

Kansas Wheat Commission



Recipes 2001



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Native American Tortillas in a Bag

A popular wheat food that children love to make and eat.

- 1 ½ cups all-purpose flour*
- 1 teaspoon baking powder
- ½ teaspoon salt
- 2 tablespoons shortening
- ½ cup hot water

In a large self-locking plastic bag, combine flour, baking powder and salt. Close bag and shake to mix. Add shortening and work into flour until fine particles form. Add the hot water and knead the dough in the bag until it forms a ball.

Remove dough from bag and place on a lightly floured work surface; knead 15 strokes. Divide into six equal pieces; shape into balls. Cover; let rest 15 minutes.

Holiday Crunch

A favorite treat that uses vitamin-enriched, high fiber cereal.

- 3 cups Wheat Chex or Rice Chex cereal
- 1 ½ cups Cheerios
- 1 cup pretzel sticks
- 1 cup cashews
- 1 cup M&M's, plain or peanut butter
- 8 squares (13 ounces) vanilla almond bark

Line a 15 x 10 x 1-inch baking pan with waxed paper. In a large bowl, combine Wheat Chex cereal, Cheerios, pretzels, cashews and M&M's.

In a heat-proof bowl, microwave the almond bark 2-3 minutes. Stir occasionally until melted.

On a lightly floured surface, roll each piece as thin as possible. Roll from the center out, turning several times to form an 8-inch circle.

Heat an ungreased griddle or skillet over medium heat. Cook until the surface begins to bubble and the under side is speckled golden-brown, about 15-20 seconds. Cook other side. Stack tortillas under a cloth as they are done and serve warm. Makes 6 tortillas.

***Variations:** Use $\frac{1}{2}$ cup corn meal and 1 cup all-purpose flour, or use $\frac{3}{4}$ cup whole wheat flour and $\frac{3}{4}$ cup all-purpose flour.

Quick Meal Idea: Lightly brush cooked tortillas with oil. Bake tortillas on baking sheets in a 400°F oven 4 minutes. Top with browned ground beef or pork, black beans, onion, chopped tomato, shredded mozzarella cheese and Parmesan cheese. Season with dried oregano leaves. Return to the oven; heat 10 minutes or until cheese is melted.

Nutrition Information: One tortilla provides 150 calories, 4.5 g total fat, 0 mg cholesterol, 230 mg sodium, 24 g total carbohydrate, .5 g dietary fiber, 3 g protein.

Pour melted almond bark over the dry ingredients and stir gently just until coated. Immediately pour onto prepared baking sheet. Spread evenly. Refrigerate 30 minutes or until firm. Break into bite-size pieces and store in an air-tight container. Makes 31 servings.

KWC Test Kitchen Tip: This makes a perfect gift or treat for holiday parties.

Nutrition Information: One serving provides 110 calories, 5 g total fat, 0 mg cholesterol, 115 mg sodium, 14 g total carbohydrate, .5 g dietary fiber, 2 g protein.

Convenient Muffin Mix

Short on time? The convenience of this mix makes baking easy.

- 8 cups all-purpose flour
- 3 cups sugar
- 3 tablespoons baking powder
- 2 teaspoons salt
- 2 teaspoons ground cinnamon
- 2 teaspoons ground nutmeg

In a large bowl, sift together flour, sugar, baking powder, salt, cinnamon and nutmeg. Place mix in an air-tight container or self-locking plastic bag. Label and date mix. Store in a cool, dry place.

Melt-in-Your-Mouth Muffins

Convenient Muffin Mix makes this recipe quick to make.

- 2 $\frac{3}{4}$ cups Convenient Muffin Mix
- 1 large egg, beaten
- 1 cup 1% milk
- $\frac{1}{2}$ cup vegetable oil

Preheat oven to 400°F. Grease bottoms only of muffin cups, or use paper baking cups. Stir muffin mix thoroughly. Measure into a large mixing bowl.

In a small bowl, whisk together egg, milk and oil. Add to muffin mix. Stir just enough to moisten dry ingredients, 10-15 strokes. Extra strokes cause toughness and tunnels.

Fill muffin cups $\frac{3}{4}$ full. (An ice cream scoop works well.) Bake 18-20 minutes, or until golden brown. Remove muffins to cooling rack. Makes 12 medium muffins.

Use immediately or within 3 months. Before each use, stir well. To measure, spoon the mix into the appropriate dry measuring cup, and level off the excess.

Note: For corn meal muffins, omit the cinnamon and nutmeg.

Makes enough mix for 48 Melt-in-Your-Mouth Muffins. (Recipe follows)

Variations:

Corn meal muffins – When preparing the Convenient Muffin Mix omit the cinnamon and nutmeg. To prepare muffins, combine 2 ¼ cups mix and ½ cup corn meal.

Fresh fruit muffins – Fold 1 cup, well drained, chopped, fresh or canned peaches into the batter.

Dried fruit muffins – Stir in 1 cup chopped mixed dried fruit, apricots, cranberries, raisins or apples with the liquid ingredients; let set 5 minutes, then add to dry ingredients.

Nutrition Information: One plain muffin provides 230 calories, 10 g total fat, 25 mg cholesterol, 160 mg sodium, 30 g total carbohydrate, .5 g dietary fiber, 3 g protein.

Unleavened Bread

A frequently requested recipe for Lent.

- ½ cup whole wheat flour
- ½ cup all-purpose flour
- 2 tablespoons sugar
- ¼ teaspoon salt
- 1 tablespoon shortening
- ⅓ cup cold water

Preheat oven to 375°F. In a medium bowl, combine whole wheat flour, all-purpose flour, sugar and salt. Use a fork to blend in shortening. Add enough water to form a soft dough.

On lightly floured surface, roll dough ⅛ inch thick. Use a 2 ½-inch biscuit cutter to cut out 15 pieces. Place on ungreased baking sheet. Use a fork to create a cross pattern in the center of each bread.

Shredded Wheat Bread

A tasty way to add fiber to your meal.

- 2 packages (4 ½ tps.) active dry yeast
- ¼ cup lukewarm water (105°-115°F)
- 2 large shredded wheat biscuits (46g)
- 2 cups hot water
- 2 teaspoons salt
- ¼ cup shortening or butter
- ½ cup packed brown sugar
- 1 large egg
- 6-6 ½ cups bread flour

Dissolve yeast in lukewarm water; let stand 5 minutes.

In large mixing bowl, break shredded wheat biscuits. Stir in hot water, salt, shortening or

Bake 15 minutes until lightly golden. Transfer to a wire rack to cool. Makes 15 servings.

Nutrition Information: One serving provides 45 calories, 1 g total fat, 0 mg cholesterol, 40 mg sodium, 8 g total carbohydrate, .5 g dietary fiber, 1 g protein.

butter and brown sugar; cool to lukewarm. Add yeast, egg and 3 cups flour; beat 2 minutes on medium speed. Gradually stir in enough of the remaining flour to make a soft dough. Knead 10 to 12 minutes by hand or with a dough hook.

Place in a greased bowl, turning to coat. Cover; let rise in a draft-free place between 80° and 85°F until double. Punch dough down and let rise again until double.

Divide dough into two equal pieces. Cover; let rest 10 minutes. Shape into loaves. Place in two greased 9x5x3-inch loaf pans. Cover; let rise until double.

Bake in a preheated 375°F oven 40 minutes or until done. Loosely cover loaves with aluminum foil for the last 20 minutes to prevent over-browning. Remove from pans and cool on wire rack. Makes 2 loaves (32 slices).

Nutrition Information: One slice provides 130 calories, 2.5 g total fat, 10 mg cholesterol, 150 mg sodium, 23 g total carbohydrate, 4 g protein.

A+ Crepes

A fun activity for a classroom.

- 1 cup all-purpose flour*
 - 1 tablespoon sugar
 - ¼ teaspoon salt
 - 1 cup 1% milk
 - ⅓ cup water
 - 3 large eggs
 - 3 tablespoons vegetable oil or melted butter
- *May use ½ cup whole wheat flour and ½ cup all-purpose flour.

In a large bowl, combine flour, sugar and salt. Add milk, water, eggs and oil or butter. Whisk together until mixture is smooth.

Heat an 8-inch nonstick skillet over medium heat. For each crepe, pour about ¼ cup batter in

Dill Rolls or Sandwich Buns

A family favorite from Julene Sylvester, Wamego.

- 2 packages (4 ½ tps.) active dry yeast
 - ½ cup lukewarm water (105°-115°F)
 - 1 ½ cups lukewarm 1% milk (105°-115°F)
 - ½ cup (1 stick) margarine or butter, softened
 - ½ cup sugar
 - 1 ½ teaspoons salt
 - 1 large egg
 - 1-2 teaspoons dried dill weed
 - 2 tablespoons dried minced onions
- 7-7 ¼ cups bread flour

the skillet, rotating quickly to spread batter completely over the bottom of the skillet. (Or cook on a crepemaker according to the manufacturer's directions.)

Cook until the top appears set (40-45 seconds). Flip and cook 15-20 seconds longer.

Repeat with remaining batter. Stack the crepes as you take them from the skillet, separating with sheets of waxed paper, or serve immediately.

Makes 12 crepes.

Serving ideas:

Main dish crepes: Fill with reheated leftovers, roll up and top with grated cheese.

Desert crepes: Substitute orange juice for the water. Fill crepes with pie filling, pudding or ice cream; roll up. Top with fresh fruit or decorative sprinkles.

Snack crepes: Sprinkle crepes with cinnamon and sugar or spread with peanut butter and jelly; roll up carefully.

Nutrition Information: One plain crepe provides 110 calories, 5 g total fat, 70 mg cholesterol, 80 mg sodium, 10 g total carbohydrate, 0 g dietary fiber, 4 g protein.

Dissolve yeast in water; let set 5 minutes. In a large bowl, stir together warm milk, margarine or butter, sugar and salt.

Add dissolved yeast, egg, dill weed and onions. Beat in 3 cups flour; mix 2 minutes.

Gradually add enough of the remaining flour to make a soft dough. Knead 10-12 minutes by hand or with dough hook. Place in lightly greased bowl, turning to grease the top.

Cover; let rise until double. Punch dough down and let rise again until double. Punch dough down; divide into 40 portions for rolls or 20 portions for sandwich buns. Cover; let rest 10 minutes.

Shape into rolls or sandwich buns. Place on greased baking sheets; cover. Let rise until double.

Bake in preheated 375°F oven 13-15 minutes or until golden. Makes 40 rolls.

Note: This dough also makes wonderful thin and crispy or thick and chewy breadsticks!

Nutrition Information: One roll provides 120 calories, 3 g total fat, 5 mg cholesterol, 120 mg sodium, 21 g total carbohydrate, .5 g dietary fiber, 4 g protein.

Diabetic Sunshine Orange Cake

A carbohydrate-controlled dessert the whole family can enjoy.

- 1/3 cup margarine
- 1/4 cup brown sugar replacement (Sugar Twin Brown®)
- 1 teaspoon sugar replacement (Splenda® or Sugar Twin®)
- 1 large egg
- 1 1/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 3/4 teaspoon ground cinnamon
- 1/3 cup raisins, or finely chopped fresh apple
- 1 teaspoon grated orange zest (peel)
- 2/3 cup unsweetened orange juice

Portuguese Sweet Bread

Celebrations and holidays require this bread in Portugal.

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|---------|--|-----|----------------------|
| 2 | packages (4 1/2 tpsps.) active dry yeast | 1 | teaspoon salt |
| 1 1/4 | cups warm water (105°-115° F) | 3 | large eggs, beaten |
| 3/4 | cup sugar | 1/2 | cup (1 stick) butter |
| 1/3 | cup dry milk | 1/4 | cup dried currants |
| 5 1/2-6 | cups bread flour | 1 | large egg for wash |

In a large bowl, dissolve yeast in 1/4 cup of the water. Sprinkle 1 teaspoon of the sugar on top; let stand 5 minutes.

Stir in remaining water, sugar, dry milk and 2 1/2 cups of the flour. Beat 2 minutes. Add salt, 3 eggs and butter; blend well. Add remaining flour a little at a time until a soft dough forms.

Knead 10-12 minutes by hand or with dough hook. Place in greased bowl; turn to coat. Cover; let rise until double. Punch dough down; divide dough in half.

Preheat oven to 350° F. Lightly coat an 8 x 8 x 2-inch baking pan with cooking spray. In a mixing bowl, combine margarine, sweeteners and egg. Beat on medium speed 2-3 minutes; scraping sides of bowl as necessary.

In medium bowl, sift together flour, baking powder, baking soda and cinnamon. Stir in raisins or apples and orange zest. Add to first mixture, alternating with the orange juice, beginning and ending with the flour mixture.

Pour the batter into the prepared pan. Bake 18-20 minutes, or until a wooden pick inserted in center comes out clean. Cool cake in pan on wire rack. Makes 12 servings.

Nutrition Information: One serving provides 120 calories, 6 g total fat, 25 mg cholesterol, 150 mg sodium, 15 g total carbohydrate, .5 g dietary fiber, 2 g protein.

Cover; let rest 10 minutes.

Snail Loaf: Grease a 9 x 1½ -inch round baking pan. Roll half of the dough into a 25 x 1½ -inch rope. Starting in center of pan, twist the rope of dough while coiling it into a snail shape. Tuck end under; pinch with fingertips to seal.

Braided Loaf: Knead currants in remaining half. Cover; let rest 30 minutes. Divide dough into three equal parts; roll into 14-inch ropes. Lay ropes side-by-side on greased baking sheet. Starting in middle, braid. Pinch ends; turn under and pinch to seal.

Cover; let rise until double. Using a pastry brush, cover entire surface with egg wash (1 egg and 1 tablespoon water beaten together).

Bake in a preheated 350°F oven, 30-35 minutes or until tested done.

Note: This bread browns quickly. Loosely cover loaves with aluminum foil the last 10-15 minutes to prevent over-browning. Makes 2 loaves (32 slices).

Nutrition Information: One slice provides 150 calories, 4 g total fat, 40 mg cholesterol, 90 mg sodium, 23 g total carbohydrate, .5 g dietary fiber, 4 g protein.

Orange Raisin Bread (Bread Machine)

A favorite recipe developed by John Dukelow, Hutchinson.

Ingredients:	1# Loaf (8 slices)	1 ½# Loaf (12 slices)	2# Loaf (16 slices)
Water (80°F)	½ cup	⅔ cup	¾ cup
Orange Juice	½ cup	⅔ cup	¾ cup
Sugar	1 tablespoon	2 tablespoons	3 tablespoons
Margarine	1 tablespoon	1½ tablespoons	2 tablespoons
Dry milk	1 tablespoon	1½ tablespoons	2 tablespoons
Wheat germ	1 tablespoon	2 tablespoons	3 tablespoons
Salt	1 teaspoon	1¼ teaspoons	1½ teaspoons
Bread Flour	2½ cups	3¼ cups	3½ cups
Wheat gluten	1 tablespoon	1½ tablespoons	2 tablespoons
Bread machine yeast	1¼ teaspoons	1¾ teaspoons	2 teaspoons
Raisins	⅓ cup	½ cup	¾ cup

Honey Oat Bread (Bread Machine)

A hearty, fragrant bread made in the bread machine.

Ingredients:	1# Loaf (8 slices)	1 ½# Loaf (12 slices)	2# Loaf (16 slices)
Water (80°F)	¾ cup	1⅛ cups	1⅓ cups
Honey	2 tablespoons	3 tablespoons	¼ cup
Vegetable oil	1 tablespoon	1½ tablespoons	2 tablespoons
Old-fashioned oats	½ cup	¾ cup	1 cup
Salt	1 teaspoon	1¼ teaspoons	1½ teaspoons
Bread flour	2 cups	3 cups	3¼ cups
Bread machine yeast	1½ teaspoons	2 teaspoons	2⅛ teaspoons

Have ingredients at room temperature. Accurately measure all ingredients. For flour, first stir, then spoon into a dry measuring cup and level off.

Add ingredients and raisins to bread machine pan in the order suggested by the manufacturer. Recommended cycle: SWEET BREAD or BASIC; light setting. **Do not use the delayed bake feature when making this bread.** Perishable ingredients may spoil, causing food-borne illness.

It is all right to open the machine and touch the dough to check its consistency. Do this about 5 minutes into the KNEAD cycle. The dough should form a soft ball around the kneading blade. If it is too dry, add liquid $\frac{1}{2}$ to 1 tablespoon at a time; if it is too wet, add 1 tablespoon of flour at a time until right dough consistency is reached.

Remove bread from pan and cool on wire rack.

Nutrition Information: One slice provides 190 calories, 2 g total fat, 0 mg cholesterol, 260 mg sodium, 36 g total carbohydrate, 2 g dietary fiber, 6 g protein.

Have ingredients at room temperature. Accurately measure all ingredients. For flour, first stir, then spoon into a dry measuring cup and level off.

Add ingredients to bread machine pan in the order suggested by the manufacturer.

Recommended cycle: BASIC/WHITE BREAD; light setting.

It is all right to open the machine and touch the dough to check its consistency. Do this about 5 minutes into the KNEAD cycle. The dough should form a soft ball around the kneading blade. If it is too dry, add liquid $\frac{1}{2}$ to 1 tablespoon at a time; if it is too wet, add 1 tablespoon of flour at a time until right dough consistency is reached.

Remove bread from pan and cool on wire rack.

Nutritional Information: One slice provides 180 calories, 2.5 g total fat, 0 mg cholesterol, 240 mg sodium, 33 g total carbohydrate, 1 g dietary fiber, 5 g protein.

The Power of the Penny

KSU Wheat Breeding Program

Wheat varieties are one of the most visible aspects of KWC's research investments. Through KWC's one cent wheat assessment, producers fund 45% of Kansas State University's wheat breeding program. KSU varieties, including blends, make up 76% of the wheat planted in Kansas.

U.S. Wheat Associates

Governed by wheat producers, USW conducts trade servicing, technical assistance and consumer promotion through 300 projects in 140 countries. USDA Foreign Agriculture Service provides \$2.10 for every \$1 wheat farmers invest, increasing producer dollar effectiveness.

Wheat Foods Council

Through WFC, industry matches every dollar that producers invest. Current wheat foods per capita consumption is half of what wheat nutritionists and government officials recommend for improving Americans' health. If the USDA Food Guide Pyramid's dietary guidelines are followed, an increase of 300 million bushels or \$1.5 billion in wheat sales could result.

Spokespersons

Volunteer spokespersons from across the state donate their time to help promote the production and usage of Kansas wheat and wheat foods. These knowledgeable spokespersons are often called upon to give presentations on topics such as baking, nutritional benefits of wheat foods and production agriculture.

Market Expansion

Latin American Hard Red Winter (HRW) wheat sales have improved by 500,000 tonnes over the last two years. Kansas Wheat Commissioner Bruce Wilkens' personal efforts with two beneficial trips to Brazil contributed to this effort.

The African market has grown considerably. Egypt has long been our number one HRW importer. Nigeria and Algeria have significantly increased their imports over the last two years.

This booklet is provided to you through funding from Kansas wheat producers. Each recipe has been tested in the Kansas Wheat Commission kitchen to ensure your success and enjoyment.

Cindy Falk, Domestic Marketing Specialist

Recipes 2001



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Kansas grown. Kansas good.