



Mark's Whole-Grain Wheat Bread or Cinnamon Rolls

(Served at the 2008 Nebraska State Fair)

Mix together in a mixing bowl (a stand mixer with a dough hook works best):

3 3/4 c white enriched flour
3 1/3 c whole-wheat flour
1/2 c brown sugar
3/4 c powdered Milk
1 Tbsp + 1 tsp salt
1 Tbsp yeast

In a separate bowl mix together:

1 c warm water
1 Tbsp + 1 tsp brown sugar
1 Tbsp + 1 tsp yeast

Let stand until the yeast begins to work then add to the dry ingredients in the mixer. Mix for 30 seconds. Add the following:

1/3 c oil
2 Tbsp Molasses
1 c warm water

Continue mixing and adjust the water level to achieve dough consistency. Allow the dough to double in size and punch down.

At this point you can make either bread or cinnamon rolls.

► For bread, divide the dough into 2 loaves. Place in greased loaf pans and allow the loaves to double in size. Bake at 325° for 26 minutes. Remove from pans and lightly spray tops with cooking spray or butter.

► For cinnamon rolls, roll the dough into a large rectangle. Smear the dough with either 1 stick melted butter or margarine or use liquid margarine to coat. Sprinkle on a mixture of

1 1/2 c sugar
1 1/2 tsp vanilla
2 Tbsp cinnamon

Make sure to spread the mixture to the edges of the dough. Roll up the dough from the long side of the rectangle keeping the rolls tight. Cut into 36 slices and place on a parchment paper lined baking sheet or two jelly-roll pans.

Allow the rolls to double in size and bake at 325° for 18-20 minutes. Glaze the warm rolls with a mixture of

1 c powdered sugar
2 tsp milk (evaporated milk works best)
1 tsp liquid coffee