

Best of **WHEAT**



PRIZE-WINNING RECIPES
from the 2021
State Bread Baking Contest



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 was cancelled in 2020 due to the Covid pandemic. For 2021, we were able to have closed judging that was live streamed via Zoom for all entries to watch from across the state, who have won at the county level 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 and the Oklahoma State Fair. We hope you savor the taste and enjoy each of these winning recipes and we plan to be back at the State Fair for 2022.

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. OWC promotes in domestic and international markets through research, market development and public education.

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. The OWC invests producer contributions through U.S. Wheat Associates, the Wheat Foods Council, the Home Baking Association and public education. Twenty percent of all producer funds collected by the OWC are allocated to the Oklahoma Wheat Research Foundation, as required by law.

In addition, the OWC supports many 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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EVERY GOOD THING BREAD

Grand Champion - 1st Place - Class 4 - Senior

Other Wheat Breads - Mary Ellen Wooderson - Kay County

- | | |
|---------------------------|---|
| 1 Tbsp. yeast | 1 tsp. salt |
| 1 tsp. sugar | 1 Tbsp. sugar |
| 1/2 cup warm water | 3 Tbsp. butter (salted and softened) or combination |
| 2 Tbsp. potato flakes | 1 Tbsp. Everything Bagel Seasoning |
| 1 egg | 1 Tbsp. caraway seeds |
| 3/4 cup buttermilk | More bread flour as needed |
| 2 1/4 cups bread flour | |
| 1/2 cup rye flour | |
| 2 Tbsp. dough conditioner | |

Dissolve yeast and sugar in water, soften 10 minutes. Add potato flakes, egg and buttermilk.

Add to the flours, dough conditioner, salt, sugar, and butter. Mix well. Knead in bagel seasoning and caraway seeds with dough hook or by hand. Knead until smooth. Round up in greased bowl. Let rise until double. Punch down. Let rest 15 minutes. Shape into 2 small loaves or 1 oversized loaf and 1 mini loaf. Roll top of each loaf in 1 to 2 Tbsp. of everything bagel seasoning. Let rise until double. Bake at 360 degrees for 20 to 30 minutes, depending on size.



WHITE BREAD

Grand Champion - 1st Place - Class 7 - Junior
White Bread - Kian Thompson - Noble County

1 pkg. yeast
1/4 cup warm water
Pinch of sugar
2 cups scalded milk
2 Tbsp. sugar

2 tsp. salt
1 Tbsp. shortening
6 to 7 cups flour
Butter

Soften yeast in warm water with a pinch of sugar. Combine, hot scalded milk, sugar, salt and shortening. Cool to lukewarm. Stir in 2 cups flour. 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 two balls. Let rest for 10 minutes. Roll out and shape into two loaves. Place into two greased bread pans. Let rise. Bake at 350 degrees for 30 to 35 minutes or until done. Turn out onto a cooling rack. Spread butter across top crust while still warm.



GRAND CHAMPION JUNIOR DIVISION



WHITE BREAD

1st Place - Class 1 - Senior - White Bread
Nancy Barth - Harper County

2 1/4 cups milk

1/4 cup oil

6 to 7 cups bread flour

1/4 cup sugar

3 tsp. salt

2 pkgs. yeast

1 whole egg plus 1 egg white

Heat milk and oil in small pan, 120 degrees to 130 degrees. In large bowl, blend warm liquid, 2 cups flour, sugar, salt, yeast, whole egg and stir in stiffly beaten egg white at low speed until moistened. Beat 3 minutes at medium speed. By hand, stir in remaining flour to form soft dough. On floured surface, knead until smooth and elastic (6 to 8 minutes). Place in lightly greased bowl and cover. Let rise until doubled. Grease 2 loaf pans. Divide dough in half and shape into loaves. Place in prepared pans. Cover and let rise until 1 1/2 inches above the rim of the pan (30 to 40 minutes). Place loaves in preheated 350 degree oven. Bake 40 to 45 minutes until golden brown and loaves sound hollow when tapped. Remove from pans and cool.

EASY CHALLAH

2nd Place - Class 1 - Senior - White Bread

June McGuire - Stephens County

1 envelope Fleischmann's
Active Dry Yeast
1/2 cup warm water (100
degrees to 110 degrees)
1 Tbsp. sugar
2 to 2 1/2 cups all-purpose
flour
3 Tbsp. butter or margarine,
softened
1/2 tsp. salt
2 eggs
1 egg yolk
1 tsp. water
Optional, Spice Islands
Poppy Seed



Combine yeast, water and sugar in a large mixer bowl. Set aside for 5 to 10 minutes to allow yeast to foam. Add 1 cup flour, butter and salt and mix at medium speed for 2 minutes using paddle attachment on electric mixer until well blended. Add 2 eggs and enough remaining flour to make a soft dough. Switch to dough hook and knead on high speed 4 to 6 minutes until dough is smooth and elastic.

Place in large bowl sprayed with nonstick cooking spray. Spray dough with nonstick cooking spray and cover. Let rise in a warm place until doubled in size; about 30 to 45 minutes.

Punch dough down. Remove dough to lightly floured surface; pat dough and shape into an approximate 10" x 6" rectangle. Divide into 3 equal strips by making 2 cuts with a sharp knife or pizza cutter vertically starting 1 1/2" from the top; keeping one end of dough intact. Braid strips and place into a 9" x 5" loaf pan sprayed with nonstick cooking spray. Cover; let rise in warm place until doubled in size, about 30 to 45 minutes.

Beat egg yolk with 1 tsp. water; brush over loaves. Sprinkle with poppy seed, if desired. Bake at 375 degrees for 25 to 30 minutes or until done. Let cool on wire rack 5 minutes before removing from loaf pan.



YEAST BREAD

3rd Place - Class 1 - Senior - White Bread
Marta Ashlock - Cherokee County

2 pkg. active dry yeast
5 to 5 1/2 cups all-purpose flour
1/4 cup sugar
2 tsp. salt

1/4 cup oil or melted shortening
2 cups hot tap water
Melted butter to brush loaves
with after baking

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 sides of bowl. Cover and let stand for 10 minutes. Turn dough out onto lightly floured surface and knead until smooth and satiny. Place dough into greased bowl and 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 in 2 bread pans (5 1/2" x 9 1/2"). 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. Remove from pans immediately. Brush tops with melted butter.



GRAMMIE'S WHITE BREAD

4th Place - Class 1 - Senior - White Bread

Dena Welch - Lincoln County

1/2 cup sugar

2 cups warm milk

1 1/2 Tbsp. active dry yeast

6 to 7 cups bread flour or

all-purpose flour

1 1/2 tsp. salt

2 large eggs

1 stick butter, softened

Dissolve sugar in warm milk, add yeast and let sit 10 minutes. Stir in 1 cup flour, whisk in salt, eggs and softened butter. Add 3 cups flour and mix on medium speed for 2 minutes. Change to dough hook and add 2 to 3 or more cups flour, until dough does not stick to side of bowl. Continue kneading for about 5 minutes more. Put in oiled bowl, turning once, and let rise in warm place until doubled, about an hour. Punch down and let rest for 5 minutes. Form into 2 large or 3 medium loaves and let rise until doubled. Bake at 350 degrees for 20 to 25 minutes until golden brown and sounds hollow when tapped.



WHITE BREAD

5th Place - Class 1 - Senior - White Bread
June Shepherd - Kay County

2 cups hot water	1 Tbsp. salt
3/4 cup sugar	2 eggs
2 1/2 Tbsp. yeast	1/4 cup butter flavored Crisco
6 1/2 to 7 1/2 cups bread flour	

Mix water, 1/4 cup of the sugar, yeast, 2 cups of the flour and salt until well mixed. Allow to sit (covered) for 10 minutes. After 10 minutes, mixture should look bubbly, light and airy. Mix in the rest of the sugar, as well as the eggs and Crisco. Mix well. Attach bread hook and begin adding 1/2 cup flour at a time until dough is of desired consistency. Dough should pull away from the side of the mixing bowl. Allow the bread hook to knead the dough for 20 minutes. Form the dough into 3 loaves and place in a heavily greased loaf pan.

Allow to rise in the pans for 1 hour. Next, bake at 350 degrees for 25 to 35 minutes. Immediately remove the loaf from pan to cool. While loaf is still hot, baste lightly with melted butter. Yields 3 large loaves.



HONEY WHOLE WHEAT BREAD

1st Place - Class 2 - Senior

Whole Wheat Bread

Katherine Ereman - Ellis County



1 cup hot water
1/2 cup honey
1/2 cup oil
1 Tbsp. salt
2 eggs

2 Tbsp. dry yeast
1 cup lukewarm water
1 Tbsp. sugar
6 to 7 cups whole wheat flour

Combine hot water, honey, oil and salt in large mixing bowl. Set aside and cool to lukewarm. Beat in eggs. Dissolve yeast in lukewarm water mixed with 1 Tbsp. sugar. Add to first mixture. Set in warm place and let foam 20 to 30 minutes.

Add flour to make soft dough. Turn out on floured board and knead until smooth. Place in greased bowl; let rise until doubled. Punch down and shape into loaves. Place in well-greased loaf pans and let rise until doubled. Bake at 350 degrees for 30 minutes or until browned and loaf sounds hollow when tapped. Yields 2 large loaves or 2 medium and 1 small loaf.



WHOLE WHEAT BREAD

2nd Place - Class 2 - Senior - Whole Wheat Bread
Brandi Bumgardner - Okfuskee County

4 cups hard white wheat
berries (about 6 cups whole
wheat flour)
1 Tbsp. yeast
1 Tbsp. salt

2 cups hot water
2 eggs
1/4 cup coconut oil
1/4 cup raw honey

Grind wheat to a fine flour. Measure out 2 cups and combine with yeast and salt, set aside. In another bowl, mix water, eggs, oil and honey. Add to flour mixture. Beat until smooth. Add remaining flour and knead for 10 minutes. Cover and rise until doubled. Divide into 3 equal parts. Shape into loaves. Let rise again for 20 to 30 minutes, or until doubled in size.

Bake at 375 degrees for 30 minutes.



DARK WHOLE WHEAT BREAD

3rd Place - Class 2 - Senior - Whole Wheat Bread
Susan Havens - Rogers County

1/2 cup whole wheat flour
2 tsp. salt
1/4 cup shortening (solid)
4 Tbsp. local dark fall honey
1 cup boiling water
2 pkgs. active dry yeast

1/2 cup warm water
1 tsp. local dark fall honey
1 egg
2 1/2 to 3 1/2 cups whole wheat flour

Combine first 4 ingredients, pour boiling water over all. Mix and let cool. While cooling, dissolve yeast in warm water with the 1 tsp. honey. Add egg to cooled batter; then mix in dissolved yeast. Add flour until dough is just soft enough to knead. Knead lightly. Place dough in greased bowl and cover with damp cloth. Let rise in warm place until doubled in bulk, about 1 hour. Punch down dough. Roll dough on surface sprinkled with whole wheat flour, to a 15" x 8" rectangle. Starting on a small end roll dough tightly. Seal this end. Fold the 2 short ends under and seal on bottom. Place the loaf into a greased 9" x 6" loaf pan. I prefer stoneware.

Let the dough rise again until nicely rounded on top and about 1 1/2" to 2" above top of pan. This will take about 45 minutes. Bake loaf in preheated 350 degree oven for about 40 minutes. It will be nicely browned. Turn bread out onto a cooling rack until completely cool, about 1 hour.



YEAST ROLLS

1st place - Class 3 - Senior - Dinner Rolls
Ruth Campbell - Garfield County



3 1/2 cups flour
2 Tbsp. sugar
1 tsp. salt
1 pkg. active dry yeast

1/4 cup warm water
1 cup milk, scalded
2 Tbsp. butter, melted
1 egg, beaten

Add all dry ingredients to mixing bowl; then add water, milk, butter and egg. Mix completely with dough hook; knead with electric mixer for 5 to 10 minutes. Turn out into greased bowl, cover and let rise approximately 1 hour. Shape into rolls of desired shape and place in greased pan of choice. Let rise until double in size, about 1 hour. Bake 20 to 25 minutes or until done at 350 degrees. Turn out onto wire racks. Let cool.



LIGHT DINNER ROLLS

2nd Place - Class 3 - Senior - Dinner Rolls

Roberta Hinkle - Grady County

3 1/2 cups bread flour
1/4 cup sugar
1 pkg. active dry yeast
1 tsp. salt

1 cup milk, warmed
1/4 cup water, warm
1/4 cup vegetable oil, warm
1 egg, beaten

In a large bowl, combine 2 cups flour, sugar, yeast and salt. Combine milk, water, oil and beaten egg in a separate bowl. Add to the dry ingredients and mix well. Add enough of the remaining flour to make dough easy to handle. Using only as much as needed of the remaining flour, turn dough onto lightly floured surface and knead until dough is soft, smooth and elastic, about 10 minutes.

Shape dough into a ball and place in a greased bowl, turning once to coat the top surface. Cover dough and bowl with a damp cloth and let rise until doubled in size, about 1 hour.

Punch dough down and form into shape of roll of your choice. Cover and let rise until double, about 30 minutes. Bake at 375 degrees for 15 to 20 minutes or until golden brown.



WHITE ROLLS

3rd place - Class 3 - Senior - Dinner Rolls
Jade Hardisty - Cleveland County

2 pkgs. yeast	1/2 cup sugar
2 cups warm water, divided	2 tsp. salt
1 tsp. sugar	1/4 cup shortening, melted
5 to 6 cups unbleached all-purpose flour	1 egg, beaten

Proof yeast in 1 cup water with a tsp. of sugar. In another bowl, combine 3 cups flour, sugar and salt, mix and make a well. Add yeast mixture, 1 cup water, shortening and egg. Mix well. Add remaining flour 1 cup at a time and mix until dough is easy to handle. Turn dough onto floured surface. Knead dough until soft and smooth. Place dough in greased bowl turning once. Let rise until doubled. Punch down, shape into rolls. Let rise until double. Bake in 375 degree oven for 9 to 12 minutes. Cool.



HERB AND GARLIC WHOLE WHEAT ROLLS

4th Place - Class 3 - Senior - Dinner Rolls

Brandi Bumgardner - Okfuskee County

2 cups hard white wheat
berries, finely ground
(about 3 1/2 cups whole wheat
flour)

1/2 Tbsp. yeast

1/2 Tbsp. salt

2 Tbsp. raw honey

1/4 cup coconut oil

1/2 cup hot water

1/2 cup warm whole milk

2 Tbsp. melted butter

1 Tbsp. parmesan cheese

1 tsp. Italian seasoning

1 tsp. garlic powder

Measure out 1 cup flour and combine with yeast and salt. Set aside. In another bowl, mix honey, oil, water and milk. Add to flour mixture. Beat until smooth. Add remaining flour. Cover and let rise in a warm place until doubled (about one hour).

Divide dough in half and form each half into nine balls. Stir together butter, cheese, Italian seasoning and garlic powder. Dip each ball in butter mixture and place in a cup of a muffin tin. Let rise until doubled in size. Bake in 375 degree oven for 11 minutes. Brush with remaining butter mixture upon removing from oven. Makes 18 rolls.

BUTTERHORNS

5th Place – Class 3 – Senior – Dinner Rolls
Dena Welch – Lincoln County



3 Tbsp. + 2 tsp. sugar
2 Tbsp. active dry yeast
1/2 cup warm water
4 cups bread flour or
all-purpose flour
1 tsp. salt
1 cup unsalted butter (2
sticks) cut in small pieces
and chilled
1 cup milk, warm
2 eggs, room temperature



Using a small bowl, mix 2 tsp. sugar, yeast and warm water. Set aside for 10 minutes and allow yeast to bubble and activate. Using food processor fitted with blade attachment, pulse 4 cups flour, 3 Tbsp. sugar, 1 tsp. salt and 1 cup butter. Pulse until butter is pea size. Transfer to a large bowl.

Using medium bowl or large measuring cup, whisk together 1 cup warm milk and 2 eggs. Add milk and yeast mixtures to the flour mixture. Stir until combined; dough will be soft. Cover and refrigerate 4 hours or overnight.

Using a clean, floured surface, working with 1 piece of dough at a time, shape the dough into a disc. Roll into an 8" circle. A pizza cutter works well to cut the disc. Dust with flour as needed. Cut into 8 wedges. Beginning at wide edge, roll toward center. Lay roll on baking sheet lined with parchment paper with top of roll tucked under to keep it down.

Let rise in warm place. May take an hour or more to double in size.

Preheat oven to 375 degrees. Bake until gold brown, about 12 minutes. Cool on a wire rack.



EVERY GOOD THING BREAD

Grand Champion - 1st Place - Class 4 - Senior

Other Wheat Breads - Mary Ellen Wooderson - Kay County

1 Tbsp. yeast

1 tsp. sugar

1/2 cup warm water

2 Tbsp. potato flakes

1 egg

3/4 cup buttermilk

2 1/4 cups bread flour

1/2 cup rye flour

2 Tbsp. dough conditioner

1 tsp. salt

1 Tbsp. sugar

3 Tbsp. butter (salted and softened) or combination

1 Tbsp. Everything Bagel

Seasoning

1 Tbsp. caraway seeds

More bread flour as needed

Dissolve yeast and sugar in water, soften 10 minutes. Add potato flakes, egg and buttermilk.

Add to the flours, dough conditioner, salt, sugar, and butter. Mix well. Knead in bagel seasoning and caraway seeds with dough hook or by hand. Knead until smooth. Round up in greased bowl. Let rise until double. Punch down. Let rest 15 minutes. Shape into 2 small loaves or 1 oversized loaf and 1 mini loaf. Roll top of each loaf in 1 to 2 Tbsp. of everything bagel seasoning. Let rise until double. Bake at 360 degrees for 20 to 30 minutes, depending on size.



GRAND CHAMPION SENIOR DIVISION



"EVERYTHING" FRENCH BREAD

2nd Place - Class 4 - Senior - Other Wheat Breads

Nancy Barth - Harper County

1 cup hot water
2 Tbsp. butter
3 to 3 1/4 cups bread flour
2 Tbsp. sugar
1 tsp. salt
1 pkg. yeast
2 stiffly beaten egg whites

Topping Mixture:
Poppy seeds
Sesame seeds
Caraway seeds
Dehydrated onion flakes
Dehydrated garlic flakes
Sea Salt

In small pan heat water to 120 degrees to 130 degrees. In large bowl, blend warm water, butter, 2 cups flour, sugar, salt and yeast at low speed until moistened. Beat 2 minutes at medium speed. Slowly stir in remaining 1 cup flour and stiffly beaten egg white. Knead about 8 minutes until smooth and elastic. Use remainder 1/4 cup flour sparingly when kneading and flouring counter top.

Let rise in a lightly greased bowl until doubled in size. Grease a cookie sheet. Shape dough into a long loaf. Brush with a beaten egg white and sprinkle top with about a tablespoon of the topping mixture. Let rise until doubled in size. Bake about 25 minutes in 350 degree oven until golden brown. Remove from pan and let cool.

BASIC SOURDOUGH BREAD (SANDWICH LOAF)

3rd Place - Class 4 - Senior - Other Wheat Breads
D'Anne King - Texas County

1 1/2 tsp. instant yeast
1 1/2 tsp. salt
1 1/2 tsp. sugar
2 1/2 cups all-purpose flour
2 cups ripe (fed) sourdough
starter. See page 20 for
example.
1/2 cup lukewarm water



Optional: butter for brushing on top after baking

Combine all ingredients and mix to make a soft, smooth dough approximately 15 to 20 minutes by hand or 7 to 10 minutes in a mixer using a dough hook. Place the dough in a lightly greased bowl. Cover bowl with plastic wrap. Let the dough rise for 45 to 60 minutes. It will be puffy but not always doubled in bulk.

Lightly grease a 9" x 5" loaf pan.

On a lightly greased work surface, gently deflate the dough and form it into a 9" log. Place the log in the prepared pan, cover and let it rise for 60 to 90 minutes, or until it crests about 1" over the rim of the pan. Preheat the oven to 350 degrees during the last part of the last rise.

Bake the bread for 40 to 50 minutes, until it is lightly golden in color and a digital thermometer inserted into the center reads 190 degrees. Remove the bread from the oven and after a couple of minutes, turn it out of the pan onto a rack to cool. Brush butter on the top, if desired. When completely cool, store, well wrapped, at room temperature for several days; freeze for longer storage.

Recipe adapted from King Arthur Baking Co.



PIZZA BREAD

4th Place - Class 4 - Senior
Other Wheat Breads
Sandy McClure
Cleveland County



1/2 cup milk
1 tsp. active dry yeast
2 Tbsp. warm water (105 degrees)
1 cup sourdough starter
1 Tbsp. sugar
1 tsp. salt
1 egg, beaten
2 Tbsp. butter or margarine, melted
1/4 tsp. garlic powder
1/4 tsp. Italian seasoning
1/2 tsp. dried leaf oregano, crushed
2 Tbsp. grated Parmesan cheese

1/4 cup finely chopped pepperoni
2 to 3 cups all-purpose flour
1 tsp. butter or margarine, melted

Quick Overnight Starter:
Mild sourdough flavor in a hurry. Double the recipe if you plan to do lots of baking.
2 cups warm water (105 degrees)
1 envelope active dry yeast (1 Tbsp.)
2 cups all-purpose flour

Starter directions:

In a 4 to 6 cup plastic pitcher with a strainer in lid or in a large bowl, combine all ingredients. Beat with a wooden or plastic spoon. Fermentation will dissolve small lumps. Cover pitcher with lid, turning strainer in lid to pouring lip. Cover bowl with a cloth. Set in a warm place free from drafts (85 degrees). Let stand 6 hours or overnight. Starter will ferment, increase in size, then become thin and decrease to original size. To use, remove starter needed for recipe. Refrigerate remaining starter in pitcher or in a plastic container with a lid that has an air vent or hole in it. Label container with contents. Replenish every 7 to 10 days by stirring in equal amounts of water and all-purpose flour. After replenishing, let stand at room temperature overnight. Return to refrigerator. If a clear liquid forms on top, stir back into starter. Makes about 3 1/2 cups.

Variation: Use whole-wheat flour in place of all-purpose flour.



Directions for Pizza Bread:

In a small saucepan, heat milk almost to a boil over medium heat. Do not boil. Set aside to cool 10 minutes. In a small bowl, sprinkle yeast over water. Set aside to soften 5 minutes. In a large bowl, combine sourdough starter, cooled milk and softened yeast mixture. Add sugar, salt, egg, 2 tablespoons butter or margarine, garlic powder, Italian seasoning, oregano, Parmesan cheese and pepperoni. Constantly scraping side of bowl, beat 3 minutes by hand. Stir in flour 1/2 cup at a time until dough begins to leave side of bowl. Cover with a cloth and set in a warm place, free from drafts. Let rise about 1 hour or until doubled in size. Grease a 9" x 5" loaf pan. Stir down dough. Spread evenly in prepared pan. Brush top with melted butter or margarine. Cover with a cloth and set in a warm place. Let rise 1 to 2 hours or until doubled in size. Preheat oven to 375 degrees. Bake 30 minutes or until golden brown. Turn out of pan. Cool top side up on a rack. Serve hot or cold. Makes 1 loaf.

YEAST WAFFLES

5th Place - Class 4
Senior
Other Wheat Breads
Deanna Surber
McClain County

1 pkg. yeast
1 tsp. sugar
1/2 cup warm water
2 cups warm milk
1/2 cup melted butter
2 eggs, room temperature
2 cups white flour
3/4 cup wheat flour
1 tsp. salt
2 tsp. baking soda



Dissolve yeast and sugar in warm water. When yeast is ready, mix together 2 cups warm milk, 1/2 cup melted butter and eggs. Add to yeast mixture.

Combine 2 cups white flour, 3/4 cup wheat flour and salt. Stir into yeast mixture. Cover and refrigerate overnight. On the next morning, stir mixture well, stir in baking soda thoroughly. Cook in heated waffle iron.

PINEAPPLE - ORANGE ROLLS

1st Place - Class 5 - Senior - Sweet Breads

Connie Walker - Payne County



1 1/2 cups warm milk

6 Tbsp. butter

1/2 cup sugar

1 tsp. salt

2 pkg. dry yeast

1/2 cup warm water

2 eggs

6 cups flour

Filling:

2 Tbsp. butter

3/4 cup orange juice

1/2 cup sugar

2 Tbsp. flour

1/4 tsp. salt

1-15 oz. can crushed
pineapple, drained

1 cup nuts

Glaze:

1/2 cup powdered sugar plus

1 Tbsp. orange juice

Heat milk, and add butter, sugar, salt; mix well. Dissolve yeast in water. Mix milk mixture, yeast, eggs and 1 1/2 cups flour until smooth.

Stir in enough of the remaining flour to form a soft dough; knead until smooth (about 5 minutes). Cover and let rise until doubled.

Melt butter; add orange juice, sugar, flour, salt and pineapple. Bring to a boil; reduce heat and simmer until thickened. Remove from heat and cool.

Punch dough down. Roll into a rectangle, spread with filling and nuts. Roll up like a jelly roll and slice into 1" rolls.

Place in baking pan and let rise. Bake at 350 degrees for 25 minutes or until golden brown. Cool and then glaze.



LEMON CHEESE BRAID

2nd Place - Class 5 - Senior - Sweet Breads
Roberta Hinkle - Grady County

Dough:

1 Tbsp. active dry yeast
3 Tbsp. sugar
1/2 cup warm water
1 cup warm milk
1/4 cup melted butter
1 tsp. salt
1 small box lemon instant
pudding
3 eggs, slightly beaten
5 - 5 1/2 cups bread flour

Filling:

12 oz. cream cheese, softened
1/3 cup sugar
1 small pkg. lemon Jell-O
1 egg

Icing:

1 cup powdered sugar
2 tsp. milk
1/2 tsp. vanilla

Dissolve yeast and sugar in warm water. Add milk, butter, salt, pudding mix, eggs, and 3 cups bread flour; beat until smooth. Stir in enough flour to form a soft dough and knead until smooth. Place in greased bowl; cover to let rise until doubled. Punch dough down and divide in half. Roll each portion into a rectangle and place on greased cookie sheet. Mix all filling ingredients in a bowl. Spread the cream cheese filling lengthwise down the center of each rectangle. On each long side, cut 1" strips wide 3" into center. Starting at one end, fold alternating strips at an angle across filling. Seal ends. Cover and let rise until double. Bake at 350 degrees for 25 minutes or until golden brown. Mix icing ingredients in bowl and drizzle over braids.



SNOWFLAKE PULL APART MONKEY BREAD

**3rd Place – Class 5 – Senior
Sweet Breads
Chelsea McKay – Kiowa County**

Dough:

1 cup warm milk
1 pkg. yeast
1 Tbsp. honey
2 eggs
1 tsp. salt
4 Tbsp. butter, melted
3 1/2 to 4 cups flour

Filling:

6 Tbsp. butter (warm, not melted)
3/4 cup light brown sugar
1 1/2 tsp. cinnamon

Butterscotch Sauce:

1/2 cup brown sugar
4 Tbsp. butter
1/3 cup heavy cream
2 Tbsp. cinnamon whiskey
2 tsp. vanilla extract

Egg Wash:

1 egg
2 Tbsp. milk

In large mixing bowl, add warm milk, yeast and honey. Allow to proof for 5 to 10 minutes. Add eggs, salt, butter and half of flour and mix well. Add remaining flour and mix until dough pulls away from sides. Knead dough until soft and elastic to touch. Allow to rise in a greased bowl for an hour or until double in size. Meanwhile, mix the filling and set aside.

When dough has doubled, divide it into 4 equal portions. Roll each portion into a 10" circle. Divide filling into thirds and spread evenly over each circle layer leaving 1/2" at the outer edge unfilled. Lay the layers on top of one another and the final layer should not have any filling on it. Leaving a 2" circle in the middle unaltered, divide the dough into 16 equal triangles. Twist two of the triangles opposite each other and pinch the ends together forming a snowflake in the end. Allow to rise in the fridge covered overnight. Preheat oven to 350 degrees. Remove dough from fridge. Make the butterscotch sauce by adding butter, cream and brown sugar to a sauce pan. Bring to a boil and boil 3 to 4 minutes, until slightly thickened. After boiling, remove from heat and stir in whiskey and vanilla. Make egg wash and brush the bread lightly with it. Drizzle and cover the bread with half the butterscotch sauce. Bake for 10 to 15 minutes. Remove from oven and spoon any sauce, that has dripped off, back onto the bread. Add remaining butterscotch sauce to bread at this time. Place back in oven and bake another 10 to 15 minutes or until golden brown. Remove from oven and allow to cool slightly. Serve warm or cold, and make more butterscotch sauce as desired for dipping. Enjoy!



PUMPKIN CINNAMON ROLLS

4th Place - Class 5 - Senior - Sweet Breads

Michael Vogrich - Garfield County

Dough:

2 Tbsp. yeast
 1/2 cup warm water
 4 eggs
 1 cup butter, melted
 1 cup warm milk
 1/2 cup sugar
 1/2 cup brown sugar
 1 pkg. sugar free instant
 butterscotch pudding mix
 1 cup canned pumpkin
 1 tsp. salt
 7 to 8 cups bread flour

Filling:

1/2 cup butter, melted
 1/2 cup brown sugar
 1/2 cup sugar
 2 tsp. cinnamon

Icing:

3 tsp. water
 2 Tbsp. butter, melted
 1 tsp. cinnamon
 2 cups powdered sugar
 1 1/2 tsp. vanilla

Dissolve yeast in warm water. Add eggs, butter, milk, sugars, pudding mix, canned pumpkin, salt and 4 cups bread flour. Beat until smooth. Stir in enough flour to form a soft dough. Knead until smooth and elastic. Place in bowl, cover and let rise until doubled in size. Punch dough down. Divide in half. Roll each portion into rectangle. Brush with butter. Combine the sugars and cinnamon, sprinkle over the dough. Roll up jelly-roll style. Cut into slices and place in pan. Let rise. Bake at 350 degrees for 25 minutes or until golden brown. In a bowl combine water, butter, cinnamon. Add powdered sugar and vanilla. Beat until smooth; spread over rolls. (Makes about 24 rolls.)



SWEET FOR SWEET ROLLS

5th Place - Class 5 - Senior - Sweet Breads

Keona Mason - Johnston County

Dough:

1 cup of warm milk
1/3 cup sweet corn real butter
(salted)
2 1/4 tsp. Rapid Rise Yeast
2 large eggs, lightly beaten
(room temperature)



Flour mixture:

In a separate bowl, mix:
4 1/2 cups of bread flour
1 tsp. salt
1/2 cup white sugar

Filling:

2 Tbsp. cinnamon
1/2 cup white sugar
3 Tbsp. of sweet butter,
softened

Place 1 cup of milk in a pan to warm on the stove. Slowly add the 1/3 cup of real sweet corn butter and let it melt. Pour milk/butter mixture in a large bowl. (Make sure this is warm; too hot will kill the yeast.) Add 2 1/4 tsp. Rapid Rise Yeast. Stir in the two eggs, mix together. Slowly add the flour mixture to wet ingredients. Once mixed together, place in a greased bowl and let rest for 30 minutes. Place on floured surface and roll out the dough. Cover the dough with the softened butter, then sprinkle the cinnamon and sugar mixture on top of the butter. Roll up and cut in desired size. Place in a buttered dish and let rise for 1 hour or double in size in a warm space.

Preheat oven to 375 degrees. Bake rolls for 16 to 20 minutes. Enjoy!



FLAX WHEAT BREAD

**1st Place - Class 6 - Senior - Bread Machine
Sarah Jarnagin - Custer County**



1/2 cup warm milk (70 to 80 degrees)

1/2 cup warm water (70 to 80 degrees)

1 egg, room temperature

3 Tbsp. honey

3 Tbsp. butter, softened

1 1/2 tsp. salt

2 cups bread flour

1 cup whole wheat flour

1 Tbsp. ground flax seed

1 1/2 tsp. active dry yeast

Place the ingredients in your bread machine, as recommended by the manufacturer. Program the machine for Basic/White and select light or medium crust and press start. When cycle is complete and bread is baked, remove the bucket from the machine. Let the loaf cool 5 minutes. Remove the loaf and place it on a rack to cool.

Yield: 1 1/2 lb. loaf



RAISIN BREAD

2nd Place - Class 6 - Senior - Bread Machine
Ruth Campbell - Garfield County

1 1/2 cups water
4 1/4 cups bread flour
3 Tbsp. sugar
2 Tbsp. dry milk powder
1 1/2 tsp. salt
2 Tbsp. butter

1 tsp. cinnamon, if desired
2 tsp. active dry yeast
1 cup raisins to be added when
the beep of the bread machine
tells you to add.

Place ingredients in order into the bread machine container.

Set machine to Basic with medium crust. Using a Zojirushi bread machine, takes 3 hours and 45 minutes to complete. Remove from pan and let cool.



POTATO BREAD

3rd Place - Class 6 - Senior - Bread Machine
Kamie Gossen - Washita County

8 to 10 ounces water
1 1/4 tsp. salt
1 1/2 Tbsp. butter
1 1/2 Tbsp. dry milk
1 1/2 Tbsp. sugar
1/3 cup potato flakes

3 cups bread flour
1 1/2 tsp. active dry yeast

2 Tbsp. butter to brush over
baked bread

Put all ingredients in bread machine pan in order listed. Select basic bread setting for a 1 1/2 pound loaf. Press start. When bread is done, remove from pan and brush with butter while hot. Enjoy!



CLASSIC WHITE BREAD

4th Place - Class 6 - Bread Machine
Sandy McClure - Cleveland County

3/4 cup water

1 Tbsp. butter

2 cups white bread flour

1 Tbsp. dry milk

1 1/2 Tbsp. sugar

1 tsp. salt

1 tsp. instant yeast or 1 1/2 tsp.
active dry

Put all ingredients in bread machine pan in order listed. Select basic bread setting. When bread is done, remove from pan to cool.





BREAD MACHINE COUNTRY WHITE BREAD

5th Place - Class 6 - Senior - Bread Machine

Kim Weder - Carter County

1 1/2 cup lukewarm milk

1 Tbsp. plus 1 tsp. olive oil

2 1/2 cups all-purpose flour

1 cup bread flour

1/4 tsp. baking soda

1 1/2 tsp. sugar

1 tsp. salt

2 1/2 tsp. bread machine rapid
rise yeast

Add all ingredients, liquid first, yeast last (Make a dip in the flour for only the yeast). Set your bread machine to the quick or rapid setting and medium crust. Push start, once baked, turn out onto a cooling rack.

Slice and enjoy!







We extend our sincere thanks to our talented pool of judges for the 2021 Best of Wheat Baking Contest! From left are Karen Armbruster, Arleen James, Liz McBee and Kaye Tipton.



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.



WHITE BREAD

**Grand Champion - 1st Place - Class 7 - Junior
White Bread - Kian Thompson - Noble County**

1 pkg. yeast
1/4 cup warm water
Pinch of sugar
2 cups scalded milk
2 Tbsp. sugar

2 tsp. salt
1 Tbsp. shortening
6 to 7 cups flour
Butter

Soften yeast in warm water with a pinch of sugar. Combine, hot scalded milk, sugar, salt and shortening. Cool to lukewarm. Stir in 2 cups flour. 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 two balls. Let rest for 10 minutes. Roll out and shape into two loaves. Place into two greased bread pans. Let rise. Bake at 350 degrees for 30 to 35 minutes or until done. Turn out onto a cooling rack. Spread butter across top crust while still warm.



WHITE BREAD

2nd place - Class 7 - Junior - White Bread
Audra Krischel - Oklahoma County

1 pkg. active dry yeast
1/4 cup warm water
2 cups milk, scalded
2/3 cup sugar

2 tsp. salt
2 Tbsp. butter
1 egg
6 to 6 1/4 cups sifted flour

Soften yeast in water. Add milk, sugar, salt and butter in bowl. Cool until lukewarm. Stir in 2 cups of flour and beat. Stir in egg and yeast mixture. Add remaining flour to make stiff dough. Put on a lightly floured surface and knead until smooth. Shape into a ball. Place in greased bowl. Cover and let rise for 1 1/2 hours. Punch down and let rise another 45 minutes. Cover and let rise for 10 minutes. Shape into loaves and let rise for 1 hour.

Bake in preheated oven at 400 degrees for 30 minutes. Cool and serve.



BASIC WHITE BREAD

3rd place - Class 7 - Junior - White Bread
Josie Cash - Beaver County

This recipe makes one loaf of easy white bread that I love to eat most fresh and warm. It makes amazing French Toast a few days later.



3/4 cup warm water (95 degrees to 110 degrees)
2 1/2 tsp. active dry yeast
1 tsp. salt
1 1/2 Tbsp. sugar
1/2 cup milk
1 Tbsp. shortening
5 cups all-purpose flour

Gather ingredients. Pour warm water into large bowl. Slowly stir in yeast until dissolved. Add salt, sugar and milk to the bowl. Stir until everything is thoroughly combined. Mix in the shortening and 3 cups of flour. Stir until the mixture becomes dough. Add remaining flour as needed until the dough chases the spoon around the bowl. Turn dough onto floured surface and knead for about 10 minutes, adding flour as needed. Put dough in greased bowl. Cover and let rise in warm place for about 1 hour, or until doubled.

Punch down dough to eliminate air bubbles. Turn dough onto floured board and knead for 5 minutes. Form dough into a loaf and set it gently into a greased bread pan. Cover and let rise for 30 minutes or until doubled. While waiting, preheat oven to 375 degrees. Score the risen dough by cutting slashes across the top with a sharp knife, and brush the loaf with egg white to produce a shiny crust. Place bread in the oven and bake for 35 to 45 minutes, or until golden brown. Bread will sound hollow to the thump when fully baked.



WHITE BREAD

4th place - Class 7 - Junior - White Bread
Clinton Chaney - Grant County

1 pkg. yeast
1/4 cup warm water
2 cups warm milk
Pinch of salt

1/4 cup sugar
1/4 cup oil
3 to 5 cups flour (enough to
make dough)

Activate yeast in warm water. Mix other ingredients in order once yeast has activated. Slowly mix in flour 1 cup at a time using only as much needed to form a non-sticky dough.

Knead by hand, then form into a ball and place in greased bowl to rise. Cover and let rise until doubled in size (approximately 1 hour). Punch down and knead dough. Cut dough in half and form into 2 loaves. Place into greased loaf pans, cover pans and let rise again until doubled in size.

Bake at 375 degrees for 25 to 30 minutes or until golden brown.



WHITE BREAD

5th place - Class 7 - Junior - White Bread
Hannah Herndon - Tillman County

3/4 cup honey
2/3 cup oil
6 tsp. salt

6 cups warm water
4 pkgs. yeast
12 to 16 cups bread flour

Mix all ingredients together and put in a warm place to allow dough to rise. Once doubled in size, punch down and allow to rise again. Place dough in bread pans and stick with a fork. Let rise again one last time. Place in oven at 350 degrees and bake for 25 minutes or until golden brown. Remove bread from pan(s) and immediately spread with butter and enjoy. Yields 3 to 4 loaves.



SKILLET DINNER ROLLS

1st Place - Class 8 - Junior - Dinner Rolls
Amilee Kehnemund - Major County

2 1/2 to 2 3/4 cups all-purpose
 flour
 2 envelopes Fleischmann's
 Rapid Rise Yeast
 3 Tbsp. sugar

3/4 tsp. salt
 1 cup water
 2 Tbsp. corn oil
 4 Tbsp. butter, divided

Combine 1 cup flour, undissolved yeast, sugar and salt in large mixer bowl. Heat water, oil and 2 Tbsp. butter until very warm (120 degrees to 130 degrees). Add to flour mixture. Beat 2 minutes at medium speed, scraping bowl occasionally. Add 1/2 cup flour, beat 2 minutes at high speed. Stir in enough remaining flour to make soft dough. Knead on lightly floured surface until smooth and elastic about 5 to 7 minutes. Cover, let rest 10 minutes. Divide dough into 12 equal pieces, shape into balls. Place in greased, 10" cast iron skillet. Cover, let rise until doubled in size, 30 to 45 minutes. Preheat oven to 375 degrees. Melt remaining butter and brush on rolls. Bake rolls 18 to 20 minutes or until lightly browned. Remove from skillet. Brush with any remaining butter, if desired. Serve warm.



GRANDMA'S ROLLS

2nd Place - Class 8 - Junior - Dinner Rolls

Kendyl Chaney - Grant County

2 pkg. yeast

1/2 cup warm water

1 1/2 cups warm milk

1/4 cup oil

2 eggs

Pinch of salt

1/2 cup sugar

3+ cups flour

Allow yeast to activate in warm water. Once activated mix all other ingredients in order, using enough flour to form a non-sticky dough. Form dough into a ball and place in a greased bowl to rise. Let rise until doubled in size (approximately 1 hour). Punch down and knead out air pockets. Form into a ball and place back into greased bowl to rise again until doubled in size. Punch down and knead out air again. Pinch off dough and form into 2" balls. Place balls into a greased baking dish, cover and let rise until doubled in size.

Bake at 350 degrees for 15 to 20 minutes or until golden brown.



DINNER ROLLS

3rd Place - Class 8 - Junior - Dinner Rolls
Makayla Huntsman - Pontotoc County

1 pkg. yeast
1 1/4 cups warm water
1/4 cup sugar

2 Tbsp. shortening
3 cups flour

Put yeast in warm water and set for 10 minutes. Add sugar and shortening and mix. Add flour one cup at a time, making sure each is fully incorporated. Let set for 30 minutes. Beat well, knead and shape into rolls. Let rise for 30 minutes. Bake at 375 degrees for 15 minutes.



DINNER ROLLS

4th place - Class 8 - Junior - Dinner Rolls
Taron Krischel - Oklahoma County

1 pkg. active dry yeast
1/4 cup warm water
2 cups warm milk (about 110
degrees)
2 Tbsp. butter

2/3 cup sugar
2 tsp. salt
1 egg
6 to 6 1/4 cups flour

Soften yeast in warm water. Next add milk, butter, sugar, salt into the bowl. Cool until slightly warm. Stir in 2 cups of flour. Stir in egg. Add rest of flour to make dough. Put on a lightly floured surface and knead until smooth. Shape into a ball. Place in greased bowl. Cover and let rise for 1 1/2 hours. Punch down and let rise 45 minutes. Shape into dinner rolls in a muffin pan by separating in small balls of 2 or 3 and let rise for 1 hour, or until rolls double in size. Bake in preheated oven at 400 degrees until golden brown. Brush melted butter on top.



ITALIAN HERB AND CHEESE BREAD

1st Place - Class 9 - Junior - Other Wheat Breads
Abby Logan - Payne County

4 1/2 tsp. active dry yeast
 2 cups warm water
 2 Tbsp. white sugar
 1/4 cup olive oil
 1 Tbsp. salt
 1 Tbsp. dried basil

1 Tbsp. dried oregano
 1 tsp. garlic powder
 1 tsp. onion powder
 1/2 cup grated parmesan
 cheese
 6 cups bread flour

Mix yeast, warm water and white sugar together in a large bowl. Set aside for 5 minutes, or until foamy. Stir olive oil, salt, herbs, garlic powder, onion powder, cheese and 3 cups of flour into the yeast mixture. Gradually mix in the next 3 cups of flour. The dough will be stiff.

Knead dough for 5 to 10 minutes, or until it is smooth and elastic. Place in an oiled bowl, and turn to cover the surface of the dough with oil. Cover with a damp linen dish towel. Allow to rise for 1 hour or until the dough has doubled in size. Punch dough down to release all the air. Shape into 2 loaves. Place loaves in 2 greased 9" x 5" loaf pans. Allow to rise until doubled in size, about 30 minutes.

Bake at 350 degrees for 35 minutes. Remove loaves from pans and let cool on wire racks for at least 15 minutes before slicing.



ROSEMARY FOCACCIA

2nd Place - Class 9 - Junior - Other Wheat Breads
Ean Buzbee - Caddo County

1 1/3 cups warm water
1 Tbsp. active dry yeast
3 cups all-purpose flour
2 Tbsp. unsalted butter,
softened
1 tsp. kosher salt
1/2 Tbsp. dried cracked
rosemary

1 1/2 cups shredded cheese
blend
2 Tbsp. olive oil
Coarse salt for sprinkling
4 Tbsp. finely chopped fresh
rosemary plus additional for
sprinkling

Preheat oven to 400 degrees.

In a small bowl add the warm water and sprinkle the yeast on top. Let sit 6 to 7 minutes until the yeast foams; stir well.

In the bowl of a stand mixer with the dough hook attached combine the flour, butter, salt, rosemary, 1 cup of the cheese blend and the yeast mixture. Allow mixer to knead about 10 minutes until the dough is elastic. Turn the dough out into a bowl brushed with 1 Tbsp. olive oil and turn to coat; cover with a clean kitchen towel and set in cool dry place to rise for 1 hour. Divide dough in half and place each half on a parchment covered baking stone and allow to rise covered for 30 minutes. Press with finger to dimple all over, brush with remaining olive oil and sprinkle with coarse salt, remaining cheese blend and additional fresh rosemary. Bake for 20 to 25 minutes until golden.



MEXICAN BRAID

3rd Place - Class 9 - Junior - Other Wheat Breads
Payten Kienholz - Kay County

1 cup warm water
1 cup picante sauce
2 tsp. salt
1/2 cup oil
1/2 cup powdered milk

2 Tbsp. chamoy
1 cup shredded cheddar cheese
5 cups flour
2 Tbsp. yeast
Tajin for the top after baking

Using a mixer, place ingredients in given order. Mix well. Let rise until double in size. Remove and divide into 3 balls. Roll out into long ropes about 12" to 14". Braid and place on a cookie sheet lined with parchment paper. Let rise until double. Bake at 350 degrees for 30 to 35 minutes. Remove when browned and brush with oil. Sprinkle with Tajin.



GREEN CHILI CHEDDAR BREAD

4th Place - Class 9 - Junior - Other Wheat Breads
Rebel Shook - Dewey County

4 1/2 tsp. active dry yeast
2 Tbsp. sugar
2 cups warm water
2 Tbsp. olive oil
1 1/2 tsp. salt

4 1/2 to 5 1/2 cups bread flour,
divided
2 1/2 cups grated cheddar
cheese
2 cups green chilies (chopped)

In a large bowl, dissolve yeast and sugar in 2 cups warm water. Let stand 5 minutes. Add olive oil and salt. With an electric mixer, gradually add 3 cups flour, beating until smooth. Add cheese and green chilies beating to combine. Gradually add remaining flour to make a soft dough. Turn dough out onto a lightly floured surface and knead until smooth and elastic. Place dough in a lightly greased bowl, turning to grease top. Cover and let rise in a warm place until doubled. Lightly grease 2 loaf pans and set aside. Divide dough into 2 equal parts. Shape into loaves and place in prepared pans. Cover, let rise until doubled. Preheat oven on 350 degrees. Bake until golden brown, approximately 25 minutes. Let cool in pans for 10 minutes. Remove from pans and place on wire racks. Let cool for 30 minutes before slicing.

BRAIDED LOAF

5th Place - Class 9 - Junior
Other Wheat Breads
Nikki Deere
Okfuskee County



3/4 cup warm water
1 pkg. of dry yeast (1/4 oz.)
3 tsp. sugar
3 1/2 cups all-purpose flour
1 tsp. kosher salt
3 Tbsp. vegetable oil

2 large eggs
Cooking spray

Topping wash: 1 large egg, 1
tsp. heavy cream, pinch of
sugar (optional)

In a small bowl combine 1/4 cup of the warm water, the yeast and 1 tsp. of the sugar. Let stand until foamy, about 5 minutes. In a stand mixer, fitted with the dough hook combine the flour, remaining 2 teaspoons of sugar and the salt. With the mixer on low speed pour in the yeast mixture, the remaining 1/2 cup warm water, oil and eggs. Mix on medium speed for 5 minutes, until dough forms a ball and pulls away from the sides.

Spray a large bowl lightly with cooking spray and place the dough in the bowl. Cover with plastic wrap and let dough rise in a warm spot until doubled in size, about 1 hour. Punch dough down to release the air. Turn out the dough onto a lightly floured surface. Divide the dough into 3 equal portions. Roll each into a ball and then into a 15" long rope.

Spray a baking sheet with cooking spray. Place the 3 ropes parallel to one another on the pan. Starting at one end of the dough ropes, carefully braid so only the braid shows. Lightly cover the pan with plastic wrap and let rise until puffy, about 45 minutes. Meanwhile, preheat the oven to 375 degrees.

To prepare the topping:

In a small bowl, whisk together the egg and cream. Gently brush it over the dough. Sprinkle the dough with sugar (optional).

Bake until golden brown, about 28 minutes. Let the loaf cool for about 10 minutes, then transfer to a wire rack to cool completely, about 40 minutes, before serving.

Store in a zip-top bag or airtight container at room temperature for up to 3 days.



RASPBERRY BRAID BREAD

1st place - Class 10 - Junior
Sweet Breads
Bailey Gossen
Washita County



Dough:

3/4 cups + 2 Tbsp. lukewarm
water (100 degrees or below)
1/2 Tbsp. active dry yeast
1/2 Tbsp. salt
2 large eggs, lightly beaten
1/4 cup honey
4 Tbsp. unsalted butter, melted

3 1/2 cups bread flour
All-purpose flour, for dusting

Egg white wash: 1 egg white
beaten with 1 Tbsp. water for
brushing

Filling: 3/4 cup raspberry jam

Mixing/storing dough: Mix water, yeast, salt, eggs, honey and melted butter in a 6-quart bowl or lidded (not airtight) container. Mix flour without kneading, using a heavy-duty stand mixer with a paddle, a Danish dough whisk or spoon. If you're not using a machine, use wet hands to incorporate the last bit of flour.

Cover (not airtight) and allow to rest at room temperature until dough rises for 2 hours. Dough can be used immediately after initial rise; but it's easier to handle when cold. Refrigerate container and use over the next 5 days.

Line a baking sheet with parchment paper. Dust surface of refrigerated dough with flour and cut off a 1 pound piece. (You can make a second loaf and double filling quantities, or refrigerate up to five days.) Dust the piece with flour and shape into a rough ball by stretching surface of the dough around to the bottom, rotating the ball a quarter turn as you go.

Using a rolling pin, roll dough out to a 1/4" thick rectangle, about 9" x 13". As you roll out dough, add flour as needed to prevent sticking. Lift dough onto lined baking sheet. Place raspberry jam down the length of dough in a 1" strip in the center. Using a pizza cutter, cut 1" wide strips down each side. Fold strips left over right crisscrossing over the filling. Lightly press strips together as you move down the pastry creating a braid. Cover loosely with plastic wrap and allow to rest at room temperature for 60 minutes.



Preheat oven to 350 degrees with rack placed at the center of the oven.

Brush the braided bread lightly with egg wash. Bake the braided bread for 35 to 45 minutes, or until golden brown. Dust with powdered sugar.

Prep Time: 4 hours • Cook Time: 40 minutes • Yield: 2 large loaves

CINNAMON ROLLS

2nd place - Class 10
Junior - Sweet Breads
Kayleigh Wilson
Noble County



Dough:

3 1/2 cups warm water
3/4 cup sugar
1/2 cup oil
3 Tbsp. active dry yeast
1 Tbsp. salt
3 eggs
10 1/2 cups bread flour

Filling:

1/4 cup melted butter
Cinnamon-sugar mixture:
1 cup sugar
1 Tbsp. cinnamon

Frosting:

1 cube butter
2 dashes salt
6 cups powdered sugar
Milk

Mix warm water, sugar, oil and yeast in mixing bowl. Mix and let stand 15 minutes. Then add salt, eggs and flour. Mix together for 10 minutes and then let sit for 10 minutes. Oil counter top, dump out dough. Divide dough in half. Press one half out into rectangle. Spread with melted butter and then cinnamon-sugar mixture. Roll up tight but not too tight. Divide into 12 rolls and place on greased cookie sheet. Repeat with other half of dough. Let rise. Bake for 12 to 15 minutes at 400 degrees.

Mix frosting using enough milk to make desired consistency. Frost rolls while warm. Makes 24 rolls.



MAMA'S MAPLE BACON CINNAMON ROLLS

3rd Place - Class 10

Junior - Sweet Breads

Elizabeth Smith - Lincoln County

Dough:

4 1/2 tsp. active dry yeast (2 packets)
1 tsp. granulated sugar (to proof yeast)
1 cup lukewarm water
6 Tbsp. shortening or unsalted butter
1 cup granulated sugar
1 Tbsp. salt
2 cups hot water
9 cups unbleached all-purpose flour (up to 1 cup more if dough is sticky)
2 large eggs, beaten

Filling:

1/2 cup brown sugar
2 Tbsp. ground cinnamon
1/2 cup butter
6 bacon slices, cooked, crumbled

Frosting:

1/4 cup unsalted butter, softened
4 cups powdered sugar
4 Tbsp. milk, more if necessary
1 tsp. vanilla extract
1 tsp. maple flavoring or more to taste

Preheat oven to 350 degrees and lay six slices of bacon on a sheet pan lined with a metal cooling rack and bake until crispy. Pull out of oven and let cool. While bacon is cooling, start on your dough.

In a small bowl, combine yeast and granulated sugar with lukewarm water and set aside for five minutes or until yeast bubbles. It will have a yeasty smell. In standup mixer bowl, add shortening or butter, sugar and salt to 2 cups of hot water and beat for 30 seconds, using beater blade. Let cool to lukewarm temperature. Stir in 2 cups of flour and mix until smooth. Add in yeast mixture and mix until well combined. Mix in beaten eggs. Gradually stir in remaining flour and mix with dough hook for about two minutes. Remove dough from bowl and place on a lightly floured surface. Knead by hand, add a little flour if dough is still sticky. Knead dough until it feels satiny and smooth. Cover and let rise for 30 minutes. While rising, add butter, brown sugar and cinnamon to a separate mixing bowl and mix to a paste consistency. After dough has doubled in size, remove it from bowl and divide in half. With rolling pin, roll one-half into a rectangular shape. Spread dough evenly with butter/brown sugar



mixture, then sprinkle with cooled, crumbled bacon. Roll up dough into one long roll. Cut rolls, using a sharp serrated knife, about 2 inches thick. Place rolls in a greased 9" x 13" baking pan, leaving about 2 inches between the rolls so they have room to rise. Follow the same steps for other half of dough. Cover pans with clean kitchen towel. Let rolls rise until doubled in size. Bake in 350 degree preheated oven for 20 to 30 minutes or until cinnamon rolls are golden brown on top. Cool to room temperature.

While rolls are cooling, make frosting. In a medium bowl, whisk together butter, powdered sugar, milk, vanilla and maple flavoring. Mix to desired consistency. Frost cooled cinnamon rolls generously.

CHOCOLATE CHIP BREAD

4th Place - Class 10 - Junior
Sweet Breads
Ashira Bumgardner
Okfuskee County



12 cups flour
2 Tbsp. yeast
2 Tbsp. salt
¼ cup sugar

4 cups hot water
½ cup oil
1 cup honey
2 bags chocolate chips

Mix together four cups flour with yeast, salt and sugar. Add water, oil and honey. Stir until fully combined. Add remaining flour, one cup at a time. Knead for 15 minutes. Cover and let rise for one hour in a warm place.

Place dough on a clean, lightly floured surface and gently knead in chocolate chips. (If you need to, you can divide the dough in half and work with half at a time.) Divide into four well-greased loaf pans. Bake at 350 degrees for 30 minutes. Gently butter top as they come out of oven.

Makes 4 large loaves.



MAPLE NUT TWIST

5th Place - Class 10 - Junior
Sweet 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. sugar
1/2 tsp. salt
1 pkg. instant yeast
1 tsp. maple flavor
1 egg



Filling:

In a small bowl, combine the following:

1/2 cup granulated sugar
1/3 cup pecans, chopped
1/3 cup candied cherries
1 tsp. maple flavor
1/2 tsp. cinnamon
1/2 cup margarine

Glaze:

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

Heat milk and margarine until warm (120 degrees to 130 degrees). Combine liquid, 1 cup flour, sugar, salt, yeast, maple flavoring and egg. Beat for two 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 and let rise in warm place for about 45 minutes.

Grease 12" round pizza pan. Punch dough down and divide into three separate 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 16 pie-shaped wedges. Twist each wedge together about three times. Remove glass bowl and let rise until doubled, about 30 to 45 minutes.

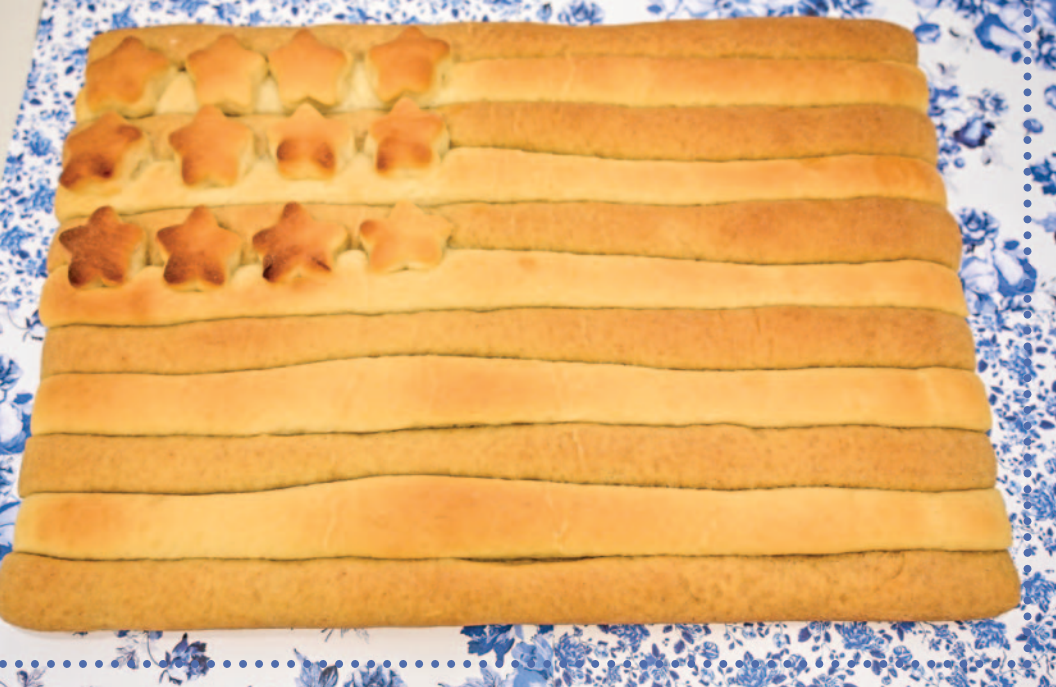
Bake at 350 degrees for 45 minutes. Cool 5 minutes.

Decorate top with glaze, pecans and candied cherries.



Bailey Gossen preparing her first place junior sweet bread entry.





GRAND OL' FLAG BREAD

1st Place - Class 11 - Junior - Specialty Shaped Bread
Korben Gossen - Washita County

Ingredients:

2 tsp. active dry yeast
 1/2 cup lukewarm water (110
 degrees to 115 degrees)
 1/2 tsp. granulated sugar
 1/2 cup vegetable shortening

1/2 cup granulated sugar
 1 large egg, beaten
 1 1/2 tsp. salt
 2 cups milk, scalded and cooled
 to lukewarm
 7 1/2 to 7 3/4 cups bread flour

Repeat this recipe again but add 4 cups whole wheat flour plus
 3 1/4 to 3 1/2 cups bread flour for the whole wheat bread dough.

To adhere stars: 1 egg white and 1 Tbsp. water

2 Tbsp. butter for brushing baked bread

Instructions:

You will need to make one batch of white bread dough and one
 batch of whole wheat bread dough to make a flag bread. Use the
 above recipe to make both, just substitute the kind of flour you
 need.



In a small bowl, dissolve yeast in lukewarm water, stir in 1/2 tsp. sugar. Let stand 5 minutes. In mixer bowl beat shortening with 1/2 cup sugar, add egg, salt, cooled milk, and dissolved yeast. Stir in flour a little at a time until dough is stiff enough to knead. Knead by hand or with dough hook 8 minutes or until smooth and elastic. Place in greased bowl; cover and let rise until doubled. Punch down dough. Now to shape the flag bread:

1. Use 1 1/2 pounds of white dough and 1 1/2 pounds whole wheat dough. Lightly grease a 17 1/2" x 12 1/2" x 2" half sheet pan.
2. Roll each dough into a 7" x 17" rectangle. Cut each into 1 inch strips that are 17" long. Place a whole wheat strip in the pan and alternate with a white strip, use 6 wheat strips and 5 white strips.
3. To make stars roll remaining white dough 1/2" thick. Cut 12 mini stars with a 1 3/4" cookie cutter. To adhere stars make an indentation for each star and moisten back of star with a mixture of beaten egg white and 1 Tbsp. water.
4. Cover and let rise 20 to 30 minutes. Bake at 350 degrees for 25 to 30 minutes or until golden brown. Tent with aluminum foil to prevent over-browning. Brush bread with butter while warm.



Bailey and Korben
Gossen with their
first place prizes.





TURTLE BREAD

2nd Place - Class 11 - Junior - Specialty Shaped Bread
Jonathan Hughes - Cleveland County

2 1/2 to 3 cups flour
2 tsp. yeast
1 Tbsp. sugar
1 tsp. salt
1/2 cup water

1/3 cup milk
1 Tbsp. butter
1 egg
2 raisins

Mix all ingredients (except the raisins) together. Knead. Form into ball. Rise until double. Shape and place raisins for eyes. Rise until desired size. Bake at 350 degrees until golden brown.



BREAD MACHINE BREAD – EASY AS CAN BE

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

1 cup lukewarm water
1/3 cup lukewarm milk
3 Tbsp. butter
3 3/4 cups all-purpose flour
3 Tbsp. sugar

1 1/2 tsp. salt
1 1/2 tsp. active dry yeast
2 Tbsp. butter for brushing
baked bread

Put all of the ingredients into your machine in the order recommended by the manufacturer. Program the machine for basic white bread and press start. When bread is done, remove the pan from the machine. Gently shake the pan to dislodge the bread and turn it out onto a rack. Brush with butter. Enjoy!



BREAD MACHINE

2nd Place - Class 12 - Junior - Bread Machine
Adalynn Larson - Pottawatomie County



1 cup water
3 Tbsp. sugar
1 tsp. salt
3 Tbsp. oil
3 cups bread flour
1 pkg. yeast

Place water, sugar, salt, oil, flour and yeast into pan. Bake on White Bread. Cool on wire rack.





MIA'S BREAD MACHINE

3rd Place - Class 12 - Junior - Bread Machine

Mia Forman - Kingfisher County

2 tsp. dry yeast
2 cups plus 1 Tbsp. bread flour
3/4 tsp. salt
5 Tbsp. sugar
1 1/2 Tbsp. dry milk

1 1/2 Tbsp. butter
3/4 cup plus 2 Tbsp. lukewarm
water
1 large egg

Put dry yeast in inner pot. Add remaining ingredients except water and egg. Then carefully pour in lukewarm water. Then add egg.

Press the right select button for sweet bread on your bread machine and press start.

After the bread is baked remove from the pan and enjoy.





*For more great
recipes and baking
tips, visit
www.okwheat.org!*



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.

BOIL: To cook liquid over 212° F (100°C).

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

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

CHILL: To make food cold by placing it in 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 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 complimentary ingredients 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.

MINCE: 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 just below a boiling point while being heated.

SKIM: To remove a substance from the surface of a liquid.

STEAM: To cook with vapor produced by a boiling liquid.

STEEP: To soak in hot 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.



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 is killed)

160°F

Quiche, meringue pies, bread pudding, baked custard, 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.



For more information on baking with wheat foods, visit homebaking.org

- 1 cup whole kernels (to grind) = $1 \frac{1}{3}$ cup flour
- $\frac{3}{4}$ cup whole wheat flour + $\frac{1}{2}$ cup cornstarch = 1 cup cake flour
- 2 $\frac{1}{2}$ cups whole wheat flour = 2 cups white flour
- 1 cup cake flour = $\frac{1}{2}$ cup sifted all-purpose flour
- 1 cake compressed yeast = 1 package or 2 teaspoons active dry yeast
- 1 cup all-purpose flour = $\frac{1}{2}$ cup all-purpose flour + $\frac{1}{2}$ cup whole wheat flour
- 1 cup all-purpose flour = 1 cup + 2 tablespoons cake flour
- 1 cup cake flour = $\frac{7}{8}$ cup (1 cup minus 2 tablespoons) all-purpose flour + 2 tablespoons corn starch
- 1 cup self-rising flour = 1 cup cake or all-purpose flour + $1 \frac{1}{2}$ teaspoon baking powder + $\frac{1}{2}$ teaspoon salt
- 1 cup self-rising cornmeal = $\frac{3}{4}$ cup + 3 tablespoons white or yellow cornmeal + 1 tablespoon baking powder + $\frac{1}{2}$ teaspoon salt
- 1 pkg. ($\frac{1}{4}$ oz.) active dry yeast = 2 $\frac{1}{4}$ teaspoons ($\frac{1}{4}$ oz.) fast-rising yeast OR 1 ($\frac{1}{2}$ oz.) cake compressed yeast
- 1 teaspoon baking powder = 1 teaspoon baking soda + $\frac{1}{2}$ teaspoon cream of tartar
- 1 cup honey = 1 $\frac{1}{4}$ cups sugar OR 2 cups powdered sugar + $\frac{1}{4}$ cup liquid
- 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
- 1 cup whole milk = 1 cup skim milk + 2 tablespoons melted butter or margarine
- 1 cup sour cream or crème fraiche = 1 cup 2% or 10% plain Greek-style yogurt
- 1 tablespoon cornstarch = 2 tablespoons all-purpose flour OR 4 teaspoons quick-cooking tapioca
- 1 cup packed brown sugar = 1 cup white granulated sugar creamed with 2 tablespoons molasses
- 1 ounce unsweetened chocolate = 3 tablespoons unsweetened cocoa plus 1 tablespoon shortening
- 1 large egg = 2 egg whites + $\frac{1}{2}$ teaspoon vegetable oil OR 1 tablespoon milled flax + 3 tablespoons water OR $\frac{1}{4}$ cup soft tofu (quick breads and cookies only)



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 thermometer 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.

Dash = $\frac{1}{16}$ teaspoon
 3 teaspoons = 1 tablespoon
 4 tablespoons = $\frac{1}{4}$ cup
 5 $\frac{1}{3}$ tablespoons = $\frac{1}{3}$ cup
 8 tablespoons = $\frac{1}{2}$ cup
 10 $\frac{2}{3}$ tablespoons = $\frac{2}{3}$ cup
 12 tablespoons = $\frac{3}{4}$ cup
 16 tablespoons = 1 cup
 1 gram = 0.035 ounces

Pinch = $\frac{1}{8}$ teaspoon
 2 tablespoons = 1 ounce
 1 cup = 8 fluid ounces
 1 cup = $\frac{1}{2}$ pint
 2 cups = 1 pint
 4 cups = 1 quart
 4 quarts = 1 gallon
 1 ounce = 28.35 grams
 1 liter = 1.06 quarts

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.

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



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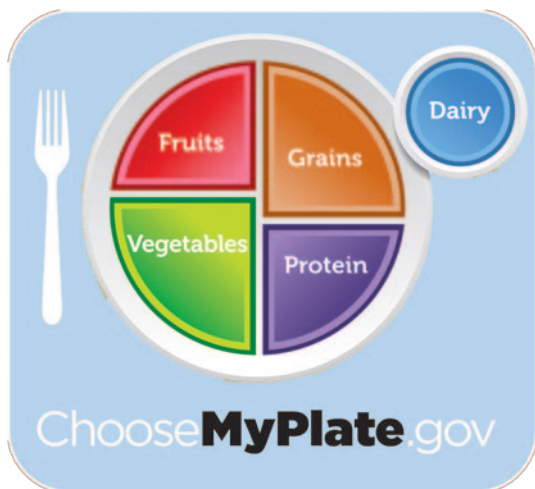


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WHAT'S on

Your Plate?



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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