



BEST OF WHEAT *Cookbook*

2023 STATE FAIR
BREAD BAKING CONTEST
PRIZE-WINNING RECIPES ▶

OKLAHOMA WHEAT COMMISSION



THE BEST OF WHEAT 2023-2024

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 that 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 Oklahoma wheat producers and 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. 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 elects a commissioner every five years.

OWC is committed to ensuring the competitiveness of Oklahoma wheat in domestic and international markets. 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 OWC are allocated to the Oklahoma Wheat Research Foundation, as required by law.

In addition, 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 use of wheat flours.



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On the cover: Senior division sweet bread entered by Dakota Ramsey.



WHITE BREAD

1st Place – Senior Division

Class 1 – White Bread

Renee Howard – Jackson Co.

2 1/4 tsp. fast rising instant yeast
(1 pkg.)
1 tsp. sugar
1 2/3 cups lukewarm water,
divided
1 Tbsp. honey
1 tsp. salt
1 1/2 Tbsp. butter, cubed at
room temperature
4 1/2 cups all-purpose flour
1 1/2 Tbsp. butter, melted for
brushing

In large bowl of stand mixer fitted with dough hook, combine yeast, sugar and half the lukewarm water. Let sit for 5-10 min. until foamy.

Add remaining water, honey, salt, cubed butter and 4 cups flour to the bowl. Knead at low speed until dough comes together and

is soft but not sticky. Add a few more tablespoons of flour if necessary. Continue to knead for 6-9 min. until dough pulls away from the sides of the bowl and is soft and smooth.

Place the dough in an oiled bowl, turning to coat the top with oil. Cover with plastic wrap and let rise for 45 min., or until doubled in size.

After the dough has risen, punch down gently and turn out onto lightly floured work surface. Divide the dough in half. Roll each half into a long rectangle about 8 inches wide. Roll the dough, starting at the short edge, to form a cylinder approximately 8" wide. Tuck the ends of the roll slightly under the roll to create some tension on the surface.

Place dough, seam side down, into two lightly greased bread pans and cover with plastic wrap. Let rise one hour, or until dough is 1/2-1" higher than top of pan.

Bake in 375°F preheated oven for 25-30 min. or until the loaves are golden brown. Brush with melted butter and remove to a cooling rack. Cool before slicing.

Makes two 8" x 4" loaves.



TAYLER'S PUNCH VEGGIE BREAD

**1st Place – Junior Division
Class 9 – Other Wheat Breads
Taylor Spray – Woodward Co.**

1 Tbsp. yeast
 1/4 cup warm water
 2 cups warm milk
 1 cup grated Parmesan or Swiss cheese
 2 Tbsp. sugar
 2 Tbsp. oil
 2 tsp. salt
 1/8 tsp. cayenne pepper
 5 – 5 1/2 cups bread flour
 olive oil for coating pan and bread
 2 tsp. cornmeal
 1 – 2 tsp. garlic salt
 Assortment of veggies for topping: red onion, red peppers, yellow peppers, orange peppers, green peppers, dried tomatoes, black olives, celery, green onions

In a mixing bowl, dissolve yeast in warm water. Add milk, cheese, sugar, oil, salt, cayenne pepper and 2 cups of flour. Beat until smooth. Stir in enough remaining flour to form a soft dough. Turn onto a floured surface. Knead until smooth and elastic, about 6-8 min. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 1/2 hours. Punch dough down. Turn onto a floured surface. Roll into a 10x15 rectangle. Grease pan with olive oil and sprinkle with cornmeal in bottom of pan. Place bread in pan.

Allow to double. Cover with oil. Punch with fingertips to make multiple indentions.

For topping, arrange cut vegetables into desired flower and decorative designs. Sprinkle with garlic salt. Bake at 350°F for 25 min.



3 | Junior Division Grand Champion



WHITE BREAD

1st Place – Senior Division

Class 1 – White Bread

Renee Howard – Jackson Co.

2 1/4 tsp. fast rising instant yeast
(1 pkg.)

1 tsp. sugar

1 2/3 cups lukewarm water,
divided

1 Tbsp. honey

1 tsp. salt

1 1/2 Tbsp. butter, cubed at
room temperature

4 1/2 cups all-purpose flour

1 1/2 Tbsp. butter, melted for
brushing

In large bowl of stand mixer fitted with dough hook, combine yeast, sugar and half the lukewarm water. Let sit for 5-10 min. until foamy.

Add remaining water, honey, salt, cubed butter and 4 cups flour to the bowl. Knead at low speed until dough comes together and

is soft but not sticky. Add a few more tablespoons of flour if necessary. Continue to knead for 6-9 min. until dough pulls away from the sides of the bowl and is soft and smooth.

Place the dough in an oiled bowl, turning to coat the top with oil. Cover with plastic wrap and let rise for 45 min., or until doubled in size.

After the dough has risen, punch down gently and turn out onto lightly floured work surface. Divide the dough in half. Roll each half into a long rectangle about 8 inches wide. Roll the dough, starting at the short edge, to form a cylinder approximately 8" wide. Tuck the ends of the roll slightly under the roll to create some tension on the surface.

Place dough, seam side down, into two lightly greased bread pans and cover with plastic wrap. Let rise one hour, or until dough is 1/2-1" higher than top of pan.

Bake in 375°F preheated oven for 25-30 min. or until the loaves are golden brown. Brush with melted butter and remove to a cooling rack. Cool before slicing.

Makes two 8" x 4" loaves.



LINDSEY'S WHITE BREAD

2nd Place – Senior Division
Class 1 – White Bread
Lindsey Westfall – Canadian Co.

2 pkg. active dry yeast
1/2 cup warm water
1 3/4 cup lukewarm milk
6-7 cups flour
3 Tbsp. sugar
2 Tbsp. soft shortening
1 tsp. salt

Dissolve yeast in warm water. Add milk, half of the flour, sugar, shortening and salt. Beat with spoon until batter falls from spoon in “sheets.” Using spoon, then hand mix in enough remaining flour until dough cleans bowl. Turn out onto lightly floured board. Cover and let rest for 10-15 min. Knead until smooth and blistered. Place in greased bowl. Cover and let rise in warm place until double.

Punch down, cover and let rise again until almost double. Divide into two loaves and let rest for 10 min. Shape into loaves and place in greased pans.

Cover and let rise until double.

Bake loaves in oven at 425°F for 25-30 min. Loaf should sound hollow when done. Enjoy.



DID YOU KNOW?



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



GOLD MEDAL WHITE BREAD

**3rd Place – Senior Division
Class 1 – White Bread
Nancy Barth – Harper Co.**

6-7 cups bread flour
3 Tbsp. sugar
1 Tbsp. salt
2 Tbsp. shortening
2 pkg. yeast
2 1/4 cups very warm water
(120-130°F)
2 Tbsp. melted butter, if desired

In large bowl, stir 3 1/2 cups of the flour, sugar, salt, shortening and yeast until well mixed. Add warm water. Beat with electric mixer on low speed for 1 minute, scraping bowl frequently. Beat on medium speed for 1 minute, scraping bowl frequently. Stir in enough flour, 1 cup at a time, to make dough easy to handle.

Place dough on a lightly floured surface. Knead about 10 min. or

until dough is smooth and springy. Grease large bowl with shortening. Place dough in bowl, turning dough to grease all sides. Cover bowl loosely with plastic wrap and let rise in warm place 40-60 min. or until dough has doubled in size. The dough is ready if indentation remains when touched.

Grease bottom and sides of two 8x4-inch or 9x5-inch loaf pans with shortening or cooking spray.

Gently push your fist into dough to deflate. Divide dough in half. Flatten each half with hands or rolling pin into 18x19-inch rectangle on lightly floured surface. Roll dough up tightly, beginning at 9-inch side. Press with thumbs to seal after each turn. Pinch edge of dough into roll to seal. Fold ends under loaf. Place seam side down in pan. Brush loaves lightly with butter. Cover loosely with plastic wrap and let rise in warm place 35-50 min. or until dough has doubled in size.

Move oven rack to low position so tops of pans will be in center of oven. Heat oven to 425°F.

Bake 25-30 min. or until loaves are deep golden brown. Remove pans to wire rack. Brush loaves with butter. Cool.

Yields two loaves.



WHITE BREAD

4th Place – Senior Division – Class 1 – White Bread
Melody Thorn – Woodward Co.

| | |
|---------------|-----------------|
| 1 cup water | 2 Tbsp. honey |
| 3 cups flour | 1 1/2 tsp. salt |
| 2 Tbsp. milk | 2 Tbsp. butter |
| 2 Tbsp. sugar | 2 tsp. yeast |

Place all ingredients in mixer with dough hook or bread machine using dough setting only. Knead until mixed. Let rest until doubled. Place in loaf pan. Let dough double again. Bake at 350°F for 25 min. until golden brown.

When mixing ingredients, you may need to add 1-2 Tbsp. water or 1-2 Tbsp. flour for the right consistency.

BASIC WHITE BREAD

5th Place – Senior Division – Class 1 – White Bread
Kay Williams – Logan Co.

| | |
|-------------------------------------|-----------------------------------|
| 2 pkg. instant dry yeast | 1 tsp. iodized salt |
| 2 Tbsp. sugar | 1/4 cup shortening |
| 1/2 cup warm water (not over 115°F) | 2 cups milk, scalded |
| 1/2 cup sugar | 7 cups all-purpose flour (sifted) |

In a large mixing bowl dissolve the yeast and the 2 Tbsp. of sugar in the 1/2 cup of warm water. Let stand 5 min. Add the 1/2 cup sugar, salt and shortening to the scalded milk. When the milk mixture is lukewarm, (110-115°F), add the dissolved yeast and three cups of flour. Beat 2 min. and let rise 40 min. Stir down the sponge and add 3 1/2 cups of flour. Mix well. If the dough seems too sticky, gradually add more flour. Use the remainder of the flour for kneading.

Place the dough on a floured surface and knead for 5 min. Place dough in a greased bowl and let rise until double (1-1 1/2 hours).

Punch down; divide dough into two parts. Let rest 10 min., then shape the dough into loaves and put them into greased bread pans. Allow loaves to rise again until double.

Bake at 350°F for 35-40 min., until golden brown and the loaves have a hollow sound when tapped with the finger. Turn the loaves out onto a rack and brush tops with butter. As the loaves cool, cover with a cloth for a softer crust.

DID YOU KNOW?



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



PRISCILLA'S DELICIOUS WHOLE WHEAT BREAD

**1st Place – Senior Division
Class 2 – Whole Wheat Bread
Priscilla Miller – Payne Co.**

2 1/2 cups warm water
1 1/2 Tbsp. SAF instant yeast
2 Tbsp. lecithin granules
6-7 cups whole wheat flour
1/3 cup honey
1/3 cup olive oil
2 Tbsp. vital wheat gluten
2 1/2 tsp. salt

Combine the warm water, yeast, lecithin and 2 cups of whole wheat flour in a large mixing bowl.

Allow to sponge for 15 min. Add the honey, oil, gluten, salt and 4-5 cups additional flour until the dough begins to clean the sides of the mixing bowl. This is true whether you are mixing by hand with a wooden spoon or using a dough hook attachment with an electric mixer.

Knead the bread by hand for 7-10 min. or until it is very smooth, elastic and small bubbles or blisters appear beneath the surface of the dough.

When hand kneading, oil your kneading surface and your hands with 1-2 tsp. of oil. This will help reduce stickiness and help you avoid too much flour.

Form the dough into loaves. Allow to rise in a slightly warmed oven or other warm place until double in size (about 30-60 min.) Bake loaves for 25-30 min. in a 350°F oven. Bread is cooked through when it sounds hollow when tapped on the bottom and the top and sides are golden brown in color.

Yield: 2-3 loaves.





HONEY WHOLE WHEAT SOURDOUGH

**2nd Place – Senior Division
Class 2 – Whole Wheat Bread
Meghan Gates – Texas Co.**

350 grams water
350 grams whole milk
200 grams active, bubbly starter
500 grams unbleached AP flour
500 grams freshly milled
whole wheat flour (kamut is
preferred, but hard red wheat
berries will work)
1/2 cup honey
30 grams sea salt

Pour water and milk into a large bowl. Pour starter on top of the water until it floats. (See page 59 for a sourdough starter recipe.) Then pour the flour on top of the starter. Stir in honey. Mix well until fully combined and shaggy. Add more AP flour if needed to achieve this consistency. Lightly cover and let rest for 30 min.

Sprinkle salt on top of the dough and with wet hands, gently knead/massage the salt into the dough.

Lightly cover and let rest 30 min.

Do a series of stretches and folds. Let the dough rest another 30 min.

Do a series of coil folds, let rest for another 45 min. Continue doing coil folds every 30-60 min. until the dough has doubled and is jiggly. You can also do a windowpane test to see if it's ready for bulk ferment.

Pour about 2 Tbsp. of water on the surface of the dough and spread around to reduce drying out, cover with tea towel and let it bulk ferment in the fridge for about 5 hours, up to overnight.

Pull out the dough and let come to room temp for about 30 min.

With wet hands, carefully dump the dough onto a clean surface (no flour). Divide the dough into 2 equal parts.

Working with one part at a time, gently pull and stretch the dough, being careful to make it thin, but not tear it.

Fold the dough into an envelope shape, then push and pull the dough to create tension on the surface. Place into floured banneton or bowl, tension-side down. Cover and chill in refrigerator overnight.

Preheat oven to 450°F with your Dutch oven inside the oven as well.

Pull the dough out of the fridge. "Sew up" the dough, pulling the edges of the bottom together to create one last extra support of tension.

Turn the dough out onto a piece of parchment paper and score.

Carefully lower into the Dutch oven, cover with the lid, repeat with the other half of the dough and bake for 20 min.

Lower the oven temperature to 425°F, uncover and bake for an additional 20 min., or until browned to your liking.

Remove from oven and immediately transfer to cooling rack. Allow the loaves to cool for at least 30 min. before cutting into them.

Yields two loaves.



WHOLE WHEAT BREAD

3rd Place – Senior Division
Class 2 – Whole Wheat Bread
Cheryl Wilson – Noble Co.

- 2 1/4 tsp. active yeast
- 2 Tbsp. warm water (110-115°F)
- 1 1/3 cup warm water
- 1/4 cup vegetable oil
- 1 1/4 tsp. table salt
- 1/4 cup non-fat dry milk
- 3 1/2 cup whole wheat flour

Dissolve yeast in warm water. Place in a bowl and add the remaining ingredients. Knead the dough for 6-8 min. Place in a greased bowl and allow to rise until doubled in size.

Transfer dough to lightly oiled surface. Divide the dough in half. Shape into loaves. Place into greased loaf pans. Allow to rise until 1 inch above the rim of the pan.

Bake in a 350°F oven for 40 min.

Yields two loaves.



DID YOU KNOW?



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.”



GOLDEN WHOLE WHEAT BREAD

4th Place – Senior Division – Class 2 – Whole Wheat Bread
Jennifer Bradshaw – Caddo Co.

| | |
|-----------------------------------|-----------------------------|
| 3 1/2 cups of warm water (~110°F) | 7 cups of whole wheat flour |
| 1 1/2 teaspoons active dry yeast | 2 tsp. salt |
| 1/4 cup of honey | 2 Tbsp. olive oil |

Mix water, yeast and honey in a bowl for 10 min. Add half of the whole wheat flour, salt and olive oil. Mix it all up and let sit for one minute.

Add the second half of the whole wheat flour and mix on low-medium until dough pulls from the sides. Turn dough onto a lightly floured surface and form into a ball.

Place in a lightly oiled dish and cover to rise for 45 min.

Turn dough onto lightly floured surface and divide in two. Roll or pat each ball into a rectangle. Start with short side and roll up, pressing dough into roll. Tuck the edges to seal. Place loaves into the greased loaf pans. Cover and let rise about 45 min.

Preheat oven to 350°F. Bake for 35 min. Butter the tops and turn out to a cooling rack.

WHOLE WHEAT HONEY BREAD LOAF

5th Place – Senior Division – Class 2 – Whole Wheat Bread
Crystal Cheek – Bryan Co.

| | |
|------------------------|--------------------------------|
| 1 1/2 cups warm water | 1/4 cup honey |
| 2 1/4 tsp. yeast | 3/4 tsp. salt |
| 3 Tbsp. butter, melted | 3-3 1/2 cups whole wheat flour |

Add water and yeast to a bowl. Mix and set aside for about 5 min. or until yeast has proofed.

In a large bowl or standing mixer, add melted butter and honey then mix together. Next add salt and 1 cup whole wheat flour and mix. Add yeast mixture and two more cups of whole wheat flour. Mix until dough is easily handled.

Knead for about 3-5 min. or until the dough forms a smooth ball. If the dough is too sticky, you may knead in more flour.

Place in a greased bowl, cover and let it rise for about an hour in a warm place.

Once the dough has doubled in size, punch the air out of it then place it in a greased loaf pan. Cover and let it proof for another 30 min.

Preheat your oven to 350°F for about 15 min. before your dough is done proofing.

Once your dough has proofed, remove the cover and bake it in the oven for about 40-50 min. or until the dough is brown and sounds hollow when tapped in the center.

Let it cool for a few min. Then, slice into it and enjoy!





30-MINUTE DINNER ROLLS

**1st Place – Senior Division
Class 3 – Dinner Rolls
Courtne Robinson – Love Co.**

1 cup + 2 Tbsp. warm water
1/3 cup oil
2 Tbsp. active dry yeast
1/4 cup granulated white sugar
1 tsp. salt
1 egg
3 1/2 cups bread flour (all-purpose will also work)

In the bowl of your mixer, combine warm water, oil, yeast and sugar. Allow it to rest for 10 min. (the yeast will bloom and the mixture will look puffy). Add 2 cups of the flour mixture, the salt and the egg into the yeast mixture using a dough hook and mix. Add the remaining flour gradually, let your mixer do the work and let it knead all together into a small ball. The dough will be soft. Shape into 12 balls and place in a 9x13 baking dish. Let the dough rest for 10 min. and heat oven to 400°F. Bake for 10 min. or until the tops are golden brown. Remove from oven and brush tops with butter.



DID YOU KNOW?



One bushel of wheat weighs approximately 60 pounds.



EASY CRESCENT ROLLS

**2nd Place – Senior Division
Class 3 – Dinner Rolls
Coletta Greer – Beckham Co.**

4 1/2 tsp. (2 pkg.) active dry yeast
3/4 cup warm milk (110°F)
1/2 cup sugar
1 tsp. salt
2 eggs
1/2 cup butter, room temperature
4 cups bread flour (2+2, maybe a little more), sifted
1/2 cup butter, melted for spreading

Dissolve yeast in warm milk and set aside. After it's foamed, pour into mixer bowl. Stir in sugar, salt, eggs, softened butter and 2 cups of sifted bread flour. Beat until smooth. Add the remaining 2 cups sifted bread flour and mix until smooth. Scrape sides of bowl. Knead the dough, adding a little flour if needed to make a nice dough ball. Grease the ball and bowl. Cover bowl and let rise in warm place until doubled. Punch dough down. Divide in half. Roll each half into a 12-inch circle. Spread with melted butter. Cut into 12 wedges (I use a pizza cutter). Roll up the wedges. Place on greased or parchment lined baking sheet with sealed edge on bottom. Cover baking sheet and let rise until doubled again. Bake at 350°F for 13-16 min. or until golden brown. Brush rolls with melted butter when they come out of the oven.

DID YOU KNOW?



Wheat, used for white bread, pastries, pasta and pizza, has been the principle cereal crop since the 18th century.



BIG FAMILY DINNER ROLLS

**3rd Place – Senior Division –
Class 3 – Dinner Rolls
Sarah Jarnagin – Custer Co.**

1 1/2 cups of milk
3/4 cup sugar
2 Tbsp. active dry yeast
2 cups warm water
1 Tbsp. sugar
Approximately 9-10 cups all-
purpose flour
1 egg
1 Tbsp. salt
1/2 cup butter + 1/2 cup butter

Scald milk, 3/4 cup sugar and 1/2 cup butter in a saucepan on stove. Cutting the butter into pieces will help it melt quicker.

Pour hot mixture into bowl of a stand mixer fit with the dough hook attachment.

Add yeast into 2 cups of warm water and 1 Tbsp. sugar. Let sit until bubbly. Meanwhile, mix in

1-2 cups flour and then the egg and salt into the warm mixture in the mixing bowl.

Make sure the milk mixture is warm and then add the yeast mixture. Mix.

Gradually add the flour until the dough is dense and sticky. Knead until it is smooth.

Place dough into a greased bowl and cover with a damp tea towel. Allow to rise until doubled in size, approximately one hour.

Melt remaining 1/2 cup butter.

Punch down dough and divide into four equal balls of dough. Roll the ball of dough out on a lightly floured surface. Brush the round dough with the melted butter. Cut the dough into half and then quarters. Cut each quarter into 3 equal triangles. You will get 12 triangles from each ball of dough. Roll the triangles into a crescent shape by rolling them up starting with the wide end and tucking the skinny tail underneath. Place rolls on a parchment lined baking sheet. Repeat the process with each ball of dough.

Allow rolls to rise for about 30 min. Bake at 350°F for 15 min.

MILK & HONEY DINNER ROLLS

4th Place – Senior Division – Class 3 – Dinner Rolls

Kim Weder – Carter Co.

2 tsp. active dry yeast
3 Tbsp. honey
1 cup plus 1 tsp. milk, warm

1 1/2 tsp. salt
3 Tbsp. butter, melted
3 cups bread flour

In a large bowl, dissolve yeast and 1 1/2 tsp. honey in warm, milk; let stand until bubbles form on the surface.

Whisk together the remaining 1 1/2 tsp. honey, salt, butter and 1 1/2 cup flour.

Stir in remaining flour, 1/2 cup at a time to form a soft dough.

Remove the dough, divide into about 10-12 pieces and shape the dough into rolls on a floured surface.

Place the rolls in a pan and let them rise for about 45 min.

Bake at 375°F for 15-20 min. or until golden brown.



▶ 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.

| <i>Pan Size</i> | <i>Pan Capacity</i> | <i>Substitute Pan</i> |
|-----------------------------------|---------------------|--|
| Loaf pan 8 1/2 x 4 1/2 in. | 6 cups | Three 5 x 2 in. loaf pans Two 2 3/4 x 1 3/8 in. muffin tins Three 2 3/4 x 1 1/8 inch muffin tins |
| Loaf pan 9 x 5 x 3 in. | 8 cups | Two 8 x 4 x 2 1/4 in. loaf pans Three 5 1/2 x 3 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 1/4 in. | 12 cups | One 10 x 4 in. tube pan Two 8 1/2 x 4 1/2 x 2 1/2 in. loaf pans |
| 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 1/4 in. brownie pans Two 8 x 1 in. round pans |



WHEAT BREAD

**1st Place – Senior Division
Class 4 – Other Wheat Breads
Glen Simonsen – Murray Co.**

1 1/2 cups water
2 cups sourdough starter
1/4 cup vegetable oil
2 Tbsp. salt
1/4 cup malted barley flour
1/4 cup whole wheat flour
5 cups bread flour

Combine all ingredients and knead into a ball. (See page 59 for a sourdough starter recipe.) Cover and let rise for 4 hours. Stretch and fold 4 times every 15 min. for 1 hour.

Shape dough as desired. Place in mold and cover with a plastic bag. Refrigerate for 12 hours. Remove dough from mold. Bake covered at 400°F for 40 min. Bake uncovered at 350°F for 25 min.

Place on rack to cool.

DID YOU KNOW?

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





HAWAIIAN HOT DOG BUNS

**2nd Place – Senior Division
Class 4 – Other Wheat Breads
June Shepherd – Kay Co.**

- 1/4 cup unbleached all-purpose flour
- 1 Tbsp. instant yeast
- 2 Tbsp. warm water (110°F)
- 1/2 cup warm, canned pineapple juice (110°F)
- 1/4 cup softened salted butter
- 1/2 cup dark brown sugar, packed
- 2 large eggs plus 1 egg yolk, room temperature (white reserved)
- 1 tsp salt
- 1 tsp vanilla
- 2 1/4-3 cups all-purpose flour

Using the beater, barely combine first 4 ingredients. Cover and set aside for 15 min. Add butter, brown sugar, eggs, salt and vanilla and mix well.

Still using the beater attachment, add 2 cups of flour. Then begin adding flour 1/4 cup at a time. This dough will be a little stickier than normal bread dough, but the desired consistency is to still be able to handle it easily.

Beat for 3 min. Remove beater attachment and add bread hook. Beat for 5 min.

Place in a lightly greased (8 cup) bowl and cover to allow the dough to rise. Let it set for 1.5 hours, or even 2+ hours, if necessary, letting the dough double in size. (Sweet dough tends to take longer to rise)

Knead the dough.

Generously grease a 9x13 pan. Divide dough into 10 equal portions. (If weighing dough, use 3.1 oz of dough per bun) Roll each portion into about a 5" long, skinny rope. Leaving a little space between each one, place the future bun in neat rows.

Allow to rise for another hour. Bake at 350°F for 20-25 min. Using the reserve egg white, with 5 min. left to bake, baste the tops of the buns.

Turn out, while hot, onto cooling rack.
Yields 10 hot dog buns.



HONEY CHALLAH

**3rd Place – Senior Division
Class 4 – Other Wheat Breads
Katherine Ereman – Ellis Co.**

2 Tbsp. dry yeast
1/2 tsp. sugar
1 1/2 cup warm water (divided)
5 large eggs (room temperature)
2/3 cup plus 1 tsp. honey,
divided
1/2 cup canola oil
2 tsp. salt
6-7 cups bread flour
1 Tbsp. water
1-2 Tbsp. sesame seeds

Dissolve yeast and sugar in 1 cup warm water. Separate 2 eggs, refrigerate whites. Place egg yolks and remaining 3 eggs in a bowl. Add 2/3 cup honey, oil, salt, yeast mixture, 3 cups flour and remaining 1/2 cup warm water; beat on medium speed 3 min. Stir in enough remaining flour to make a soft dough.

Turn dough onto floured surface and knead until smooth and elastic. Place in greased bowl, turning once to grease top. Cover and let rise until almost doubled.

Punch dough down. Turn onto lightly floured surface and divide into half. Divide 1 portion into 6 pieces and roll each into a 16-inch rope. Place rolls parallel on a greased baking sheet. Pinch ropes together at the top.

To braid, take the rope on the left and carry it over the two ropes beside it; then slip it under the middle rope and carry it over last 2 ropes; leaving the rope down parallel to other ropes. Repeat these steps until you reach the end. Pinch ends to seal and tuck under. Repeat process with remaining dough. Cover and let rise until almost doubled.

Preheat oven to 350°F. In a small bowl, whisk 2 chilled egg whites and 1 tsp. honey with 1 Tbsp. water; brush over loaves. Sprinkle with sesame seeds. Bake 25-30 min. or until golden brown and sounds hollow when tapped. Remove from pans to wire rack to cool.



EVERYTHING BAGEL BREAD

4th Place – Senior Division – Class 4 – Other Wheat Breads
Shirley Rychner – Canadian Co.

| | |
|--------------------------|------------------------------------|
| 1 Tbsp. active dry yeast | 2 Tbsp. vital wheat gluten |
| 1 Tbsp. sugar | 1 tsp. salt |
| 1/2 cup warm water | 1 Tbsp. sugar |
| 1 egg | 3 Tbsp. butter or margarine |
| 3/4 cup buttermilk | 1 Tbsp. everything bagel seasoning |
| 2 1/4 cups bread flour | 1 Tbsp. caraway seeds |
| 1/2 cup rye flour | |

Dissolve yeast and sugar in warm water. Soften 10 min. Add egg and buttermilk. Add mixed bread flour, rye flour, vital wheat gluten, salt, sugar and butter. Mix well. If needed, add about 1 more cup of bread flour.

Knead in bagel seasoning and caraway seeds. Knead until smooth, about 8-10 min. Place in a greased bowl, turning to grease top. Let rise in a warm place for about 45-50 min., until doubled.

Punch down. Let rest 15 min. Divide dough into 2 shapes, either 2 small or one large and one mini. Grease the pans.

After shaping, roll or press with your fingers, add about 1-2 Tbsp. everything bagel seasoning on top of loaf. Using a sharp knife, cut 3 slashes onto top of loaves. Let loaves RISE until double, about 25-30 min.

Bake at 360°F, yes, 360°F. 20-30 min., depending on size of loaf.

SOURDOUGH BREAD

5th Place – Senior Division – Class 4 – Other Wheat Breads
Ashley Yates – McClain Co.

| |
|---|
| 90 grams sourdough starter (1:1 ratio of unbleached all-purpose flour: water) |
| 385 grams water |
| 13 grams coarse kosher salt |
| 520 grams unbleached bread flour |

Mix starter in small bowl until cloudy and well mixed. Once starter is well-established, add 385 grams of water. Add salt and dissolve. Then add bread flour, incorporating all the flour using a fork or Danish whisk. Let rest for 15 min.

Do the first set of stretch and folds. Cover, rest and repeat the process 15 min. later. Bulk ferment (proof), at room temperature for 8-12 hours.

Stretch and shape. Place dough with seam side up into rice-floured banneton.

Cold retard: Place banneton in refrigerator for 4-24 hours covered with breathable cloth.

Preheat oven to 500°F with Dutch oven inside and lid on. Score bread using a lame.

Place dough inside Dutch oven on parchment paper, with two ice cubes between parchment paper and wall of Dutch oven. Place in middle of oven. Adjust oven to convection mode at 475°F and bake for 35 mins with convection on. Remove lid and bake an additional 5 min. until internal temperature reaches 208-212°F. Remove from Dutch oven and let cool for at least 1 hour on a rack before slicing.

Sourdough baking is as much art as science. New bakers might look at sourdough baking guides online for further guidance.





ORANGE NUT GLAZED RAISIN BREAD

**1st Place – Senior Division
Class 5 – Sweet Breads
Mary Ellen Wooderson – Kay Co.**

Dough:

- 1 cup milk
- 1 1/2 tsp. salt
- 1/2 cup sugar
- 1/2 cup soft butter
- 2 Tbsp. yeast
- 1/4 cup warm water
- 5 1/4-5 3/4 cups bread flour
- 2 eggs
- 1 tsp. grated orange peel
- 1 tsp. ginger
- 1 1/2 cups raisins

Orange Nut Glaze:

- 1 cup powdered sugar
- 1/2 cup finely chopped walnuts
or nut of your choice
- 2-4 Tbsp. orange juice

Scald milk. Pour over salt, sugar and butter. Blend and cool to lukewarm.

Sprinkle yeast on warm water and dissolve. Add to milk mixture with 2 1/2 cup flour. Beat until smooth.

Beat in eggs, orange peel, ginger, raisins and 1/2 cup flour. Mix in enough remaining flour to make a soft dough. Knead until smooth.

Place in greased bowl and let rise until doubled. Punch down and rest for 15 min.

Make three smaller or two loaves. Make three slashes on each loaf.

Cover and let rise until doubled.

Bake at 360°F until 200°F inside

Place on wire racks. While still warm, spread glaze on top.

To make the orange nut glaze, mix powdered sugar and walnuts or nuts. Add 2-4 Tbsp. orange juice to spreading consistency.





CREAM CHEESE ROLL

2nd Place – Senior Division

Class 5 – Sweet Breads

Becky Bedwell – Blaine Co.

Dough:

- 1 cup sour cream
- 1/2 cup sugar
- 1 tsp. salt
- 1/2 cup melted butter
- 2 packages dry yeast
- 1/2 cup warm water
- 2 eggs, beaten
- 4 cups flour

Cream Cheese Filling:

- 2 8-ounce packages cream cheese
- 3/4 cup sugar
- 1 egg, beaten
- 1/8 tsp. salt
- 2 tsp. vanilla

Glaze:

- 2 cups powdered sugar
- 4 Tbsp. milk
- 2 tsp. vanilla

Heat sour cream on low heat; stir in sugar, salt, butter; cool to lukewarm.

Sprinkle yeast in warm water, stirring until yeast dissolves.

Mix yeast mixture in sour cream mixture. Add eggs and flour. Knead on lightly floured surface. Place in greased bowl, turning once. Cover; refrigerate overnight.

Next day, divide dough into 4 equal parts. Roll each on floured surface into 12x8-inch rectangles. Spread 1/4 of the cream cheese filling on each. Roll up beginning with long side. Pinch edges and fold ends under slightly. Place roll seam side down on greased sheets. Slit each roll at 2" intervals, 2/3 of the way through dough to resemble braid. Cover; let rise in warm place until double in size.

Bake at 375°F for 20 min. or until golden brown. Spread with glaze while warm.

Cream Cheese Filling:

Combine cream cheese and sugar. Add egg, salt and vanilla. Mix well.

Glaze:

Combine 2 cups powdered sugar with 4



LEMON CHEESE ROLLS

**3rd Place – Senior Division –
Class 5 – Sweet Breads
Roberta Hinkle – Grady Co.**

Dough:

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

Filling:

12 oz. cream cheese, softened
1/3 cup sugar

Glaze:

1 cup powdered sugar
2 tsp. milk

Dissolve yeast and sugar in warm water. Add milk, butter, pudding mix, eggs, salt and 3 cups flour. Beat until smooth. Stir in enough flour to form a soft dough and knead until smooth.

Place in greased bowl and let rise until doubled. Punch dough down and divide in half. Roll out each portion into a rectangle and spread 1/2 of filling mixture across dough. Roll up and pinch seams. Cut into 1-inch rolls and place in greased pan. Cover and let rise until doubled. Bake at 350°F for 25 min. or until golden brown. Mix all glaze ingredients in bowl and drizzle over rolls.



DID YOU KNOW?

Wheat was first
planted in the United
States in 1777.

CINNAMON STAR BREAD

4th Place – Senior Division – Class 5 – Sweet Breads

Valerie Jones – Oklahoma Co.

Tangzhong:

113 grams whole milk
24 grams bread flour

Dough:

151 grams whole milk
300 grams bread flour
6 grams salt
25 grams sugar
2 tsp. instant yeast
57 grams unsalted butter, melted

Filling:

1-2 Tbsp. butter, softened (Use to spread
before sprinkling filling mixture.)
14 grams butter, melted
107 grams brown sugar
14 grams bread flour
10 grams cinnamon
1/16 tsp. salt

Topping:

powdered sugar
butter, melted

Tangzhong

Combine both ingredients in a microwave safe bowl. Whisk until no lumps remain. Microwave in 20-second intervals until thickened and paste-like. Transfer to the bowl of a stand mixer.

Dough

Add all dough ingredients to the tangzhong in the order listed. Mix on low speed with the dough hook attachment to bring the dough together. Then mix on medium-low speed for 10-12 min.

Shape the dough into a ball, place it in a bowl. Cover and allow the dough to rise until puffy. (60-90 min.)

Filling

While dough is rising, put melted butter into a medium bowl and add remaining ingredients. Stir until mixture is the texture of damp sand. Set it aside.

Shaping and Baking

Divide the dough into 4 equal parts. Roll or press each piece into a circle, roughly the width of your baking sheet.

Lay one circle onto a parchment-lined baking sheet. Spread 1-2 Tbsp. softened butter on top in an even layer. Sprinkle 1/3 of filling mixture over top of butter.

Continue layering with the remaining pieces but leave the top of the 4th and final dough piece plain.

Use a small 2-inch bowl to mark the center and then cut 16 equal strands, leaving the small circle in the center.

Take two strands and twist in opposite directions away from each other, 3 times and pinch the edges to seal. Continue twisting until all pieces are twisted.

Bake immediately in a 350°F for 20-25 min. to an internal temperature of 190°F. Brush with melted butter.

Once cooled, dust with powdered sugar.



WALNUT RAISIN CINNAMON DANISH TWIST BREAD

5th Place – Senior Division – Class 5 – Sweet Breads

Ruth Campbell – Garfield Co.

Dough:

1 pkg active dry yeast
3 Tbsp. granulated sugar
3/4 cup milk
1/4 cup butter softened to room temperature
2 large eggs
3 1/2 cup all-purpose flour plus more as needed
1 tsp. salt

Filling:

Mix first 4 ingredients together using a mixer
1/2 cup brown sugar
4 oz. softened cream cheese
1 tsp. vanilla
1 tsp. cinnamon
1/4 cup raisins
1/4 cup walnuts, coarsely chopped

Icing:

1 cup confectioners sugar
3 Tbsp. water
1/4 tsp. vanilla
Few coarsely chopped walnuts for sprinkling

Make filling while dough is rising.

Make the dough by placing all the ingredients in a mixing bowl. Mix using a dough hook on the mixer. Knead together for 5-7 min. Place in a lightly greased bowl and cover. Let rise until double in size about 1 hour.

Using a rolling pin, roll dough into a 12x16 inch rectangle. Spread filling evenly on top. Sprinkle raisins and walnuts over filling. Tightly roll up the dough to form a 16-inch-long log. Place on its seam. Using a pair of kitchen shears, cut the log in half lengthwise. Criss cross one half on top of the other half forming an X. Twist the two together, then coil into a circle. Carefully transfer on to a prepared 8" round pan. Cover and let rise for 45 min. or until puffy.

Bake at 350°F until golden brown about 40-45 min. Remove from the oven and allow to cool for 5 min.

Carefully remove from pan and place on a wire rack to cool.

After cool, make vanilla icing of 1 cup confectioners' sugar, 3 Tbsp. of water, 1/4 tsp. vanilla. Lightly ice and sprinkle with a few coarsely chopped walnuts.





SWISS ONION BREAD

**1st Place – Senior Division
Class 6 – Bread Machine
Melody Thorn – Woodward Co.**

1/4 cup chopped onions
1 Tbsp. butter
1/2 cup milk
1 cup shredded Swiss cheese
(4 oz.)
1/2 cup water
1 large egg
2 1/4 cup bread flour
3/4 cup whole wheat flour
3/4 tsp. caraway seed
1 tsp. salt
1 1/2 dry yeast bread machine

Use bread machine instructions. Must have capacity of 10 cups.

In a saucepan, cook the onion in hot butter until tender. Cool slightly. Add all the ingredients to the bread machine in order. Bake using the whole grain cycle or basic white cycle.

Add 1-2 Tbsp. water or 1-2 Tbsp. flour if needed to make it the right consistency while kneading.

Yields 1 1/2 loaves.



DID YOU KNOW?



Wheat is grown
in 42 states in the
United States.





SOUR CREAM AND CHIVE BREAD

2nd Place – Senior Division – Class 6 – Bread Machine
Kamie Gossen – Washita Co.

2/3 cup milk (70-80°F)
1/4 cup water (70-80°F)
1/4 cup sour cream
2 Tbsp. butter
1 1/2 tsp. sugar
1 1/2 tsp. salt
3 cups bread flour
1/8 tsp. baking soda
1 Tbsp. dried minced chives
2 1/4 tsp. active dry yeast

In bread machine pan, place all ingredients in the order suggested by manufacturer. Select basic bread setting. Choose desired crust color and 1 1/2-pound loaf size. Press start. When bread is done remove from pan and cool on rack. Enjoy!

DID YOU KNOW?

Wheat is the most widely grown cereal grain. It's grown on 17 percent of the total cultivated land in the world.





PORTUGUESE SWEET BREAD MACHINE BREAD

3rd Place – Senior Division – Class 6 – Bread Machine
Ruth Campbell – Garfield Co.

1 cup water
1 egg
1 $\frac{1}{3}$ cup dry milk powder
2 Tbsp. butter
 $\frac{1}{3}$ cups granulated sugar
 $\frac{3}{4}$ tsp. salt
3 cups bread flour
2 $\frac{1}{2}$ tsp. active dry yeast

Add ingredients to bread machine in order listed.

Turn machine on to a basic setting. Takes 3 hours 45 min. to process ingredients and bake in the bread machine. Crust will be medium.



DID YOU KNOW?



A typical 1 $\frac{1}{2}$ -lb. loaf of commercial wheat bread contains 24 slices.





CINNAMON RAISIN BREAD

4th Place – Senior Division – Class 6 – Bread Machine

Gayla Bowman – Ellis Co.

1 cup water
2 Tbsp. softened butter
3 cups bread flour
3 Tbsp. sugar
1 1/2 tsp. salt
1 tsp. ground cinnamon
2 1/2 tsp. bread machine yeast
3/4 cup raisins

Measure carefully, placing all ingredients except raisins in bread machine pan in the order recommended by the manufacturer. Add raisins at the Raisin/Nut signal or 5-10 min. before last kneading cycle ends.

Select basic cycle. Use medium crust color. 2-lb. loaf size.

100% WHOLE WHEAT BREAD

5th Place – Senior Division – Class 6 – Bread Machine

Cheryl Wilson – Noble Co.

2 1/4 cups + 1/2 Tbsp. water (80°F)
1 large egg
2 1/4 Tbsp. molasses
2 1/4 Tbsp. honey
6 1/2 cups whole wheat flour
3 Tbsp. dry milk
2 1/4 tsp. salt
3 Tbsp. butter
3 tsp. bread machine rapid rise yeast

Add liquids to the bread pan first, then dry ingredients. Quarter the butter and add to the corners. Make a well in the center of the ingredients and add the yeast, close the lid and select the appropriate setting on your bread machine.

DID YOU KNOW?



A bushel of wheat yields 42 1 1/2-lb. commercial loaves of white bread or about 90 1-lb. loaves of whole wheat bread.



ALEX AND GOGO'S BREAD RECIPE

1st Place – Junior Division

Class 7 – White Bread

Alex Howard – Jackson Co.

- 2 1/4 tsp. active dry yeast (1 packet fast rising instant yeast)
- 2 1/4 cups warm water
- 1/4 cup sugar
- 1 Tbsp. salt
- 1 Tbsp. vegetable oil
- 5 1/2-6 1/2 cups all-purpose flour

Directions: In a large bowl, dissolve the yeast in warm water and a pinch of sugar. When the yeast is bubbly and foamy, add the sugar, salt, oil and 4 cups of flour and mix until smooth. Add remaining flour in 1/2 cup at a time to form soft smooth dough. The dough should just slightly stick to your finger when touched, but not overly sticky. Knead for 5-7 min., until smooth,

then roll into a ball. Place the dough in an oiled bowl, turn over once to coat with oil and cover with plastic wrap. Let rise for one hour or until doubled. When the dough has risen, punch it down gently and divide it in half. Roll each half of the dough into a long rectangle about 8 inches wide. Roll each half of the dough up, starting at the short edge, forming a cylinder approximately 8 inches wide. Place the dough, seam side down, into a lightly greased bread pan and cover with plastic wrap. Let rise for an hour or until dough is 1/2-1 inch higher than the top of pan. Pre-heat oven to 375°F. Bake for 30-35 min. or until the loaves are golden brown and sound hollow when tapped. Remove to a cooling rack and cool.

Yields 2 loaves.





WHITE BREAD LOAF

2nd Place – Junior Division – Class 7 – White Bread
Clara Cartlidge – Kay Co.

1 cup warm water
1 Tbsp. Yeast
3 cups flour
1 Tbsp. sugar
1 tsp. salt
1 egg
4 Tbsp. butter

Mix ingredients, knead dough, let rise. Once risen until doubled shape as desired and place in greased pan. Let rise again until dough comes back after being pressed in slightly. Bake at 350°F for 20 min. or until golden.

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.





TREVOR'S WHITE BREAD

3rd Place – Junior Division
Class 7 – White Bread
Trevor Westfall – Canadian Co.

2 pkg. active dry yeast
1/2 cup warm water
1 3/4 cup lukewarm milk
6-7 cups flour
3 Tbsp. sugar
1 tsp. salt
2 Tbsp. soft shortening

Dissolve yeast in warm water.
Add milk, half the flour, sugar,
salt and shortening. Beat with spoon

until batter falls from spoon in “sheets.”
Using spoon, then hand, mix in enough
remaining flour until dough cleans bowl.
Turn out onto lightly floured board. Cover
and let rest for 10-15 min. Knead until
smooth and blistered. Place in greased
bowl. Cover and let rise in warm place
until double.

Punch down, cover and let rise again
until almost double. Divide into number
of loaves and let rest for 10 min. Shape
into loaves and place in greased pans.

Cover and let rise until double.

Place loaves in oven at 425°F and bake
25-30 min.

Loaf should sound hollow when done.
Let cool and enjoy.

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.



WHITE BREAD

4th Place – Junior Division – Class 7 – White Bread
Brianna Marengo – Ellis Co.

1/3 cup sugar
1/3 cup honey
2 cups warm milk
2 Tbsp. yeast
6 cups bread flour
1 tsp. salt
1/4 cup melted butter

Mix sugar and honey in warm milk, stir to dissolve. Mix in the yeast. Let stand until the yeast activates. Place 3 cups flour and salt into mixing bowl, pour in the yeast mixture. Mix well. Add butter and mix in enough remaining flour to make a soft dough. Knead and put into bowl to let rise until doubled. Punch down dough and make it into two loaves. Bake at 350°F for about 25 min.

Yields two loaves.

GOLDEN WHITE BREAD

5th Place – Junior Division – Class 7 – White Bread
Maddi Bradshaw – Caddo Co.

2 pkg. active yeast or 4 1/2 tsp.
1 tsp. sugar
3/4 cup warm water (~110°F)
1 1/2 cups buttermilk
2 Tbsp. olive oil
3 Tbsp. honey
6-6 1/2 cups bread flour
1 Tbsp. salt

Combine yeast, sugar and water, let stand for 10 min. Stir in buttermilk, oil and honey. Add 2 cups flour and the salt. Using a paddle attachment, blend on low for 30 seconds. Beat on medium for 3 min. Switch to the dough hook and gradually stir 4-4 1/2 cups of the remaining flour to make a soft dough. Place dough in lightly oiled bowl and turn to grease top. Cover and let rise about an hour.

Grease 2 loaf pans and set aside.

Punch down dough and turn out on lightly floured surface. Divide dough in half, forming each half into a smooth ball. Cover and let rise for 10 min.

Roll or pat each ball into a rectangle about 14x7 inches. Start with short side and roll up, pressing dough into roll. Tuck the edges to seal. Place in prepared loaf pans. Cover, let rise about 45 min.

Preheat oven to 375°F. Bake loaves 30-40 min., until lightly browned and bread sounds hollow when tapped.

Allow to cool for 5 min., butter the tops and then remove from pans to a wire rack to cool completely.





DINNER ROLLS

1st Place – Junior Division

Class 8 – Dinner Rolls

Makayla Jones – Oklahoma Co.

225 grams lukewarm water

28 grams unsalted butter,
melted

1 large egg

418 grams all-purpose flour

50 grams sugar

1 1/4 tsp. salt

1 Tbsp. instant yeast

Combine all ingredients. Knead until dough is smooth.

Place in a lightly greased bowl, cover and allow to rise until nearly double in bulk (60-90 min.).

Gently deflate and divide into 45 gram pieces. Shape each piece into a ball and flatten. Place on a parchment lined baking sheet, cover and allow to rise until puffy (45-60 min.).

Bake at 375°F for 9-12 min., until golden. Remove from oven and brush with melted butter.

Cool on rack.

Yields 18 rolls.



DID YOU KNOW?



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



SOURDOUGH DINNER ROLLS

2nd Place – Junior Division

Class 8 – Dinner Rolls

Zachary Jones – Oklahoma Co.

113 grams ripe sourdough
starter
227 grams lukewarm water
300 grams all-purpose flour
9 grams salt
2 Tbsp. sugar
85 grams unsalted butter at
room temperature
28 grams dry milk
46 grams potato flour
1 1/2 tsp. instant yeast – SAF Red

Combine all ingredients. (See page 59 for a sourdough starter recipe.) Knead until soft and smooth.

Place the dough in a lightly greased bowl, cover and allow it to rise until nearly doubled in bulk (60-90 min.)

Gently deflate and divide into 50-gram pieces. Shape each piece into a ball and flatten.

Place on a parchment lined baking sheet, cover and allow to rise until very puffy (60-90 min.).

Bake at 350°F for 14-18 min., until they are a light golden brown on top. Bake to an internal temperature of 190°F.

Remove from oven. After 2-3 min., carefully transfer them to a rack to cool.
Yields 16 rolls.

DID YOU KNOW?



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



HOT ROLLS

**3rd Place – Junior Division –
Class 8 – Dinner Rolls
Brenna Hubbard – Payne Co.**

1 1/2 cups milk, warmed, about
110°F

1/4 cup granulated sugar

2 1/4 tsp. active dry yeast

1 egg, room temperature

6 Tbsp. butter, softened

4-4 1/2 cups all-purpose flour

1-2 tsp. salt

2 Tbsp. butter, melted

In a bowl, combine the warm milk, sugar and yeast. Allow the mixture to set for 5-10 min. to allow yeast to activate. It should be foamy once the yeast has bloomed.

Add the egg, butter and 1 cup of the flour mixed with the salt to the bowl and knead in a mixer on low

speed until the mixture starts to come together. Slowly add the remaining flour and knead on medium speed until the dough starts to form a ball. It should come away from the sides of the bowl. If your dough is too sticky, you can add more flour, 1 Tbsp. at a time. The dough should be soft.

Grease a large bowl with some oil and add the dough to the bowl, turning and coating. Cover bowl with a damp cloth and allow dough to double in size.

Take dough and turn out onto a slightly floured area and knead. Divide dough in half and then half again. Dough should make 12 pieces. Roll individual balls and place into an oiled 9" x 12" baking dish. Cover with a towel and let rise again doubling in size. Place into a preheated 350°F oven and cook for 25 min. until golden brown. Brush with 2 Tbsp. butter, melted.

Yields 12 rolls.



WHITE ROLLS

4th Place – Junior Division – Class 8 – Dinner Rolls
Emma Goeken – Alfalfa Co.

3 1/2 cups flour
1 pkg. rapid rise yeast
1/4 cup sugar
1 tsp. salt
1 cup milk
1/4 cup shortening
1/4 cup warm water
1 egg

Mix 3 cups flour, yeast, sugar and salt in bowl. Scald milk and add shortening and water. Mix and cool to 120-130°F.

Stir warm liquids into dry mixture. Mix in egg. Add the remaining flour a little at a time. Knead on lightly floured surface 5-10 min. Cover and let rest for 10 min.

Shape dough. Cover and let rise until double. Bake 350°F for 10-15 min.

DINNER ROLLS

5th Place – Junior Division – Class 8 – Dinner Rolls
Janelle Merkle – Rogers Co.

1 cup milk
1 cup water
1 cup gluten
1 cup whole wheat flour
3/4 cup sugar
3/4 cup potato flakes
1 stick (1/2 cup) melted butter
1/2 cup milk
3 eggs
1 Tbsp. yeast
4 1/2 cup whole wheat flour

Mix and soak 1 cup of each of the milk, water, gluten and flour for 1 hour

Combine all but yeast and flour. Once it is thoroughly mixed, add yeast and flour. Knead for 7 min. in a mixer. Let sit for 1 hour.

Knead for 4 min. Roll in greased hands into 1.5" balls. Let rise 1 hour.

Bake at 350°F for 18 min. or until dark brown.

Note: The sugar in the dough browns the crust. If the buns are not dark, the centers will be doughy.



TAYLER'S PUNCH VEGGIE BREAD

**1st Place – Junior Division
Class 9 – Other Wheat Breads
Tayler Spray – Woodward Co.**

1 Tbsp. yeast
 1/4 cup warm water
 2 cups warm milk
 1 cup grated Parmesan or Swiss cheese
 2 Tbsp. sugar
 2 Tbsp. oil
 2 tsp. salt
 1/8 tsp. cayenne pepper
 5 – 5 1/2 cups bread flour
 olive oil for coating pan and bread
 2 tsp. cornmeal
 1 – 2 tsp. garlic salt
 Assortment of veggies for topping: red onion, red peppers, yellow peppers, orange peppers, green peppers, dried tomatoes, black olives, celery, green onions

In a mixing bowl, dissolve yeast in warm water. Add milk, cheese, sugar, oil, salt, cayenne pepper and 2 cups of flour. Beat until smooth. Stir in enough remaining flour to form a soft dough. Turn onto a floured surface. Knead until smooth and elastic, about 6-8 min. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 1/2 hours. Punch dough down. Turn onto a floured surface. Roll into a 10x15 rectangle. Grease pan with olive oil and sprinkle with cornmeal in bottom of pan. Place bread in pan.

Allow to double. Cover with oil. Punch with fingertips to make multiple indentions.

For topping, arrange cut vegetables into desired flower and decorative designs. Sprinkle with garlic salt. Bake at 350°F for 25 min.





SCALI BREAD

**2nd Place – Junior Division
Class 9 – Other Wheat Breads
Makena Phelps – Garvin Co.**

Sponge:

2/3 cup (3 1/3 oz.) all-purpose flour

1/2 cup (4 oz.) water, room temperature

1/8 tsp. instant or rapid rise yeast

Dough:

2 2/3 cups (13 oz.) all-purpose flour

2 tsp. salt

1 1/4 tsp. instant or rapid rise yeast

3/4 cup plus 2 Tbsp. (70 oz.) water, room temp.

3 Tbsp. sugar

1 Tbsp. extra-virgin olive oil

1 Tbsp. everything bagel seasoning

Egg Wash:

1 large egg lightly beaten

1 Tbsp. water

Pinch of salt

Sponge:

Stir all ingredients in 4-cup liquid measuring cup with wooden spoon until combined. Let sit overnight covered tightly with plastic wrap until the sponge has risen and begins to collapse about 6 hours.

Dough:

Whisk flour, salt and yeast in bowl stand mixer. Stir water, sugar and oil into sponge with wooden spoon. Slowly add sponge mix to flour mix until cohesive dough forms. Knead the dough on floured countertop until smooth. Let dough rise for 3 hours covered with plastic wrap in a greased bowl. Stack 2 baking sheets with foil and spray them with oil. Split the dough into 3, each weighing 9 1/2 oz. Stretch to 10" rope, pinch ends together and braid.

Transfer the loaf to a bread loaf baking pan. Let the dough rise for 2 hours. Gently brush egg wash onto dough and add everything bagel seasoning. Heat oven to 350°F and bake until golden brown at an internal temperature of 207°F.



PARMESAN HERB CRUSTY BREAD

3rd Place – Junior Division
Class 9 – Other Wheat Breads
Estella Thayer – McClain Co.

2 1/4 tsp. instant yeast
2 cups warm water
4 1/2 cups bread flour
3 Tbsp. fresh rosemary, divided
1 Tbsp. chopped fresh basil
1 1/2 tsp. salt
3 Tbsp. olive oil, divided
1/4 cup freshly grated Parmesan
cheese

Combine yeast and warm water in a large bowl. Stir in 2 1/4 cups of the flour until smooth. Chop and

add 2 Tbsp. of the rosemary, all the basil and salt. Mix well. Stir in the remaining flour until the dough is cohesive. Pour a small amount of oil in the bowl and turn the dough to coat. Cover and let rise in a warm place until doubled, about 1 hour.

Coat a 10" or 12" cast iron skillet with 2 Tbsp. of the olive oil. Lightly flour the dough and hands. Shape into a disk. Place the disk into the cast iron skillet and cover. Let rise again until puffy, about 30 min. While rising, preheat oven to 400°F.

Drizzle the final Tbsp. of oil over the loaf and sprinkle with the remaining rosemary (single leaves or chopped). Bake 20 min. Remove from oven and sprinkle on the Parmesan cheese. Bake for 20 additional min. until golden brown. Remove to cool on a wire rack.

DID YOU KNOW?

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



CHEESY PEPPERONI BRAID

4th Place – Junior Division – Class 9 – Other Wheat Breads

Mia Forman – Kingfisher Co.

3 1/2 cups bread flour
3/4 cup chopped pepperoni
2 Tbsp. sugar
2 Tbsp. Italian blend seasoning
1/4 tsp. onion powder
2 1/4 tsp. rapid rise yeast
1 cup triple blend cheddar cheese

2 Tbsp. melted butter
1 1/3 cup hot water (113-115)
Everything bagel seasoning (for topping)
Egg Wash:
1 large egg, lightly beaten
1 Tbsp. water
Pinch of salt

Set aside one cup of flour. Mix remaining 2 1/2 cups of flour, pepperoni, sugar, Italian seasoning, onion powder, undissolved yeast and cheese in a large bowl. Stir butter and water into dry mixture. Mix in enough reserve flour to make a very thick batter. Cover, let rise in warm place until doubled in size, about 30-40 min. Stir down, make three balls and roll into ropes. Braid three ropes together and place in a greased pan. Brush with an egg wash mixture. Sprinkle everything bagel seasoning on top of braid. Cover, let rise in warm place for 30-40 min. Bake at 375°F for 35 min. Remove from pan. Cool on wire rack. Yield 1 large loaf.

ROSEMARY ROMANO FOCACCIA

5th Place – Junior Division – Class 9 – Other Wheat Breads

Ean Buzbee – Caddo Co.

1 1/3 cups warm water
1 pkg. dry active yeast
3 cups all-purpose flour
2 Tbsp. unsalted butter

1 tsp. kosher salt, plus additional for sprinkling
4 Tbsp. fresh rosemary finely chopped
2 Tbsp. olive oil
1 cup freshly grated romano cheese
Fresh ground pepper

In a small bowl, add warm water and sprinkle yeast on top. Let sit for 6-7 min., until the yeast foams. Stir well.

In the bowl of a stand mixer fitted with the dough hook, mix together flour, butter, salt, 2 Tbsp. rosemary and yeast mixture. Allow to mix for about 10 min., until the dough has elasticity.

Turn the dough out into a bowl sprayed with cooking oil spray and turn to coat. Cover with clean kitchen towel and set in a cool, dry place to rise for 1 hour.

Brush a 9x13-inch rimmed baking sheet with 1 Tbsp. olive oil.

Knead 1/2 cup cheese and remaining 2 Tbsp. of rosemary into the dough.

Spread dough out on the sheet press with fingers to dimple all over. Brush with remaining 1 Tbsp. of olive oil. Sprinkle with salt, pepper and grated Romano cheese. Cover with a kitchen towel and allow to rise an additional 30 min.

Preheat the oven to 400°F. Bake for 20-25 min., until golden. Let cool slightly before removing from the pan and cutting into pieces. Serve warm.





RASPBERRY CREAM CHEESE BRAID BREAD

1st Place – Junior Division – Class 10 – Sweet Breads
Kendallyn Gossen – Washita Co.

Dough:

- 3 Tbsp. granulated sugar
- 3/4 cup whole milk
- 2 Tbsp. butter
- 2 tsp. canola oil
- 2 eggs
- 1 Tbsp. active dry yeast
- 2 1/2 cups all-purpose flour

Filling:

- 4 oz. cream cheese, softened
- 1/2 cup powdered sugar
- 1 cup raspberry jam

Egg Topping:

- 1 egg
- 1 tsp. water



In a saucepan, heat sugar, milk, butter and oil. Once warm, remove from heat and whisk in beaten eggs. Add yeast and lightly mix. Cover bowl and allow to sit for 3-5 min. until yeast activates.

Add in flour and mix until flour is well incorporated. Cover and set aside to rise for 1 hour.

In a bowl beat cream cheese and sugar.

On parchment paper roll out dough in a rectangle shape adding more flour as needed so dough does not stick. Generously add cream cheese mixture with jam on top to middle of rectangle.

Cut 1" wide strips down each side of the filling. Fold the strips left over right crisscrossing over the filling creating a braid. Pinch and tuck the ends under the braid.

Whisk together egg and water. Brush braid bread. Allow bread to rise for 30 min.

Preheat oven to 375°F. Bake for 17-19 min. or until the bread is golden brown.



SAIDEE'S CINNAMON ROLLS

2nd Place – Junior Division – Class 10 – Sweet Breads

Saidee Wright – Kingfisher Co.

Dough:

3 1/2 cups warm water (113-115°F)
 3/4 cup sugar
 1/2 cup oil
 3 Tbsp. active dry yeast
 1 Tbsp. salt
 3 eggs (room temperature)
 11 cups bread flour

Filling:

1/4 cup melted butter
 1 cup sugar
 1 Tbsp. cinnamon

Frosting:

1 cube butter
 1/4 tsp. salt
 1/2 tsp. vanilla
 6 cups powdered sugar
 Milk as needed

Mix warm water, sugar, oil and yeast in mixing bowl and let stand 15 min. Add salt and eggs. And flour. Mix together for 10 min. and then let sit for 10 min. Flour countertop, dump out dough. Divide dough in half. Press one half out into rectangle. Spread with melted butter and the cinnamon sugar mixture. Roll up tight, but not too tight. Divide into 12 rolls and place in greased glass pan. Repeat with the other half of dough. Let rise. Bake for 12-15 min. at 400°F. Mix frosting using enough milk to make desired consistency. Frost rolls while warm. Make 24 rolls.

DID YOU KNOW?



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



TREVOR'S CINNAMON ROLLS

3rd Place – Junior Division –
Class 10 – Sweet Breads
Trevor Westfall – Canadian Co.

Dough:

2 pkgs. active dry yeast
1/2 cup warm water
1 1/2 cup lukewarm milk
1/2 cup sugar
1/2 cup soft shortening
2 eggs
2 tsp. salt
6-7 cups bread flour

Filling:

1/3 cup softened butter
2 Tbsp. cinnamon
1/2 cup sugar

Icing:

3 cups powdered sugar
1 Tbsp. vanilla
2 Tbsp. cream cheese
2 Tbsp. milk

In large mixing bowl, dissolve yeast in warm water. Add in milk, sugar, shortening, eggs, salt and half the flour. Beat with wooden spoon until batter falls from spoon in "sheets." Using spoon, then hand, mix in enough remaining flour until dough cleans bowl.

Turn out onto lightly floured board. Cover and let rest 10-15 min.

Knead until smooth and blistered. Place in greased bowl. Cover and let rise in warm place until double. Punch down, cover and let rise until almost double again. Turn out onto floured board. Roll into 10x16 rectangle.

Spread with butter, cinnamon and sugar.

Roll up and slice into 1-2" rolls and place in greased 9x13 pan. Cover and let rise until double in warm place. Bake in oven at 350°F for 25-30 min.

Remove from oven and cool.

Mix icing ingredients together in bowl to desired consistency. Add more powdered sugar if it is too thin; more milk if too thick. Then cover rolls with icing.



CINNAMON ROLLS

4th Place – Junior Division – Class 10 – Sweet Breads
Emma Goeken – Alfalfa Co.

Dough:

7 1/2-8 cup flour

2/3 cup sugar

2 1/2 tsp. salt

2 pkgs. rapid rise yeast

1 1/2 cup milk

1/2 cup water

3/4 cup butter

2 large eggs

Filling:

2 Tbsp. softened butter

Spread cinnamon and sugar for desired consistency

Combine 3 cups flour, sugar, salt and undissolved yeast in bowl. Heat milk, water and butter until very warm (120-130°F). Add liquid to flour mixture along with the eggs. Beat for 2 min. Gradually add enough flour to make a soft dough until it's smooth, elastic and quite soft, about 6-8 min. Cover and let rest for 10 min.

Roll 1/2 of the dough into a rectangle about 9x15 inches. Spread 2 Tbsp. softened butter on dough and sprinkle with cinnamon and sugar. Gently roll dough into a log, pinching edge to seal. Cut into 12 equal pieces.

Cover pan and let rise until double, about 1 hour. Bake 350°F for 20-25 min.

SOURDOUGH CHOCOLATE BABKA

5th Place – Junior Division – Class 10 – Sweet Breads
Avery Fisher – Blaine Co.

Sweet Levain:

5 grams sugar

15 grams active sourdough starter

30 grams whole milk cold

40 grams all-purpose flour

6 grams sea salt

65 grams unsalted butter, softened

Dark Chocolate Filling:

70 grams unsalted butter

80 grams dark chocolate (70%)

65 grams powdered sugar

18 grams cocoa powder

Salt to taste

Tangzhong:

80 grams whole milk

20 grams all-purpose flour

Main Dough:

320 grams all-purpose flour

50 grams sugar

100 grams eggs (approx. 2 medium eggs)

110-130 grams whole milk cold

All the levain

All the tangzhong

Syrup:

40 grams sugar

40 grams water

Sweet Levain

Combine sugar, sourdough starter, milk and flour in a bowl to make levain. (See page 59 for a sourdough starter recipe.) Place it in a warm spot around 75°F for 8-10 hours or until levain has doubled/tripled in size.



Tangzhong

Add flour and milk to a small pot. Heat over medium heat, while stirring with a whisk, until mixture thickens and temperature has reached 150°F.

Transfer to a bowl and cover with plastic wrap. To avoid a skin forming, make sure plastic wrap touches entire surface of tangzhong. Cool to room temperature before continuing with next step.

Main Dough

In a stand mixer, add flour, sugar, eggs, milk, all the levain and all the tangzhong. Mix until just combined. Rest for 30 min. Add salt and mix at medium speed for 5-10 min. Slowly add in butter, one cube at a time. When all the butter is added, scrape down sides of mixing bowl and continue, mixing at a medium speed until dough passes the window-pane test. This typically takes 15-25 min., depending on the mixer. Transfer dough to a clean, lightly oiled bowl and proof for two hours at around 75°F.

After the two-hour proof, transfer dough to the refrigerator and let it cold proof for 15-18 hours.

Chocolate Filling

Start preparing filling 30-60 min. before taking dough out of the refrigerator. In a small pot, melt butter over low-medium heat. Add dark chocolate and stir until chocolate is fully melted. Add powdered sugar, cocoa powder and salt to taste. Stir until smooth.

Transfer the chocolate filling to a bowl and chill in refrigerator for about 30 min., stirring every 5-10 min. Alternatively, you can let it sit at room temperature for longer, but you still want to mix every now and then. Be careful as the filling tends to harden quickly. You want it to be a spreadable paste.

Shaping

Take filling and dough out of refrigerator. Stir filling. Place dough onto a floured work surface and roll it out into a square that measures approx. 13x13 inches. Evenly spread out filling, leaving a 1/2 inch border all around.

Use both hands to roll up the square like a log. Push in sides to even out roll. Place in refrigerator, seam side down and rest for at least 20 min. before continuing to next step.

With a heavily floured and sharp knife, cut roll in half lengthwise. With cut edges facing up, starting from the middle, lift left half over right, followed by right half over left half. Repeat all the way down to create a two-stranded plait. Gently tuck in ends and transfer to a 10-inch lined or buttered loaf pan. Cover and proof at 75°F for 6-8 hours or until dough fills up about 80% of the pan.

Bake and Prepare the Syrup

Preheat the oven to 400°F. Bake the babka for 20 min., then reduce the oven temperature to 350°F and bake for another 20 min. Cover with aluminum foil if it browns too quickly.

While the babka is in the oven, you can make the syrup:

Add sugar and water to a small pot over medium heat. Stir until the sugar dissolves. Take the syrup off the heat and leave to cool.

The babka is ready when the internal temperature is at least 203°F and the exterior is golden brown.

When the babka is out of the oven, immediately, brush/pour the syrup. Then leave it in the pan until it is cool enough to handle. Transfer to a wire rack to cool.



BASKET BREAD

1st Place – Junior Division
Class 11 – Specialty Shape Bread
Korben Gossen – Washita Co.

2 tsp. dry yeast
 1 cup lukewarm water
 4-4 1/2 cups all-purpose flour
 1/4 cup sugar
 2 tsp. salt
 2 eggs
 1 egg yolk (reserve the white for the egg wash)
 1/4 cup vegetable oil

Sprinkle yeast over water in a small bowl and add a healthy pinch of sugar. Stir to dissolve yeast and let stand until you see a thin frothy layer across top.

Whisk together 4 cups of flour, sugar and salt in a bowl. Make a well in center of flour and add eggs, egg yolk and oil. Whisk together to form a slurry, pulling in a little flour from sides of bowl.

Pour yeast mixture over egg slurry and knead until you get a soft,

smooth dough that can be shaped into a ball. Keep adding flour in between if it is too sticky.

Place dough in an oiled bowl, cover with plastic wrap and place somewhere warm. Let dough rise until doubled in bulk, 1 1/2-2 hours.

Take a heatproof bowl and cover with aluminum foil. Set bowl aside. Take the measurement of the bowl's rim so you can make the rim of the basket.

Once dough has risen, roll out dough into a 1/2" thick, long rectangular shape. Cut dough into strips. Take strips and place on top of the foil covered upside down bowl. The strips will overlap on the top of the bowl and be 2 inches apart at the bottom of bowl. Cut off excess strip of dough at the end of bowl. Flatten dough on top of the bowl with your hand.

Starting at top, take a strip and place one end under vertical strip. Take weaving strip of dough above the next vertical strip and then under next vertical strip. Keep weaving until you reach where you started. Pinch both ends together and cut off excess dough. Take next weaving strip

and repeat process, but make sure you start from the next vertical strip so it looks like a basket. Once entire basket is woven, let rise for an hour until it doubles in size.

Preheat oven to 356°F.

Beat egg white with a Tbsp. of water and brush all over basket. Make sure every nook of basket is well coated evenly.

Place basket in oven and bake for 20 min. or until bread turns golden brown. Let bread cool on bowl before carefully removing.

Make another batch of bread dough for basket rim, handle and rolls. Measure top of basket on parchment paper. Cover heatproof bowl with aluminum foil.

Once second batch of dough has risen, take $\frac{1}{3}$ of dough and make into rolls of your desired shape. Cover rolls and let rise.

Roll rest of dough out into a rectangle $\frac{1}{2}$ " thick and cut into strips.

Make braid with three strips for the basket's rim. Place braid on your traced circular shape parchment paper and join both ends by pinching them together.

Make a braid with three more strips for the basket handle. Take the foil covered bowl and place it upside down on a baking sheet. Place the braid over the foil covered bowl and trim any excess. Pinch the ends together.

Brush the rolls, rim and handle with the egg wash. Let rise until doubled and bake at 356°F until golden brown.

Once the rim and handle are cooled secure them to the basket using toothpicks. Enjoy!



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



SHAPEABLE BREAD DOUGH

2nd Place
Junior Division
Class 11
Specialty Shape
Bread
Bransen Robinson
Love Co.

1 tsp. yeast
1 tsp. sugar
3/4 cup warm water
2 cups all-purpose flour
2 1/2 Tbsp. oil
1/3 cup sugar
1 tsp. salt
1 large egg

Egg Wash:

1 egg white
1 Tbsp. water

Mix yeast and sugar into water. Set aside for 10 min. to bloom.

Add all ingredients to mixer and knead for about 20 min. until dough is smooth and elastic. Set aside to rise for 1 hour or until dough doubles in size.

Divide dough into pieces to form your shape. Shape as desired. Set aside to rise for 30 min.

Brush with egg wash and bake at 350°F for 15-20 min. or until top is golden brown.

Cool for 10 min. before serving.





BUNNY BREAD

3rd Place – Junior Division –
Class 11 – Specialty Shape
Bread
Makayla Huntsman –
Pontotoc Co.

1 pkg. yeast
1 1/4 cups warm water
1/4 cup sugar
2 Tbsp. shortening
3 cups of flour

Put yeast in warm water and set for 10 min.

Add sugar and shortening and mix.

Add flour one cup at a time, making sure each fully incorporated.

Let set for 30 min. Beat well, knead and shape into either small bunny rolls or one large bunny.

Let rise for 30 min. and then refine bunny shape if needed.

Bake at 375°F for 15 min.





SANTA CLAUS BREAD

**4th Place – Junior Division –
Class 11 – Specialty Shape
Breads
Estella Thayer – McClain Co.**

4-4-1/2 cups bread flour
1/2 cup sugar
2 pkg. (1/4 ounce each) active
dry yeast
1-1/2 tsp. salt
1/2 cup 2% milk
1/4 cup water
1/4 cup butter, cubed
2 large eggs, room temperature
2 raisins
2 large egg yolks
2-3 drops red food coloring

In a large bowl, combine 2 cups flour, sugar, yeast and salt. In a small saucepan, heat milk, water and butter to 120°F. Add to dry

ingredients; beat just until moistened. Beat in eggs until smooth. Stir in enough remaining flour to form a stiff dough.

Turn onto a floured surface; knead until smooth and elastic, 6-8 min. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

Preheat oven to 350°F. Punch dough down. Turn onto a lightly floured surface; divide into 2 portions, one slightly larger than the other.

Shape larger portion into an elongated triangle with rounded corners for Santa's head and hat. Divide smaller portion in half. Shape and flatten one half into a beard. Place beard over face; using a sharp knife, cut deep slits to resemble hair.

Use remaining dough for mustache, nose, eyebrows, hat pompom and brim. Shape a portion of dough into a mustache; flatten and place on face over beard. Using a sharp knife, cut slits to resemble hair. Place a small ball above mustache for nose. With scissors, cut 2 slits for eyes; insert raisins into slits. Form another small portion of dough into eyebrows; flatten and place above eyes. Roll out a narrow piece of dough to create a hat brim, position below hat. Fold tip of hat over and add dough ball for pompom. If desired, using scissors or sharp knife, cut small lines along edges of brim and pompom to resemble fur.

In separate small bowls, beat each egg yolk. Add red food coloring to one yolk; carefully brush over hat. Brush plain yolk over remaining dough.

Cover loosely with foil. Bake for 15 min. Uncover; bake until golden brown, 10-12 min. longer. Cool on a wire rack.



PEPPERONI PIZZA LOAF

**1st Place – Junior Division –
Class 12 – Bread Machine
Ridge Spray – Woodward Co.**

3/4 cup water
1/2 cup finely chopped
pepperoni or small mini
pepperonis uncut
2 Tbsp. olive oil
1 Tbsp. ketchup
3 cups bread flour
1/4 cup grated Parmesan cheese
1 Tbsp. sugar
1 tsp. Italian seasoning
1 tsp. salt
1 1/2 tsp. bread machine yeast

Add all the ingredients to the bread machine according to the manufacturer's directions.

Bake the bread using the basic white cycle.

Store in refrigerator

Makes 1-1 1/2 loaf



DID YOU KNOW?



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



BASIL GARLIC BREAD

2nd Place – Junior Division – Class 12 – Bread Machine

Brianna Marengo – Ellis Co.

2/3 cup warm milk
 1/4 cup warm water
 1/4 cup warm sour cream
 1 1/2 tsp. sugar
 1 Tbsp. butter, melted
 1 Tbsp. grated Parmesan cheese
 1 tsp. salt
 1 tsp. minced garlic
 1/2 tsp. dried basil
 1 tsp. garlic powder
 3 cup bread flour
 2 1/4 tsp. bread machine yeast

In the bread machine, place all ingredients in order suggested by manufacturer. Select basic bread setting, medium crust color and 2-lb. loaf size.





GRANDMA'S SWEET BREAD

3rd Place – Junior Division – Class 12 – Bread Machine

Kortney Campbell – Alfalfa Co.

1 egg
1 cup milk
1 tsp. salt
5 Tbsp. sugar
2 Tbsp. shortening
3 1/4 cup flour
2 tsp. yeast

Put ingredients in bread machine pan in order. Set to basic white setting and start. Remove when bread is done and take out of pan to cool.



▶ 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

WHITE BREAD MACHINE BREAD

4th Place – Junior Division – Class 12 – Bread Machine
Korben Gossen – Washita Co.

1 cup lukewarm water
1/3 cup lukewarm milk
3 Tbsp. butter
3 Tbsp. sugar

1 1/2 tsp. salt
3 3/4 cups all-purpose flour
1 1/2 tsp. active dry yeast

Put ingredients into your bread machine pan in order recommended by manufacturer. Program machine for basic white bread, 2-lb. loaf: and desired crust, then 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 to cool.

WHITE BREAD

5th Place – Junior Division – Class 12 – Bread Machine
Kayleigh Wilson – Noble Co.

2 cups water (80°F)
4 Tbsp. butter
5 1/2 cups bread flour
4 Tbsp. dry milk

1 Tbsp. sugar
2 1/4 tsp. salt
2 tsp. bread machine rapid rise yeast

Add liquids to the bread pan first, then dry ingredients. Quarter the butter and add to the corners. Make a well in the center of the ingredients and add the yeast, close the lid and select the appropriate setting on your bread machine.



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



OWC WHOLE WHEAT BREAD RECIPE

Mix together in a mixing bowl:

- 3 $\frac{3}{4}$ cups bread flour
- 3 $\frac{1}{3}$ cups whole wheat flour
- $\frac{1}{2}$ cup brown sugar
- $\frac{3}{4}$ cup powdered milk
- 2 tsp. salt
- 1 Tbsp. yeast

In a separate bowl, mix: (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:

- $\frac{1}{2}$ 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 $\frac{1}{2}$ cup to 1 cup of extra warm water for dough not to be too dry. Remember dough should mix approximately 8 min. 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 26-30 min. Remove from pans and lightly spray tops with cooking spray or brush with butter. Allow to cool at least 20 min. 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 $\frac{1}{2}$ cups sugar
- 1 $\frac{1}{2}$ cups 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 greased jelly roll pans. Allow the rolls to double in size and bake at 350 degrees for 18 to 20 min. Glaze the warm rolls with a mixture of:

- 1 cup powdered sugar
- 1 Tbsp. + 1 tsp. evaporated milk



▶ 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.

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 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.

WINDOW PANE TEST: Take a small ball of dough and stretch it into a square. Keep on stretching until it becomes a thin film in the middle without breaking. The dough must be thin enough to pass light through it.



▶ BAKING TIPS

- Before starting your recipe, gather all your ingredients and read the entire recipe.
- Preheat oven to recommended temperature for 5 to 10 minutes.
- If you are baking in batches, like cookies, let the oven reheat to temperature before adding a second pan.
- 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 the baked foods.
- "Room temperature" ingredients (flour, eggs, yeast, butter) are 65°F. Take ingredients out of refrigerator one hour before mixing or soften butter by pounding briefly in a plastic food bag; warm cold eggs 5 to 10 minutes in lukewarm water.
- Oven placement: pans should not touch another pan or sides of oven when baking.
- Cookies spread too much? Cool sheet pan between batches on wire cooling rack; allow oven to reheat to baking temperature.
- Lightly grease bottom third of each muffin cup and fill two-thirds full with batter.
- When baking with glass ovenware, expect more browning and lower oven temperature 25 degrees.
- 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.
- Measuring flour: stir to fluff, spoon into dry measuring cup until heaping, level flat edge across cup.
- Measuring liquids: fill liquid measuring cup while level on counter or tabletop and check at eye level for measurement.
- To easily measure corn syrup, agave nectar, molasses and honey, first measure vegetable oil or lightly grease the liquid measuring cup.



SOURDOUGH STARTER

1 cup warm water
1 pkg. dry yeast (2 1/4 tsp.)
1/2 cup sugar
3 Tbsp. potato flakes

Mix all ingredients. Pour into quart-sized glass container. Cover loosely with plastic wrap. Let ferment on kitchen counter for 3 to 5 days. Refrigerate until ready to use in your favorite recipe.

▶ NOTES



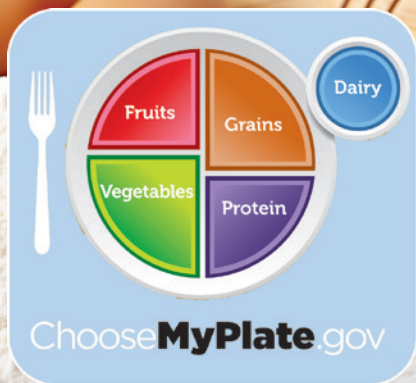


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What's on your PLATE?



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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