

**WHOLE GRAIN GOODNESS
IN WHITE WHEAT BREAD
OR DINNER ROLLS**

**MARK'S ULTRAGRAIN
WHEAT BREAD RECIPE**

**(SERVED AT THE URBAN
WHEAT FIELD EXPERIENCE IN
NEW YORK CITY OCTOBER
2008—COURTESY OF MARK
HODGES)**

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

- 2 cups warm (115°) water
- 1/2 cup granulated sugar
- 1 Tablespoon + 1 teaspoon yeast

Let stand until the yeast begins to work (about 10 minutes).

Add:

- 6 cups Eagle Mills Ultra Grain Flour
- 3/4 cup powdered milk
- 2 teaspoons salt
- 2 teaspoons yeast

Mix by hand for 30 seconds with the dough hook.

Add:

- 1/3 cup canola oil

Mix by hand for 30 seconds with the dough hook.

Machine mix the dough (adding in flour to desired development and moisture. Desired moisture will be when dough is sticking to only the very bottom of the bowl during mixing). Starting mixture will be too wet.

The target mixing time is eight minutes, but it is not uncommon to mix for 12 minutes if desired dough is still too wet or dry at the 8 minute mark.

When mixing is complete, let dough double in size and punch down.

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

⇒ For bread, divide the dough into two loaves. Place in greased loaf pans and allow the loaves to double in size. Bake at 350° for 26-30 minutes or until a deep golden brown. (Please note all ovens vary with type and environmental conditions). Remove from pans and lightly spray tops with cooking spray or brush with melted butter. Wait at least 20 minutes before slicing.

ENJOY!

⇒ For dinner rolls, divide the dough into 36 equal portions. Roll each piece of dough to achieve a smooth surface. Place on parchment paper lined baking sheet. Allow the rolls to double in size and bake at 350° for 18-20 minutes or until deep golden brown. Spray the tops of the rolls with cooking spray or brush with melted butter.

ENJOY!

DID YOU KNOW?????

It is now possible to enjoy whole wheat products with the look and taste of white enriched flour. Hard White Winter Wheat grown right here in Nebraska is milled using the entire wheat kernel.

You get all the benefits of whole wheat but still enjoy that soft white bread taste and texture.

We hope you will enjoy these recipes and share them with friends and family. Take someone a home-baked gift today—you'll be glad you did.

The Nebraska Wheat Board and the Nebraska Wheat Growers Association — growing wheat for our families and yours.



NEBRASKA WHEAT



NEBRASKA WHEAT

**BAKE
AND
TAKE**



BAKE AND TAKE —

**A GIFT FROM YOUR
HEART**

**MADE BY YOUR
HANDS**



**Nebraska Wheat —
Consistent,
Versatile,
Reliable**

BAKE AND TAKE HIGHLIGHTS

Surprising someone with home-baked wheat foods makes them, and you, feel special.

Sponsored annually by the Nebraska Wheat Board (NWB) and the Nebraska Wheat Growers Association (NWGA), Bake and Take Days are celebrated the last Friday and Saturday of March. It is the perfect opportunity to give gifts of freshly baked wheat foods to family, friends, co-workers, neighbors, the elderly and shut-ins.

Many organizations participate in Bake and Take Days as a community service project to demonstrate their care and concern for the elderly or shut-ins in their communities. Individuals can use this opportunity to do something special for a teacher, neighbor or friend.

NWB and NWGA recommend participants obtain permission from shelters, nursing homes or other institutions before delivering baked goods.

Bake and Take Days can bring joy to both the giver and receiver of the baked goods. Visiting with the recipient when delivering a home-baked item can be one of the most rewarding aspects of the event.

Participants can obtain free recipe pamphlets and stickers to place on packages of home-baked goods from NWB or NWGA. The addresses are on this brochure.



MARK'S WHOLE WHEAT BREAD OR CINNAMON ROLLS

(SERVED AT THE 2008 NEBRASKA STATE FAIR—COURTESY OF MARK HODGES AND THE OKLAHOMA WHEAT COMMISSION)

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

- 3 3/4 cup white enriched flour
- 3 1/3 cup whole wheat flour
- 1/2 cup brown sugar
- 3/4 cup powdered milk
- 2 teaspoons salt
- 1 Tablespoon yeast

In a separate bowl mix together:

- 1 cup warm (115°) water
- 1 Tablespoon + 1 teaspoon brown sugar
- 1 Tablespoon + 1 teaspoon 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 cup canola oil
- 2 Tablespoons molasses
- 1 cup 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 two loaves. Place in greased loaf pans and allow the loaves to double in size. Bake at 350° for 26-30 minutes. Remove from pans and lightly spray tops with cooking spray or brush with butter. Allow to cool at least 20 minutes before slicing.

ENJOY!

⇒ 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 cups sugar
- 1 1/2 teaspoons vanilla
- 2 Tablespoons 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 350° for 18-20 minutes. Glaze the warm rolls with a mixture of

- 1 cup powdered sugar
- 2 teaspoons milk (evaporated milk works best)
- 1 tsp liquid coffee

ENJOY!

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