown. Brush with melted butter and sprinkle with herbs. Remove from baking sheet to wire rack to cool.
Cheese Braid

2nd Place • Class 9 – Junior – Other Wheat Breads
Sarah Walker • Payne County

Mix 1 1/2 cups flour, sugar, salt, baking powder and yeast. Heat buttermilk, water and butter until liquids are very warm. Slowly add to dry ingredients; beat 2 minutes at medium speed. Add 1 cup flour. Beat at high speed 2 minutes. Stir in cheese and enough flour for a stiff dough. Place on a lightly floured board, knead until smooth and elastic. Divide dough into thirds. Shape into 3 ropes. Place on baking pan covered with parchment paper. Braid dough. Shape the ends. Cover and let rise for 1 hour or until doubled.

Mix egg and milk and brush on braids. Sprinkle with sesame seeds. Bake at 350 degrees until golden brown. Cool on wire racks.

DID YOU KNOW?

More foods are made with wheat than any other cereal grains, but wheat is also used for cattle, poultry and other livestock and aquaculture feed.

Wheat is also used for plastic manufacturing, paper, hair conditioners, adhesives on postage stamps, medical swabs, charcoal and wood in kitchen cabinets.
**Peppery Cheese Bread**

3rd Place • Class 9 – Junior – Other Wheat Breads  
Brianna Marenco • Ellis County

1 Tbsp. yeast  
1/4 cup warm water  
1 cup sour cream  
1 egg  
2 Tbsp. sugar  
1 tsp. salt  
2 1/2 cups flour  
1 cup shredded cheese  
1/2 tsp. pepper  
1/4 cup jalapeno peppers – chopped

Dissolve yeast in water. Add sour cream, egg, sugar, salt and 2/3 cup flour. Beat until smooth. Stir in enough flour to make soft dough. Fold in cheese and peppers. Form into bread loaf and let rise. Bake at 350 degrees for 40 minutes.

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**Hotrods's Wheat Bread**

4th Place • Class 9 – Junior – Other Wheat Bread  
Lucas Watts Owens • Canadian County

1 1/4 tsp. salt  
2 1/2 tsp. dry yeast dissolved in 4 Tbsp. hot water  
1/4 cup milk  
3 1/2 cups wheat flour  
3/4 cup honey  
1/4 cup oil  
1 cup warm water

Mix all ingredients. Let rise 1 1/2 hours. Knead into loaves and bake in greased pan at 350 degrees for 30 to 40 minutes.
Challah

5th Place • Class 9 – Junior – Other Wheat Breads
Rett Kerr • Garvin County

2 pkgs. yeast
2 cups warm water
7 Tbsp. sugar
4 scant tsp. salt
1/4 cup oil
3 eggs – slightly beaten
6 to 7 cups flour
1 egg – beaten (for glaze)

Soften yeast in water. Add rest of ingredients except flour. Add 4 cups of flour and mix well. Add more flour until dough is workable. Knead until smooth and elastic. Let rise until doubled. Punch down. Divide dough in half. Cut each half into 3 equal pieces. Roll each piece into a strip. Place 3 strips on greased baking sheet. Braid, securing strips at each end. Cover. Let rise again. Brush top and side with beaten egg. Bake at 350 degrees for approximately 30 minutes or until nicely browned.
Lily's Raspberry Braid

1st Place • Class 10 – Junior – Sweet Breads
Lilyana Sestak • Lincoln County

Scald milk; stir in sugar, salt and butter; cool to lukewarm. Sprinkle yeast in warm water and stir until dissolved. Stir in lukewarm milk mixture, egg and half the flour; beat until smooth. Stir in remaining flour to make light dough. Knead until smooth and elastic. Place dough in greased bowl. Cover and let rise about one hour and then punch down and let rest for 10 minutes.

Roll out into a 12” x 15” rectangle. Place in greased pan. Mark the dough in thirds. Place pastry filling in the center third. Cut slits on either side of filling. Braid. Sprinkle braid with pasipka. Let rise until doubled in size. Bake 20 to 25 minutes at 350 degrees. When braid is cool, brush with a simple icing of powdered sugar and cream.

Dough:
- 1/4 cup milk
- 1/4 cup warm water
- 1 pkg. dry yeast
- 1/4 cup sugar
- 3/4 tsp. salt
- 1 egg – beaten
- 2 Tbsp. butter
- 2 1/4 cups flour

Filling:
One 12 ounce can raspberry filling

Pasipka:
Mix together until crumbly. Sprinkle on top of unbaked braid.
- 1/4 cup sugar
- 2 Tbsp. flour
- 2 1/2 Tbsp. butter (melted)
Trevor’s Cinnamon Rolls

2nd Place • Class 10 - Junior – Sweet Breads
Trevor Westfall • Canadian County

Dough:
3 1/2 cups warm water (about 115 degrees)
3/4 cup sugar
1/2 cup vegetable oil
6 Tbsp. rapid rise/quick yeast
1 Tbsp. salt
3 eggs – room temperature
11 cups all-purpose flour

Filling:
1 cup brown sugar
1 cup white sugar
1/2 cup unsalted butter – melted
1 to 2 Tbsp. ground cinnamon

Glaze:
4 cups powdered sugar
1/2 cup half and half
1 tsp. vanilla extract
2 Tbsp. maple syrup
2 Tbsp. unsalted butter – melted (optional)

For rolls: Prepare two large cookie sheets (half sheet size) with parchment paper or silpat mats. Set aside. In a large bowl (I used my 6 qt. stand mixer), combine water, yeast, oil and sugar. Let sit for 10 minutes. Add eggs, flour and salt and mix for 10 minutes. I used the dough hook on my stand mixer. You can also do this by hand with a wooden spoon until it all comes together; and then kneading motion for the rest of the time. Pour dough onto a floured surface and knead until dough is soft, smooth and not too sticky. Only add additional flour if it’s unworkable and sticking to the surface and your hands. Roll dough into a large rectangle, approximately 18” x 26”.

For filling and assembly: Spread melted butter over the top of the dough. Then, top with brown sugar, white sugar and cinnamon. Roll the dough into a log. Cut into 24 – 1” pieces. Place rolls onto prepared cookie sheets. Cover them with clean towels and set aside to rise for 20 minutes in a warm, draft-free spot. Meanwhile, preheat oven to 400 degrees. Bake 12 to 20 minutes or until golden brown. (The original recipe called for just 10 to 12 minutes, but I had to bake mine for 20 minutes and they were perfect.)

For glaze: Combine all ingredients (sugar, half and half, vanilla, maple syrup and butter) in a medium sized bowl. Stir or whisk until smooth. Pour glaze over as soon as they come out of the oven.
Heat sour cream until lukewarm. Set aside. In a large bowl, dissolve yeast in warm water. Add sour cream, butter, sugar, salt, eggs and 2 cups of flour. Beat with electric mixer until smooth. Stir in remaining flour to form a soft dough.

Knead dough on floured surface until smooth and elastic. Place in greased bowl, turning once to grease top. Cover; let rise in warm place until doubled, about 1 hour. Punch down; divide into 3 equal parts. On a lightly floured board, roll each part into a 15” x 6” rectangle. Place on greased baking sheets. With scissors, make 2” cuts at 1/2-inch intervals on the long sides of the rectangle.

Combine apricots and cherries, spread 1/3 of the mixture down the center of each rectangle. Crisscross strips over filling. Stretch dough to 22”, curve to form cane. Let rise until doubled, about 45 minutes. Bake at 375 degrees for 15 to 20 minutes. While warm, brush canes with butter. Drizzle with icing.

Yield: 3 coffee cakes

**Dough:**
- 2 cups (16 ounces) sour cream
- 1/2 cup warm water (110 to 115 degrees)
- 2 pkgs. active dry yeast
- 1/4 cup butter – softened
- 1/3 cup sugar
- 2 tsp. salt
- 2 eggs – beaten
- 5 1/4 to 6 cups flour
- 1 1/2 cups dried apricots – finely chopped
- 1 1/2 cups maraschino cherries – finely chopped

**Icing:**
- 2 cups powdered sugar
- 2 to 3 Tbsp. water

_DID YOU KNOW?_

There is approximately 16 ounces of flour in a one-and-a-half pound loaf of bread.
World Famous Cinnamon Roll

4th Place • Class 10 – Junior – Sweet Breads
Mia Mitchell • Oklahoma County

Dough:
1 1/2 Tbsp. active dry yeast
1 cup warm water (105 to 115 degrees)
2/3 cup granulated sugar plus 1 tsp.
1 cup warm milk
2/3 cup butter – melted
2 tsp. salt
2 eggs – slightly beaten
8 to 9 cups all-purpose flour

Mix together warm water, yeast and 1 tsp. sugar. Set aside. In mixing bowl, mix milk, remaining 2/3 cup sugar, butter, salt and eggs. Stir well and add yeast mixture. Attach dough hook and add the flour. Knead until dough is slightly stiff. Place in plastic or glass bowl, cover and let rise until doubled in bulk; about 1 to 1 1/2 hours. Punch down and let stand for 5 minutes. Roll out on floured surface into a 15” x 20” rectangle. For filling, combine sugar, cinnamon and melted butter. Follow with nuts and raisins, if desired. Roll up jelly roll fashion and pinch ends and edges together to seal. Cut 12 to 15 slices. Coat bottom of a 9” x 13” baking pan with remaining 1/2 cup melted butter and then sprinkle with remaining 1/4 cup sugar. Place cinnamon rolls in pan. Lightly cover and let rise in a warm place until dough is doubled in bulk, about 45 minutes. Bake at 350 degrees for 25 to 30 minutes or until rolls are nicely browned. Cool slightly before icing. To prepare glaze, mix melted butter, powdered sugar and vanilla in a medium bowl. Add hot water 1 Tbsp. at a time until glaze reaches desired consistency. Spread over cool rolls. Enjoy!

Filling:
1/2 cup butter – melted
1 1/2 cups granulated sugar
3 Tbsp. ground cinnamon
1 1/2 cups pecans or walnut – chopped (optional)
1 1/2 cups raisins (optional)

Glaze:
2/3 cup butter or margarine – melted
1 lb. powdered sugar
2 tsp. vanilla
6 Tbsp. hot water

Pan:
1/2 cup butter – melted
1/4 cup granulated sugar
Abri’s Cinnamon Rolls

Dough:
2 3/4 cups all-purpose flour
1/4 cup sugar
2 Tbsp. butter
1 egg
1 pkg. instant (quick rise) yeast (or 2 1/4 tsp.)
1/2 cup water
1/4 cup whole milk
1 tsp. salt

Filling:
2/3 cup brown sugar
1/4 cup butter – room temperature
1 Tbsp. ground cinnamon
3/4 tsp. vanilla extract
1/4 tsp. almond extract

Vanilla Glaze:
1 1/2 cups powdered sugar
1/4 cup butter – melted
1 tsp. vanilla extract
2 to 3 Tbsp. whipping cream

In a large bowl or a stand mixer bowl, combine flour, yeast and salt. In a small microwave safe bowl (or glass measuring cup), combine the sugar, butter, water and milk. Heat in microwave until the mixture is hot and the butter is almost melted (it took about 1 minute, 30 seconds on HIGH in my microwave). Gradually add milk mixture into the flour mixture. Add the egg and mix until a soft and sticky dough forms.

Preheat oven to 200 degrees. If using a stand mixer, switch to the dough hook and set on the lowest mixing setting for 4 minutes or until the dough becomes elastic, or knead by hand on a lightly floured surface for 3 to 4 minutes. Cover the dough with plastic wrap and allow to rest on counter for 5 minutes. Once dough has rested, roll it out on a lightly floured surface until it measures a 16” x 9” rectangle. Prepare filling by combining all ingredients in a small mixing bowl except the butter. Spread butter over the top of the rolled dough, then cover with the filling. Tightly roll dough and cut into 12 portions. I like to use dental floss for this ... I also cut it in half, then fourths so my pieces are all uniform in size (you may have a few smaller pieces from the ends, just arrange them around the larger rolls). Place the rolls into a lightly greased 9” x 13” baking dish and gently press a piece of aluminum foil over the top. Turn OFF your oven and place the covered rolls inside to rise for 25 minutes.

Remove rolls from the oven and turn ON your oven to 375 degrees. Once heated, remove foil and bake rolls for 15 to 18 minutes or until the centers are lightly golden brown in color. Remove from the oven and allow to cool for a few minutes before frosting. While rolls are cooling, prepare the frosting by combining all the ingredients in a small mixing bowl and beating by hand or with a hand mixer until smooth. Spread over the tops of the rolls.
Maple Nut Twist

2nd Place • Class 11 – Junior – Specialty Breads
Colton Tripp • Kay County

Dough:
3/4 cup milk
1/4 cup margarine
2 3/4 to 3 cups all-purpose flour
3 Tbsp. granulated sugar
1/2 tsp. salt
1 pkg. instant yeast
1 tsp. maple flavor
1 egg

Filling:
In a small bowl combine:
1/2 cup granulated sugar
1/3 cup nuts - chopped
1/3 cup candied cherries
1 tsp. maple flavoring
1/2 tsp. cinnamon
1/2 cup margarine

Topping:
1/2 cup powdered sugar
1 to 2 Tbsp. orange juice

Heat milk and margarine until very warm (120 to 130 degrees). Combine liquid, 1 cup flour, sugar, salt, yeast, maple flavoring and egg. Beat for 2 minutes at medium speed. By hand, stir in regular flour to make a soft dough. On a floured surface, knead dough until smooth. Place in greased bowl. Cover; let rise in warm place about 45 minutes.

Grease 12” round pizza pan. Punch down dough; divide into 3 balls. Roll out one ball to cover bottom of pan. Spread filling across dough, repeat layers of dough. To shape, place a glass bowl 2” in diameter in center of dough. With sharp knife, cut from outside edge to glass forming 8 pie-shaped wedges. Twist each wedge together about 3 to 5 times. Remove glass and let rise until doubled, about 30 minutes.

Bake at 375 degrees for 17 to 20 minutes. Cool 5 minutes; remove from pan. Decorate top with glaze, nuts and cherries.
In stand mixer bowl, combine water, dry milk and yeast. Let sit for a few minutes until yeast starts to foam. If it doesn't foam, the water mixed with yeast could have been too hot, too cold or the yeast too old. Start over if it doesn't foam. Add sugar, salt, 1/3 cup softened butter, 1 egg and 2 cups of flour. Use paddle to beat on low until combined. Switch to dough hook. Add 3 more cups of flour, one at a time, stirring in between. You can add up to 6 cups of flour, or until dough starts to pull away from sides of the bowl, and it is tacky but not sticky. It’s a soft dough. If it is humid, you will need more flour. Knead with dough hook for about 5 minutes. Scrape dough into a large greased bowl, cover with a cloth, and let rise in a warm place for about an hour or until doubled. I like to turn my oven on to warm (170 degrees), turn it off; then put the bowl in the oven with the door ajar.

Lightly dust a large workspace with flour. When dough has doubled, punch it down and knead it together with floured hands a couple times. Split dough in half, one half slightly larger than other. Add smaller half back to greased bowl, cover and set aside. Use a rolling pin to roll the larger half of the dough into a 11” x 24” rectangle. Spread 2 tablespoons of soft butter over dough. Roll up, starting on long edge. (You should have a roll that is 24 inches long). Use a sharp knife or dental floss to cut the roll into 24 pieces. These are the bunny bodies. Prepare 3 to 4 baking sheets with nonstick spray, silpat mat or parchment paper. Place rolls on sheets, making sure there is space for the head and ears, plus rising. I put 6 rolls on 4 sheets. Cover each baking sheet with a cloth. If you don't have room, do the next steps fast!

Divide remaining dough. Pull off how much you think you need (definitely less than half) to make 48 bunny ears. Set aside. Roll remaining dough into a 24” x 6” rectangle. Spread with about a tablespoon of soft butter. Roll up dough starting from the long edge (you should have a 24” roll).

Use a sharp knife or floss to cut the dough into 24 pieces. Have a bowl of water handy. Dip bottom of “head” into water and tuck gently underneath top of the body. Just enough so they will stick together. I like to put the head on the opposite end of the “tail” of the spiral of the body, so that it looks like a bunny tail. Repeat with remaining heads. Use remaining dough to form bunny ears. I rolled little pieces of dough in between my palms, dipped the end in water and tucked under the head. Don't forget to make a few of the ears floppy. Cover each baking sheet with a cloth. Preheat oven to 375 degrees. Let bunnies rise for 15 to 30 minutes until they look puffy. Remember they will rise more in the oven.

Bake bunnies 2 sheets at a time for about 10 minutes or until golden on top and bottoms are brown when lifted with a spatula. Halfway through baking, switch baking sheets (move top to bottom and vice versa). Soon after removing bunnies from the oven, brush with melted butter. Let cool on a cooling rack, or eat 5 of them while they are hot! Bust out the honey. These are great for freezing. Pull them out the day you want to use and let them thaw on the counter, then bake at 350 degrees for 2 to 5 minutes until warmed. Makes 24 bunny rolls.

Adapted from “Easter Bunny Dinner Rolls” from the Food Charlatan
Simple Hot Roll Recipe for Teddy Bear Bread

4th Place • Class 11 – Junior – Specialty Breads
Allie Harrison • Okfuskee County

In mixer bowl, add warm water, sugar and yeast. Let yeast dissolve (about 5 minutes). Add 2 cups of flour, the salt and oil. Use mixer and beat 2 minutes on medium speed. Gradually add about 2 more cups of flour. Blend this with a spoon. You will need enough flour to make a soft dough. Knead the dough on a floured surface for about 5 minutes. Place dough in a greased covered bowl and let rise in a warm place until the dough is doubled in size, about an hour. Divide the dough in half because this recipe will make two bears and I only made one bear. The remaining dough can be used for hot rolls.

Pull off enough dough and mold into a circle for the belly. Place it on a greased baking sheet. Pull off a medium piece for the head and place it touching the belly. Attach small balls for arms and legs. Place them touching the body. Place two smaller balls touching the top of the head for the ears. Last, add one small ball on the head for the nose. Cover and let rise until about double. Using fingertip make indentions for ears, belly button and eyes.

Bake at 375 degrees for about 15 to 20 minutes. Turn the bear around about midway during the baking. When done, brush with melted butter. Place raisins or chocolate chips for eyes and the belly button. You can add a bowtie for decoration. Kids will like this bread.

Ingredients:
- 1 1/4 cups warm water (112 to 115 degrees)
- 1/4 cup sugar
- 1 pkg. dry yeast
- 4 cups flour
- 1 1/2 tsp. salt
- 1/4 cup cooking oil
- 3 raisins or chocolate chips for eyes
- & belly button

51
DID YOU KNOW?

The Chinese are on record as having eaten pasta as early as 5,000 B.C.

The word “pasta” comes from an Italian word for paste, meaning a combination of flour and water.

A bushel of wheat makes about 42 pounds of pasta.

Thomas Jefferson is credited with bringing the first “maccoroni” machine to America in 1789 when he returned home after serving as ambassador to France.

There are more than 600 pasta shapes produced worldwide.
Light Whole Wheat Bread

1st Place • Class 12 – Junior – Bread Machine
Korben Gossen • Washita County

8 to 9 ounces water
1 1/4 tsp. salt
1 1/2 Tbsp. butter
1 1/2 Tbsp. dry milk
1 1/2 Tbsp. sugar
1 cup whole wheat flour
2 cups bread flour
1 1/2 tsp. active dry yeast

Add ingredients in order listed. On the settings, choose whole wheat, 1 1/2 lb. loaf size, medium crust and press start. When the unit signals and the display clears, press stop and remove bread.

DID YOU KNOW?

Nearly three billion pizzas are sold in the United States annually.

Regular thin pizza crust is the most popular crust, preferred by 61 percent of the population.

Basic pizza most likely began in prehistoric times, with bread cooked on flat, hot stones.
Bread Machine Bread
2nd Place • Class 12 – Junior – Bread Machine
Kimberly Holland • Pottawatomie County

1 cup warm water (110 degrees)
3 Tbsp. white sugar
1 1/2 tsp. salt
3 Tbsp. vegetable oil
3 cups bread flour
2 1/4 tsp. (1 pkg) active dry yeast

Place water, sugar, salt, oil, flour and yeast into pan of bread machine. Bake on white bread setting. Cool on wire racks before slicing.

Cherry Almond Bread
3rd Place • Class 12 – Junior – Bread Machine
Tayler Spray • Woodward County

3/4 cup milk
1/2 cup maraschino cherries – halved
1/4 cup maraschino cherry juice
4 tsp. butter
1/2 tsp. almond extract
3 cups flour
1/4 cup almonds – chopped
1 Tbsp. sugar
1 tsp. salt
1 1/2 tsp. active dry yeast

Add all the ingredients to the bread machine according to the manufacturer’s directions, adding the cherries with the milk and the almonds with the flour. Bake bread using the basic white bread cycle. Makes: one - 1 1/2 lb. loaf
Pepper Dill Bread

4th Place • Class 12 – Junior – Bread Machine
Tarah Douglas • Caddo County

1 cup warm water
1 tsp. salt
1/2 tsp. black pepper
1/2 tsp. dried dill weed
3 Tbsp. sugar
2 Tbsp. butter
3 cups bread flour
3 tsp. bread machine yeast

Add ingredients in order to bread machine and start.

We extend our sincere thanks to our talented pool of judges for the 2019 Best of Wheat Baking Contest!
Baking Terms

BAKE: To cook in the oven with dry heat.

BATCH: One recipe of yeast, quick breads or cookies.

BATTER: Dough that is too moist to knead, as in batter bread. Also used to describe texture in early part of directions before all the flour has been added.

BEAT: To mix ingredients together with a circular up and down motion using a spoon, whisk, rotary or electric beater.

BIND: To thicken or smooth out the consistency of a liquid.

BLANCH: To dip food, (mostly fruits or vegetables) into boiling water or pour boiling water over the food.

BLEND: To stir ingredients until they are thoroughly combined.

BLOOM: To make food cold by placing it in the refrigerator or in a bowl over crushed ice.

BREAD: To coat with dry bread crumbs or cracker crumbs.

CAMELIZE: To heat sugar until brown and a characteristic flavor develops.

CHILL: To make food cold by placing it in the refrigerator or in a bowl over crushed ice.

CHOP: To cut into small pieces.

CLARIFY: To make a substance clear or pure.

COAT: To thoroughly cover a food with a liquid or dry mixture.

COMBINE: To mix or blend two or more ingredients together.

COOL: To let food stand until it no longer feels warm to the touch.

COUCHE: Heavy linen fabric used to hold formed loaves for proofing.

CREAM: To soften solid fats, often by adding a second ingredient, such as sugar, and working with a wooden spoon or electric mixer until it is creamy.

CRUSH: To pulverize.

CUBE: To cut into small squares of close to equal size.

CUT IN: To combine solid fat with flours using a pastry blender, two forks or the fingers.

DOT: To place small pieces of butter or other food over the surface of a food.

DOUBLE IN BULK: Refers to the expansion of gluten cells in yeast bread that has risen. It is difficult for beginners to judge, so we suggest the finger test after allotted time has elapsed: Press two fingers in the dough, and if marks remain unchanged, it is ready to punch down.

DOUBLE IN SIZE: Refers to the final rising before bread is baked. It’s a visual measurement, subject to guessing and experience. Less is better than more. Individual recipes indicate what to look for including “almost double in size” or “until half again as large.”

DRAIN: To remove liquid from a food product.

DROP: Using a spoon, drop batter onto a baking sheet.

DUST: To lightly sprinkle the surface of a food with sugar, flour or crumbs. To also sprinkle the surface for rolling out the dough.

ELASTIC: Capable of recovering shape after stretching the dough.

FLAKE: To break into small delicate pieces with a fork.

FOLD: To incorporate a delicate mixture into a thicker, heavier mixture with a whisk or rubber spatula without stirring, so that the finished product remains light.

GARNISH: To decorate foods by adding other attractive and complementary foodstuffs to the food or serving dish.

GRATE: To reduce a food into small bits by rubbing it on the sharp teeth of a grating tool.

GREASE: To rub oil on the surface of a cooking utensil or on a food itself. Also, may use non-fat cooking spray.
KNEAD: To work dough by pressing it with the heels of the hand, folding it, turning it, and repeating each motion until the dough is smooth and elastic.
LEVEL: Dry ingredients are spooned into a cup and then leveled off with a straight edge, such as a knife or spatula.
MASH: To break food by pressing it with the back of a spoon, a masher or forcing it through a ricer.
PACKED: To cut or chop into very fine pieces.
PACKED: Used for brown sugar. Spoon brown sugar into dry measuring cup and press down until firmly packed. Overfill the measuring cup, level it off with a straight edge or spatula.
PARE: To remove the stem and outer covering of a vegetable or fruit with a paring knife or peeler.
PEEL: A shovel-like tool used to slide loaves of bread, pizza, pastries and other baked goods into and out of the oven. Usually made of wood.
PREHEAT: To heat the oven, broiler or toaster oven to a desired temperature before inserting the food.
PUNCH DOWN: To push a fist firmly into the top of yeast dough that has completed the first rising.
PUREE: To put food through a fine sieve or a food mill to form a thick smooth liquid.
REST TIME: Yeast doughs benefit from a brief intermission of handling; individual recipes tell you when. Always cover the resting dough so a “skin” doesn’t form. Turn a bowl over it or cover with a plastic wrap.
SCALD: To heat liquid to just before the boiling point; to dip food into boiling water or pour boiling water over the food.
SCANT: not quite up to full measure or just barely.
SCORE: To make small, shallow cuts on the surface of a food.
SEAR: To brown the surface of a food quickly with high heat.
SEASON: To add herbs, spices or other ingredients to food to increase the flavor.
SEPARATE: To remove the yolk from the white of the egg.
SHAGGY: Dough is lumpy yet well-mixed (no dry spots of flour); it’s a cohesive ball but not a smooth one.
SHAPING: Recipes indicate how to shape special breads and rolls. For regular bread loaves, lightly flour the work surface after shaping the dough into a smooth ball. Roll to a rectangle using a rolling pin. Beginning at the short end, roll dough tightly to make a loaf shape. With fingers, pinch the seam of rolled dough to seal. Then pinch each end. Pat into a uniform loaf shape.
SHRED: To cut or break into thin pieces.
SIFT: To sift flour and dry ingredients through a sifter. Flour will pack from its own weight. Sifting incorporates air into the flour and ensures accurate measuring.
SIMMER: To cook with vapor produced by a boiling liquid.
SKIM: To remove a substance from the surface of a liquid.
STEAM: To cook with vapor produced by a boiling liquid.
STRAIN: To separate solid from liquid.
THICKEN: To make a liquid dense by adding a food like flour, cornstarch, egg yolks, rice or potatoes.
VENT: To leave an opening through which steam can escape in the covering of a food to be cooked.
WHEAT CHOPS: Roughly cut wheat berries.
WHIP: To beat quickly and steadily by hand with a whisk or electric mixer.
Baking Tips

OWC Whole Wheat Bread Recipe

Mix together in a mixing bowl:
• 3 3/4 cup white enriched flour
• 3 1/3 cup whole wheat flour
• 1/2 cup brown sugar
• 3/4 cup powdered milk
• 2 tsp. salt
• 1 Tbsp. yeast

In a separate bowl, mix together: (large stand mixer with a dough hook works best)
• 1 cup warm water (115 degrees)
• 1 Tbsp. + 1 tsp. brown sugar
• 1 Tbsp. + 1 tsp. yeast

Let stand until yeast begins to work, then add dry ingredients in mixer. Mix for 30 seconds and then add the following:
• 1/2 cup canola oil
• 2 Tbsp. molasses
• 1 cup warm water

Continue mixing and adjust the water level to achieve dough consistency. You may have to add another 1/2 cup to 1 cup of extra warm water for dough not to be too dry. Remember dough should mix approximately 8 minutes and a dough ball should form that cleans all dough off the sides of the bowl. (Helpful Hints: On a Kitchen Aid 4 quart mixer, use the #2 setting for speed to begin, and then you can move up to the #4 speed setting. You may also have to use a large rubber spatula to scrape the dough into center of the mixing bowl when beginning in order to make sure all ingredients are incorporated.) Allow dough to double in size and punch down.

For bread, divide the dough into two loaves. Place in greased loaf pans and allow to double in size. Bake at 350 degrees for 26 to 30 minutes. Remove from pans and lightly spray tops with cooking spray or brush with butter. Allow to cool at least 20 minutes before slicing.

For cinnamon rolls, roll dough into large rectangle. Coat dough with either one stick of melted butter or margarine or use liquid margarine. Sprinkle on a mixture of: (or to taste.)
• 1 1/2 cup sugar
• 1 1/2 cup brown sugar
• 2 Tbsp. cinnamon

Make sure to spread mixture to the edges of dough. Roll dough from the long side of rectangle, keeping the roll tight. Cut into 36 slices and place on a parchment paper lined baking sheet or two jelly roll pans. Allow the rolls to double in size and bake at 350 degrees for 18 to 20 minutes. Glaze the warm rolls with a mixture of:
• 1 cup powdered sugar
• 1 Tbsp. + 1 tsp. evaporated milk
Baking Temperature Guide

Maximize quality and confirm products are fully baked. Take an internal temperature at the center of the product when oven timer indicates it may be done. These temperatures confirm your product is fully baked:

150°F
Cheesecakes (remove from oven at 150°F to avoid cracking; temperature should rise to 160°F as it cools to ensure bacteria are killed)

160°F
Quiche, meringue pies, bread pudding, baked custard, flan, molten chocolate cakes

165°F
Stuffing and casseroles, leftovers, chocolate cream pie, meat-cheese or poultry filled breads (Empanadas, pot pies, calzones, bierocks)

170° to 175°F
Custard and fruit pies, flan, crème brûlée

190° to 210°F
Yeast breads (Soft rolls – 190°F, Crusty bread – 210°F)

200° to 209°F
Most cakes, cupcakes, quick breads, scones, biscuits, pecan pie

After baking: Cool product on wire rack. Wash hands before handling products. Refrigerate egg-rich, cream or meat-filled baked goods within two hours of baking. Yeast breads are best stored at room temperature or frozen if not eaten in one day.
19 Great Baking Tips

1. Place oven rack in the position needed while oven is cold.
2. Preheat oven to recommended temperature for 5 to 10 minutes.
3. If you’re baking in batches, like cookies, let the oven re-heat to temperature before adding a second pan.
4. Use two kinds of thermometers: an oven thermometer to confirm the temperature of your oven and a food probe to check the internal temperature of baked foods.
5. “Room temperature” ingredients (flour, eggs, yeast, butter) are 65° to 68°F. Take ingredients out of refrigerator 1 hour before mixing or soften butter by pounding briefly in a plastic food bag; warm cold eggs 5 to 10 minutes in lukewarm water.
6. Oven placement: Pans should not touch another pan or sides of oven while baking.
7. Cookies spread too much? Cool sheet pan between batches on wire cooling rack; allow oven to reheat to baking temperature.
8. Lightly grease bottom third of each muffin cup and fill two-thirds full with batter.
9. When baking with glass ovenware, expect more browning and lower oven temperature 25°F.
10. No bread pans? Divide batter or dough evenly; bake in greased oven-safe bowls or casserole dishes filled two-thirds full; shape yeast breads as round loaves and bake on a sheet or pizza pan.
11. Measuring flour: Stir to fluff, spoon into dry measuring cup until heaping, level flat edge across cup.
12. Measuring liquids: Fill liquid measuring cup while level on counter or table top and check at eye level for measurement.
13. To easily measure corn syrup, agave nectar, molasses and honey, first measure vegetable oil or lightly grease the liquid measuring cup.

14. Firmly pack brown sugar into dry measuring cup with back of spoon, level off with the flat edge of spatula. Brown sugar should hold its shape when turned out of cup.

15. Use measuring spoons to measure when liquid or dry ingredients are 2 tablespoons (1/8 cup) or less. When using measuring spoons, measure dry ingredients before liquids.

16. Boost whole wheat in any recipe: for each cup flour, spoon 1/3 to 1/2 cup whole wheat flour in bottom of measuring cup; add enriched flour for remainder of cup and level.

17. Reduced fat spreads or margarines should not be substituted for real butter or margarine.

18. For equal sweetness and less sugar for one cup sugar, use 1/2 cup stevia/sugar blend OR 2/3 cup agave nectar and 1/4 cup less liquid (refer to brand’s label).

19. Multi-grain baking: spoon 2 tablespoons to 1/4 cup of any non-wheat flour or meal in bottom of 1 cup measure; add wheat flour for remainder of cup and level.

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**7 Simple Baking Food Safety Steps**

1. Store raw flour, baking mixes, dough and eggs separately from ready-to-eat foods.

2. Before baking, tie back long hair, clean counters, assemble ingredients and equipment, wash hands and apron-up.

3. Keep separate the measuring, mixing and handling of unbaked batter or dough from cooling, serving and packaging of baked products.

4. Clean tools, work surfaces and equipment with hot, soapy water or in dishwasher.

5. Test baked products with wooden toothpick or cake tester and food thermometer at center to ensure products are completely baked.

6. Wash hands before you taste, serve or package baked goods.

7. Raw flour, batter and dough are not ready-to-eat. They need to be thoroughly cooked or baked before eating.
### Ingredient Substitution Guide

<table>
<thead>
<tr>
<th>Conversion</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup whole kernels (to grind) = 1 1/3 cup flour</td>
</tr>
<tr>
<td>3/4 cup whole wheat flour + 1/2 cup cornstarch = 1 cup cake flour</td>
</tr>
<tr>
<td>2 1/2 cups whole wheat flour = 2 cups white flour</td>
</tr>
<tr>
<td>1 cup cake flour = 1/2 cup sifted all-purpose flour</td>
</tr>
<tr>
<td>1 cake compressed yeast = 1 package or 2 teaspoons active dry yeast</td>
</tr>
<tr>
<td>1 cup all-purpose flour = 1/2 cup whole wheat flour + 1/2 cup cake flour</td>
</tr>
<tr>
<td>1 cup all-purpose flour = 1 cup + 2 tablespoons cake flour</td>
</tr>
<tr>
<td>1 cup cake flour = 7/8 cup (1 cup minus 2 tablespoons) all-purpose flour + 2 tablespoons corn starch</td>
</tr>
<tr>
<td>1 cup self-rising flour = 1 cup cake or all-purpose flour + 1 1/2 teaspoons baking powder + 1/2 teaspoon salt</td>
</tr>
<tr>
<td>1 cup self-rising cornmeal = 3/4 cup + 3 tablespoons white or yellow cornmeal + 1 tablespoon baking powder + 1/2 teaspoon salt</td>
</tr>
<tr>
<td>1 pkg. (1/4 oz.) active dry yeast = 2 1/4 teaspoons (1/4 oz.) fast-rising yeast OR 1 (1/2 oz.) cake compressed yeast</td>
</tr>
<tr>
<td>1 teaspoon baking powder = 1 teaspoon baking soda + 1/2 teaspoon cream of tartar</td>
</tr>
<tr>
<td>1 cup honey = 1 1/4 cups sugar OR 2 cups powdered sugar + 1/4 cup liquid</td>
</tr>
<tr>
<td>1 cup buttermilk or sour milk = 1 tablespoon lemon juice OR vinegar plus milk to make 1 cup; stir and let stand 5 minutes OR 1 cup plain yogurt thinned with milk</td>
</tr>
<tr>
<td>1 cup whole milk = 1 cup skim milk + 2 tablespoons melted butter or margarine</td>
</tr>
<tr>
<td>1 cup sour cream or crème fraîche = 1 cup 2% or 10% plain Greek-style yogurt</td>
</tr>
<tr>
<td>1 tablespoon cornstarch = 2 tablespoons all-purpose flour OR 4 teaspoons quick-cooking tapioca</td>
</tr>
<tr>
<td>1 cup packed brown sugar = 1 cup white granulated sugar creamed with 2 tablespoons molasses</td>
</tr>
<tr>
<td>1 ounce unsweetened chocolate = 3 tablespoons unsweetened cocoa plus 1 tablespoon shortening</td>
</tr>
<tr>
<td>1 large egg = 2 egg whites + 1/2 teaspoon vegetable oil OR 1 tablespoon milled flax + 3 tablespoons water OR 1/4 cup soft tofu (quick breads and cookies only)</td>
</tr>
</tbody>
</table>
# Measure Equivalents

Dash = 1/16 teaspoon  
3 teaspoons = 1 tablespoon  
4 tablespoons = 1/4 cup  
5 1/3 tablespoons = 1/3 cup  
8 tablespoons = 1/2 cup  
10 2/3 tablespoons = 2/3 cup  
12 tablespoons = 3/4 cup  
16 tablespoons = 1 cup  
1 gram = 0.035 ounces

Pinch = 1/8 teaspoon  
2 tablespoons = 1 ounce  
1 cup = 8 fluid ounces  
1 cup = 1/2 pint  
2 cups = 1 pint  
4 cups = 1 quart  
4 quarts = 1 gallon  
1 ounce = 28.35 grams  
1 liter = 1.06 quarts

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# Baking Pan Substitution Guide

- Find pan capacity (volume) by filling pan to rim with water; then measuring water quantity in a liquid measuring cup.
- Reduce baking times when batter/dough is divided into smaller or shallower pans.

<table>
<thead>
<tr>
<th>Pan Size</th>
<th>Pan Capacity</th>
<th>Substitute Pan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loaf pan 8 1/2 x 4 1/2 in.</td>
<td>6 cups</td>
<td>Three 5 x 2 in. loaf pans</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Two 2 3/4 x 1 1/8 in. muffin tins</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Three 2 3/4 x 1 1/8 inch muffin tins</td>
</tr>
<tr>
<td>Loaf pan 9 x 5 x 3 in.</td>
<td>8 cups</td>
<td>Two 8 x 4 x 2 1/4 in. loaf pans</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Three 5 1/2 x 3 1/2 in. loaf pans</td>
</tr>
<tr>
<td>Round cake pan 9 x 2 in.</td>
<td>8 cups</td>
<td>One 8 x 2 in. square pan</td>
</tr>
<tr>
<td>Bundt® pan 10 x 3 1/4 in.</td>
<td>12 cups</td>
<td>One 10 x 4 in. tube pan</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Two 8 1/2 x 4 1/2 x 2 1/2 in. loaf pans</td>
</tr>
<tr>
<td>Rectangle pan 13 x 9 x 2 in.</td>
<td>14 to 15 cups</td>
<td>Two 9 x 2 in. round cake pans</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Two 8 x 2 in. square pans</td>
</tr>
<tr>
<td>Jelly roll pan 15 x 10 x 1 in.</td>
<td>10 cups</td>
<td>Two 7 x 11 x 1 1/4 in. brownie pans</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Two 8 x 1 in. round pans</td>
</tr>
</tbody>
</table>

For more information on baking with wheat foods, visit homebaking.org
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Chris Kirby, Oklahoma Wheat Commission
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Before you eat, think about how much food goes on your plate or in your cup or bowl.

Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products and lean protein foods.

- Make half your plate fruits and vegetables.
- Make at least half your grains whole.
- Switch to skim or 1% milk.
- Vary your protein food choices.

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