



Best of Wheat

Recipes from
the 2014
Oklahoma State Fair
Bread Baking Contest



*59 delicious
recipes inside!*



The Best of Wheat 2014-2015

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 which have won at the county level, in order to advance to state competition.

The contest is held annually at the Oklahoma State Fairgrounds and is supported by the wheat producers in Oklahoma. It is sponsored by the Oklahoma Wheat Commission. 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.

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 commissioner in district elections. Once selected, commissioners are appointed by the governor of Oklahoma to serve a five-year term.

The Oklahoma Wheat Commission is committed to ensuring the competitiveness of Oklahoma wheat in national and international markets. The OWC invests producer contributions in market development through U.S. Wheat Associates and the Wheat Foods Council. Twenty percent of all producer funds collected by the OWC are allocated to the Oklahoma Wheat Research Foundation, as required by law.

In addition, the OWC supports wheat research projects that are conducted by Oklahoma State University Division of Agricultural Sciences and Natural Resources; aimed at ensuring a bright future for Oklahoma wheat.

Specific areas of research include: wheat breeding and genetics; end use quality; production techniques; non-food uses; consumer nutrition education; and utilization of wheat flours.



Whole Wheat Bread

Grand Champion Senior Division • Class 2 – Senior - Whole Grain Bread
Dena Welch • Lincoln County

2 pkgs. active dry yeast	1 Tbsp. salt
1 cup warm water	4 Tbsp. butter - softened
1 cup warm milk	2 Tbsp. vital wheat gluten
1/3 cup honey	5 1/2 to 8 cups whole wheat flour
2 large eggs	

Mix yeast with half of water and half of honey. Let stand until foamy, 5 to 10 minutes. Add remaining water, honey, milk, eggs and 4 1/2 cups of flour. Beat on medium speed for about 2 minutes. Cover and let rest 20 to 30 minutes. Mix in salt, butter, vital wheat gluten, and enough of remaining flour, about 1/2 cup at a time, until dough is no longer sticky. Turn dough onto lightly floured surface and knead about 10 minutes until dough looks and feels smooth and pliable. Place in greased bowl and turn to coat top. Cover and let rise until doubled, 1 to 1 1/2 hours. Punch down dough and divide in half. Cover and let rest for 10 minutes. Shape in loaves and put in greased bread pans. Cover and let rise until doubled, about 1 hour. Preheat oven to 375 degrees. Bake 10 minutes and then reduce heat to 350 degrees and bake another 20 to 30 minutes until loaves sound hollow when tapped on. (Makes 2 loaves)

White Bread

Grand Champion Junior Division • Class 7 – Junior – White Bread
Dylan L. Wilson • Noble County

2 pkgs. active dry yeast
1/2 cup very warm water (110 to 115 degrees – few drops on wrist will feel very warm)
1 3/4 cups lukewarm milk, or water or potato water (scalded then cooled)
3 Tbsp. sugar
1 Tbsp. salt
2 Tbsp. shortening
7 to 7 1/4 cups flour

In mixing bowl, dissolve yeast in very warm water. Add milk, half the flour, sugar, salt and shortening. Beat with spoon until smooth and batter falls from spoon in “sheets”. Using spoon, then hand mix in enough of the remaining flour until dough cleans the bowl. Turn out onto lightly floured board. Cover and let rest 10 to 15 minutes. Knead until smooth and blistered, about 10 minutes. Place in greased bowl turning once to bring greased side up. Cover with cloth. Let rise in a warm place (85 degrees) until doubled in size, about 1 hour.

Punch down, cover and let rise again, until almost doubled, about 30 minutes. Divide into number of loaves desired. Round up and let rest 10 to 15 minutes. Shape into loaves. Place in greased loaf pans, 9x5x3 inches, sealed edge down. Grease top of loaf. Cover with cloth; let rise until sides reach top of pan and center is well rounded, 50 to 60 minutes. Test loaf by touching gently at corner. If slight indentation remains, loaves are ready for baking. Be careful that loaves do not rise too much.

Heat oven to 425 degrees (hot). Place loaves in center of oven not touching each other or sides of oven. (Heat must circulate freely for even baking.) Bake 25 to 30 minutes, or until deep golden brown. To test loaf, tap the crust, loaf should sound hollow when done. If it doesn't, bake a few minutes longer. Immediately remove bread from pans. Place on wire cooling racks or across top edges of bread pans. Do not place in direct draft.

Versatile White Bread/ Instant Potatoes

1st place • Class 1 – Senior - White Bread • June McGuire • Stephens County

3 1/2 to 4 cups bread flour
2 Tbsp. sugar
1 pkg. or 2 1/4 tsp. dry yeast
3/4 tsp. salt
1 cup milk

1/4 cup water
1/4 cup butter - melted
1 egg
1/4 cup instant potato flakes or buds

In large bowl or mixer bowl, combine milk, water, butter and instant potato flakes. Let flakes soften for 1 or 2 minutes. Add sugar, salt, yeast and stir to combine. Beat in 1 egg. Begin adding flour, mixing until soft dough is formed and is pulling away from sides of bowl. Knead until smooth and elastic on a surface lightly dusted with flour. Put in container or plastic bag and set in a warm area to rise until doubled in size.

When doubled in size, form into desired shape and put into greased pan to rise until doubled. Bake in a preheated 350 degree oven for 30 minutes. Turn bread out of pan immediately to cool.

Taken from Fleischmann's yeast *Best Ever Bread Book*.

Basic Bread Dough

2nd Place • Class 1 – Senior – White Bread • Jackie Steffen • Kay County

2 cups warm water
1/4 - 1/2 cup sugar
2 tsp. salt
2 pkgs. dry yeast or 1 Tbsp.

2 eggs
1/4 cup shortening (can use butter flavor)
6 to 8 cups of flour

Combine warm water, sugar, salt and yeast. Add 2 to 3 cups of flour. Stir well. Cover and let rest 20 minutes for yeast to begin working.

Add 2 eggs and 1/4 cup shortening. Stir, or use mixer with bread hook. Add approximately 4 to 5 more cups of flour until dough is stiff and pulling away from the bowl. Turn out on lightly floured surface and knead or allow bread hook to knead 15 to 20 minutes (dough is then ready to roll out). After kneading manually or by bread hook, place dough in greased bowl, turning to grease top of dough. Cover and let rise in warm place until dough is doubled in bulk. Punch down. Divide dough in half or thirds for 2 or 3 loaves.

Roll out in rectangle shape to length of greased loaf pan and place in the bread pan. Cover and let rise until doubled in bulk. Bake at 350 degrees for 30 minutes for smaller loaves and 45 minutes for larger loaves.

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Rustic Daily White Bread

3rd Place • Class 1 – Senior – White Bread • Andrew Hohenthanner • Pottawatomie County

5 to 5 1/2 cups all purpose flour (Shawnee Best All Purpose)
2 pkgs. active dry yeast or scant 2 Tbsp. instant yeast
1/4 cup warm water
1 3/4 cup milk
3 Tbsp. white sugar
2 tsp. salt
2 eggs (room temperature: 1 for mix, 1 for glaze)
2 Tbsp. butter
2 Tbsp. shortening
1/2 cup white cornmeal

In a small bowl, dissolve yeast in water. Note: If using instant yeast, combine the yeast with 4 cups of the flour). Set aside. In a medium bowl, combine the milk, sugar, salt and butter plus one egg. Beat very well and heat in a microwave for 75 to 90 seconds.

In another mixing bowl, place four cups of flour and create a well in the center. With a wooden spoon, incorporate the liquids, stirring to form a sticky dough. A little at a time, add the remaining flour just until a workable ball is formed. Turn out onto a surface coated with the remaining flour. Knead dough for ten minutes, then form a ball. Place in a greased bowl, cover and allow to double in size. Punch down, knead lightly and divide into two loaf pans that have been coated in shortening and dusted in cornmeal. Allow to rise until nearly doubled in size.

Preheat oven to 450 degrees. Beat one egg with 1 Tbsp. warm water. Coat loaves and then sprinkle with cornmeal. Score each loaf with three diagonal cuts. Bake in oven for 10 minutes, then reduce heat to 375 degrees and bake for an additional 12 to 18 minutes. Check for doneness by an internal temperature of 196 degrees or by the thumb method.

Wonderful White Bread

4th Place • Class 1 – Senior – White Bread • Donna Jones • Canadian County

4 1/2 tsp. dry yeast	1 Tbsp. grape seed oil
1/2 cup warm water	4 Tbsp. melted butter
2 cups warm milk (110 to 115 degrees)	1 large egg
2 Tbsp. sugar	7 to 7 1/2 cups bread flour
1 Tbsp. salt	

Dissolve yeast in 1/2 cup warm water. Melt butter in warm milk and add sugar, salt, grape seed oil and egg together in mixer and add yeast mixture. Slowly add three to four cups of flour and beat a couple of minutes. Gradually add enough flour until it becomes soft dough. On floured board, knead until smooth and elastic. Place in greased bowl turning to grease top. Cover with light cloth and let rise until doubled in size. Punch down and shape into 2 loaves and place in greased pans. Let rise just until dough reaches tops of pans. Bake at 350 degrees for 25 minutes. Remove immediately from pans.

White Yeast Bread

5th Place • Class 1 – Senior – White Bread • LaVerne Atkinson • Payne County

2 pkgs. of active dry yeast	1 Tbsp. salt
3/4 cup warm water (105 to 115 degrees)	3 Tbsp. shortening
2 2/3 cups water	9 to 10 cups Gold Medal Flour
1/4 cup sugar	Soft butter or margarine

Dissolve yeast in 3/4 cup warm water. Stir in 2 2/3 cups warm water, sugar, salt, shortening and 5 cups of the flour. Beat until smooth. Mix in enough remaining flour to make dough easy to handle.

Turn dough onto lightly floured board. Knead until smooth and elastic, about 10 minutes. Place in greased bowl, turn greased side up. Cover, let rise in warm place until doubled in size, about 1 hour. (Dough is ready if impression remains.)

Punch down dough, divide in half. Roll each half into rectangle, 18x9 inches. Roll up, beginning at short side. With side of hand, press each end to seal. Fold ends under loaf. Place seam side down in greased loaf pan, 9x5x3 inches. Brush loaves lightly with butter. Let rise until double, about 1 hour.

Heat oven to 425 degrees. Place loaves on low rack so that tops of pans are in the center of oven. Pans should not touch each other or sides of oven. Bake 30 to 35 minutes or until deep golden brown and loaves sound hollow when tapped. Remove from pans. Brush loaves with soft butter; cool on wire rack. (Yield: 2 loaves.)

White Bread

2nd Place • Class 7– Junior - White Bread • Abby Cardwell • Grant County

2 pkgs. active dry yeast	1 Tbsp. salt
1/2 cup very warm water (110 to 115 degrees)	2 Tbsp. shortening
1 3/4 cup lukewarm milk (scalded, then cooled)	6 to 7 cups bread flour
3 Tbsp. sugar	Melted butter

In mixing bowl, dissolve yeast in 1/2 cup warm water. Add milk, half of flour, sugar, salt and shortening. Beat with electric mixer on low to medium speed until well blended. Mix in enough remaining flour with spoon until dough cleans the bowl. Turn out onto lightly floured board. Knead in enough of remaining flour until dough is smooth and elastic, about 10 minutes. Place in greased bowl, turning once to bring greased side up. Cover with cloth. Let rise in warm place until doubled in size, about 1 hour.

Punch down dough. Divide into two equal parts. Shape into loaves. Place in greased loaf pans. Brush tops of loaves with melted butter. Cover with cloth. Let rise in warm place until sides reach top of pan and center is well rounded, 50 to 60 minutes.

Heat oven to 425 degrees. Place loaves in center of oven, not touching each other or sides of oven. Bake 25 to 30 minutes, until deep golden brown. Tap each loaf with a wooden spoon. Loaves should sound hollow when done. Remove from pans, cool on cooling rack.



White Bread

3rd Place • Class 7 – Junior – White Bread • Tala Gillenwaters • Woodward County

4 cups flour	1/3 cup sugar
1/3 cup oil	2 tsp. rapid rise yeast
1 tsp. salt	1 1/4 cups warm water

Mix dry ingredients together and set aside. Warm water to lukewarm and add yeast and oil. Mix wet ingredients into dry ingredients slowly. When mixed together thoroughly, cover and let rise until doubled in size. After risen, shape into two loaves, place in greased loaf pans. Cover and let rise until doubled. Bake at 355 degrees for 30 minutes or until golden brown.

White Bread

4th Place • Class 7 – Junior – White Bread • Tel DeWitt • Harper County

1 1/4 cups flour	1/4 cup sugar
1 Tbsp. salt (scant)	2 pkgs. active dry yeast
3/4 cup milk	1/2 cup water
1/4 cup butter	1 egg at room temperature
1/2 cup flour	2 cups additional flour

In large bowl thoroughly mix 1 1/4 cups flour, 1/4 cup sugar, 1 Tbsp. salt and 2 pkgs. active dry yeast. Set aside mixture. In a saucepan over low heat, combine the 3/4 cup milk, 1/2 cup water and 1/4 cup butter. Heat until warm, butter does not need to melt, test on wrist, do not get it too hot or it will kill yeast. Add to the flour mixture above and beat for two minutes at medium speed with mixer, scraping bowl occasionally. Add one egg and 1/2 cup flour. Beat at high speed, scraping bowl occasionally. Stir in enough additional flour (approximately 2 cups) to make a soft dough. Cover, let rise in warm place, around 30 minutes, until doubled in size. Punch down, turn out on lightly floured board, shape into 2 loaves and place in loaf pans. Cover, let rise in warm place until the 2 loaves are doubled in size, approximately 30 minutes. Bake at 400 degrees for 15 to 20 minutes. Spread butter on top after baking, if desired. Let cool in pan and then turn over to remove the bread.

White Bread

5th Place • Class 7 – Junior - White Bread • Elizabeth Anne Strecker • Caddo County

5 1/2 to 6 1/2 cups flour	1 1/2 cups water
3 Tbsp. sugar	1/2 cup milk
2 tsp. salt	3 Tbsp. butter
1 pkg. active dry yeast	

Mix thoroughly 2 cups flour, sugar, salt and yeast in large mixing bowl. Heat water, milk and butter in saucepan over low heat until warm. Gradually add to dry ingredients, beat 2 minutes. Add 3/4 cup flour or enough flour to make a thick batter, beat. Stir in additional flour to make soft dough. Knead on lightly floured board 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover, let rise until doubled in size.

Punch dough down and place on lightly floured board. Cover and let rest 15 minutes. Divide dough in half and shape into 2 loaf pans. Let rise until double. Bake at 375 degrees for 25 to 30 minutes or until golden brown. Remove from pans; cool on wire rack.

Yield: 2 loaves

Light Dinner Rolls

1st Place • Class 3 - Senior - Dinner Rolls • Roberta Hinkle • Grady County

3 1/2 cups bread flour
1 pkg. active dry yeast
1 cup milk, warm
1/4 cup vegetable oil, warm

1/4 cup sugar
1 tsp. salt
1/4 cup water, warm
1 egg - beaten

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

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

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

Granny Bessie's Yeast Rolls

2nd Place • Class 3 – Senior – Dinner Rolls • Phyllis Hill • Choctaw County

1/2 cup warm water
1 pkg. yeast
1 tsp. sugar
4 cups sifted all purpose flour
1 cup scalded milk (cooled)

1/3 cup sugar
1/3 cup Crisco oil
1 egg – well beaten
Dash of salt

Dissolve yeast in warm water, add teaspoon of sugar. Set aside to bubble. Scald milk and pour into large bowl to cool, add sugar, oil and salt. When cooled, add the well beaten egg, then add yeast mixture, add 2 cups of flour. Mix very well and smooth. Add flour until it is easy to handle. Knead your dough about 5 minutes. Put into greased bowl to rise and cover with warm damp towel. When doubled in size, heat oven to 350 degrees and cook until golden brown. (Optional – brush with butter)

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Grandma Deby's Rolls

3rd Place • Class 3 – Senior – Dinner Rolls • Pamela Beutler • McClain County

3 1/2 cups all purpose flour
1/4 cup sugar
1/4 cup butter (softened)
1 tsp. salt
1 large egg
1 pkg. quick active dry yeast (2 1/4 tsp.)
1/2 cup very warm water (120 to 130 degrees)
1/2 cup very warm milk (120 to 130 degrees)

Mix 2 cups of flour, sugar, butter, salt and yeast in large bowl. Add warm water, warm milk and egg. Beat with electric mixer on low speed 1 minute, scraping bowl frequently. Beat on medium speed 1 minute scraping bowl frequently. Stir in enough remaining flour to make dough easy to handle.

Place dough on lightly floured surface. Knead about 5 minutes or until dough is smooth and springy. Place dough in large bowl greased with shortening, turning to grease on all sides. Cover loosely with plastic wrap and allow to rise about 1 hour or until doubled in size. Dough is ready if indentation remains when touched.

Grease bottoms and sides of large muffin pan. Make dough as directed, push fist into risen dough; divide dough by cutting in half. Pinch off dough and make 3 balls of equal size; put 3 balls in each muffin cup and brush with butter. Cover with plastic wrap; let rise about 30 minutes.

Bake at 350 degrees for 15 minutes. Brush tops with butter. (Prep: 30 minutes; Rise: 1 hour, 30 minutes; Bake: 15 minutes; Yield: 15 rolls)

Dinner Rolls

4th Place • Class 3 – Senior – Dinner Rolls • Cindy Adams • Texas County

2 pkgs. (1/4 oz. each) active dry yeast	1/2 cup butter, melted and cooled
1 tsp. plus 1/3 cup sugar, divided	1 1/2 tsp. salt
1/2 cup warm water (110 to 115 degrees)	2 eggs - beaten
1 1/4 cups warm milk (110 to 115 degrees)	6 to 6 1/2 cups all purpose flour

In a large mixing bowl, dissolve yeast and 1 tsp. sugar in warm water. Add milk, butter, salt, remaining sugar, eggs and 3 cups flour; beat until smooth. Stir in enough flour to form a soft dough.

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

Punch dough down. Turn onto lightly floured surface; divide in half. Divide each portion into 12 pieces. Shape into a ball. Place in two greased 13x9x2 inch baking pans. Cover and let rise until doubled, about 30 minutes.

Bake at 375 degrees for 20 to 25 minutes or until golden brown. Lightly brush with melted butter if desired. Remove from pans to wire racks. Serve warm.



Onion Pinwheels

5th Place • Class 3 – Senior – Dinner Rolls • Melody Thorn • Woodward County

DOUGH:

1 Tbsp. yeast
1 cup warm water
1 Tbsp. sugar
1 tsp. salt
1 Tbsp. butter, softened
1 Tbsp. dry milk
2 to 2 1/2 cups bread flour
1 egg - beaten

FILLING:

4 cups thinly sliced onions
4 Tbsp. butter
1/2 tsp. crushed red pepper

Dissolve yeast in water with sugar. Combine salt, butter, powdered milk and 2 cups flour. Stir in egg and yeast. Mix and add more flour as needed. Place dough in a greased bowl and cover. Let rise until doubled in size.

Melt butter in a skillet. Stir in onions, cook and stir until onion has softened and turned translucent. Reduce heat, continue cooking and stirring until the onion is very tender and dark brown. Stir in red pepper.

Pat dough into a rectangle. Roll until about 1/2 inch thick. Evenly spread onions on dough and roll up from the short end to form a log. Slice into pinwheels. Place rolls in muffin pan. Bake at 350 degrees until golden brown.

Crescent Rolls

1st Place • Class 8 – Junior – Dinner Rolls • Gracie Allen • Rogers County

1/2 cup shortening
1/2 cup sugar
2 tsp. salt
1 cup boiling water

1 cup cold milk
5 to 6 cups flour
1 pkg. dry yeast

Place shortening, sugar and salt in mixing bowl. Pour boiling water over shortening mixture and allow to melt. Add milk and then immediately add yeast, combine and let set for about 5 minutes. With mixer running, add flour one cup at a time until a soft, barely sticky dough forms. Change to dough hook, or on lightly floured surface, knead bread dough for 5 minutes. Place dough in warm bowl coated with oil – turning dough to cover top. Cover with plastic wrap and let rise in warm place until doubled (about 1 hr.). Punch down dough and divide in half. On lightly floured surface knead dough half several times. Roll out to 12 to 14 inch circle. Using pizza cutter cut dough like pie into 8 equal pieces. With each piece, start with long side and roll up to tip. Place rolled dough onto greased baking sheet tucking tip underneath. Repeat with all dough. Cover rolls with clean towel and let rise in warm place until doubled (about 30 to 45 minutes). Bake at 350 degrees for 15 to 19 minutes or until golden brown. Serve warm. (Yield: 16 crescent rolls)



Basic Roll Dough

2nd Place • Class 8 – Junior – Dinner Rolls • Jacob Hinkle • Grady County

2 pkgs. active dry yeast	1/2 cup sugar
1 1/2 cups warm water	1 Tbsp. salt
1/4 tsp. sugar	2 eggs - beaten
2 cups milk	5 1/2 to 6 cups bread flour
1/2 cup butter	

Dissolve yeast in warm water with 1/4 tsp. sugar. Heat milk, butter, 1/2 cup sugar and salt, stirring until butter melts. Pour into a large mixing bowl. Add yeast mixture and eggs, blend well. Add 2 cups flour, beat at high speed for 3 minutes. Add additional flour, 1 cup at a time, until soft dough forms. Add remaining flour, 1/4 cup at a time, until dough can be handled. Knead with dough hook, or turn out onto a floured surface, kneading until smooth and elastic. Place in a 2 gallon zipper bag, coated with a non-stick spray. Let rise in a warm place until doubled. Punch down, let rest 10 minutes. To make crescent rolls, divide dough in half, rolling each half into a 12 inch circle. Cut each circle into 12 wedges, rolling each wedge starting at wide end. Place on greased baking sheet. Cover with damp cloth, let rise in warm place until doubled, about 45 minutes. Bake at 425 degrees for 12 to 15 minutes, or until golden brown. (Yield: 24 rolls)

No Knead Hot Rolls

3rd Place • Class 8 – Junior – Dinner Rolls • Blaire Hawkins • Caddo County

2 pkgs. yeast	3 eggs - beaten
2 1/2 cups water	1 tsp. salt
3/4 cup margarine - melted	8 cups flour
3/4 cup sugar	

Mix together in order listed in a large covered bowl. Store in refrigerator overnight or up to seven days until ready to use. Shape dough into small balls. Place into a well-greased muffin tin. Let rise for 30 minutes. Bake in 375 degree oven for 10 to 12 minutes or until light brown.

Ariana's Dinner Rolls

4th Place • Class 8 – Junior – Dinner Rolls • Ariana Bumgardner • Okfuskee County

4 1/2 cups all purpose flour	1/3 cup butter (not margarine)
1 Tbsp. yeast	2 eggs - beaten
1 Tbsp. salt	1 cup milk
1/3 cup sugar (raw)	

Combine 2 cups flour and yeast, set aside. In a small saucepan add milk, sugar, butter and salt. Heat until butter ALMOST melts. Add milk mixture and eggs to flour mixture. Beat with a wooden spoon for about two minutes or until smooth. Add remaining flour, 1 cup at a time. Knead for about 10 minutes until smooth and elastic. Cover and let rise for an hour, until doubled in size. Punch down and divide in half. With one half, roll out in a 13 inch circle, brush with melted butter, cut in 12 pizza style slices. Roll each slice in a tube, starting at the large end. Put seam side down on a greased baking pan. Repeat with other half of dough. Cover and let rise for 20 to 30 minutes, until doubled. Bake at 375 degrees for 11 minutes or until gold brown. Brush with butter. (Makes two dozen rolls.)

Soft 100% Whole Wheat Dinner Rolls

5th Place • Class 8 – Junior – Dinner Rolls • Hannah Seikel • Pottawatomie County

2 Tbsp. dry yeast
1/2 cup warm water
1/2 cup butter - softened
1/4 cup honey
3 eggs

1 cup milk
4 1/2 to 5 cups whole wheat flour
1/2 tsp. salt
2 Tbsp. gluten

Dissolve yeast in 1/2 cup warm water, set aside. Cream butter and honey in a bowl, add eggs and mix well. Add milk and yeast mixture. Add 4 1/2 cups whole wheat flour, gluten and salt, mixing until combined. Knead for 2 to 3 minutes, just until no longer tacky, adding just 1 to 2 Tbsp. whole wheat flour, if needed. Let sit in bowl, covered for 1 hour. Turn out onto a floured surface and knead a couple of minutes, then let rest for 3 minutes. Make into 24 rolls or 2 loaves. Let rise for 1 hour covered. Preheat oven to 350 degrees. Bake 20 to 25 minutes or until golden brown.

Chile Cheese Bread

1st place • Class 4 – Senior - Other Wheat Breads • Gayla Bowman • Ellis County

1/2 cup warm water
1 Tbsp. yeast
1 Tbsp. honey
1/2 cup milk
1/4 cup chili-garlic sauce (Sriracha)
1 egg - beaten

1 cup white whole wheat flour
1/2 tsp. salt
1/2 cup shredded sharp cheddar cheese
1 Tbsp. butter
2 1/2 cups bread flour

Dissolve yeast and honey in warm water. Let stand until yeast forms a creamy layer. Heat milk, chili-garlic sauce and butter, then add to yeast mixture. Mix in egg. Beat whole wheat flour into liquid ingredients until flour is moistened. Let stand for flour to absorb mixture. Add salt, cheddar cheese and 2 cups bread flour. Mix well. Add remaining flour a little at a time, until dough forms a soft ball. Place in a covered bowl to rise until doubled in size. Punch down dough. May make into a loaf or make into ropes and put in a cake pan. Cover and let rise. Bake at 350 degrees for 35 minutes or golden brown.

Talami (ta-lay-mee)

2nd Place • Class 4 – Senior – Other Wheat Breads • Jan Haddad • Cleveland County

1 pkg. dry yeast
1 Tbsp. sugar
1 cup lukewarm water
1/4 cup lukewarm milk
1 tsp. salt
1 Tbsp. orange flower water (from Middle Eastern store)

1/4 cup sugar
1/3 cup oil (half olive oil & half vegetable oil)
3 cups flour
1/2 cup whole wheat flour

Dissolve yeast and 1 Tbsp. sugar in lukewarm water. Mix flour, salt and 1/4 cup sugar in a large bowl. Add oil to dry ingredients and mix well. Add milk, yeast water, and orange flower water. Mix and knead until dough is soft and smooth (5 to 10 minutes.) Cover dough and let rise until doubled (2 to 3 hours.) Divide dough in half and form 2 balls. Place each round "loaf" onto a lightly greased cookie sheet. Leave in warm place to rise again: 45 minutes to 1 hour. Bake in a 350 degree oven for 25 to 30 minutes until brown.

Bacon and Onion Rolls

3rd Place • Class 4 – Senior – Other Wheat Breads • Melody Thorn • Woodward County

DOUGH:

1 cup warm water
1 Tbsp. yeast
1 Tbsp. sugar
1 tsp. salt
2 Tbsp. olive oil

FILLING:

12 oz. bacon slices
1 large onion, thinly sliced
1/4 cup port wine
1 cup shredded smoked cheddar cheese
2 1/4 to 2 1/2 cups bread flour

Combine water, yeast, sugar in mixing bowl. Let stand until foamy. Add salt, oil, and 1 cup flour. Beat 2 minutes. Add enough flour to make a soft dough. Knead dough until smooth and elastic. Place dough in a greased bowl. Cover and let rise. While dough is rising, cook bacon until just brown but not crispy. Drain and chop into small pieces with 2 Tbsp. bacon drippings, add onion and cook until onions are lightly caramelized. Add wine and cook until very little liquid remains. Set aside to cool. Punch dough down. Roll into a 15x10 inch rectangle. Spread onions over dough and then sprinkle with bacon and cheese. Roll dough up from long side. Cut into equal slices. Place in a greased muffin pan. Cover and let rise until doubled. Bake at 350 degrees for 25 minutes or golden brown.

Honey Whole Wheat Bread

4th Place • Class 4 – Senior – Other Wheat Breads • Sam Welch • Lincoln County

2 pkgs. (or 4 tsp.) active dry yeast
5 cups warm water (110 to 115 degrees)
6 Tbsp. shortening
1/4 cup honey
4 cups whole wheat flour

1/2 cup instant potatoes (non-reconstituted)
1/2 cup nonfat dry milk
1/2 Tbsp. salt
6 1/2 to 8 cups sifted all purpose flour

Sprinkle yeast on 1/2 cup warm water; stir to dissolve. Melt shortening in 6-qt. saucepan; remove from heat, add honey and remaining 4 1/2 cups warm water. Mix whole wheat flour (stirred before measuring), instant potatoes, dry milk, and salt. Add to saucepan; beat until smooth. Add yeast mix and beat to blend. With wooden spoon, mix in enough all purpose flour, a little at a time, to make a dough that leaves the side of the pan. Turn onto lightly floured board and knead until smooth and satiny and small bubbles appear, 8 to 10 minutes. Place in lightly greased bowl; turn dough over to grease top. Cover and let rise in warm place until doubled, 1 to 1 1/2 hours. Punch down dough, turn onto board and divide into thirds. Cover and let rest 5 minutes. Shape into 3 loaves and place in greased 9x5x3 inch loaf pans. Cover and let rise until doubled in size, about 1 hour. Bake in hot oven (400 degrees) about 50 minutes, or until bread tests done. Remove from pans and cool on wire racks. Makes 3 loaves.

Notes:

You may use 1 cup mashed potatoes in place of instant potatoes. Combine with the shortening-honey-water mixture. For a softer crust, brush top of hot loaf with butter after baking.

For more information on all things wheat foods, visit wheatfoods.org

Golden Sesame Braid

5th Place • Class 4 – Senior – Other Wheat Breads • Roberta Hinkle • Grady County

1 pkg. active dry yeast	1 Tbsp. salt
1/2 cup warm water	4 eggs
1 1/2 cups warm milk	7 to 8 cups bread flour
1/4 cup shortening	1 Tbsp. cold water
1/4 cup sugar	2 Tbsp. sesame seeds

In a mixing bowl, dissolve yeast in warm water. Add the milk, shortening, sugar, salt, 3 eggs and 4 cups 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 8 to 10 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled in size, about 1 hour. Punch down and divide in half. Divide each portion into thirds and shape each piece into a 12 inch rope. Place 3 ropes on a greased baking sheet and braid. Pinch ends to seal and tuck under. Repeat with remaining dough.

Cover and let rise until doubled about 45 minutes. Beat remaining egg and cold water; brush over braids. Sprinkle with sesame seeds. Bake at 350 degrees for 30 to 35 minutes or until golden brown. Remove from pans to wire racks to cool. Yield: 2 braids.

Garden Herb Braid

1st Place • Class 9 – Junior – Other Wheat Breads • Jacob Hinkle • Grady County

4 to 4 1/2 cups bread flour
3 Tbsp. sugar
2 pkgs. active dry yeast
1 1/2 tsp. salt
3/4 tsp each: basil, dried marjoram, oregano, parsley flakes
3/4 tsp. dried crushed rosemary
3/4 cup milk
1/2 cup water
1/4 cup butter, melted
1 egg

TOPPING:

1 Tbsp. butter, melted
1/8 tsp. each: basil, oregano, parsley flakes, dried marjoram

In a large bowl, combine 1 1/2 cups flour, with sugar, yeast, salt and herbs. In a saucepan, heat milk, water and butter to 120 to 130 degrees. Add to dry ingredients; beat just until moistened. Add egg, beat until smooth. Stir in enough flour to form a soft dough. Turn onto a floured surface. Knead until smooth and elastic, about 4 to 6 minutes. Cover and let rise until doubled in size, about 1 hour.

Divide dough into thirds. Roll each portion into a 15 inch rope. Braid ropes together and pinch ends to seal. Tuck ends under. Place braid on greased baking sheet. Cover, let rise until doubled, about 20 minutes. Bake at 375 degrees for about 15 to 20 minutes or golden brown. Brush with melted butter and sprinkle with herbs. Remove from baking sheet to wire rack to cool. (Yield: 2 braids.)

Bauernbrot Bread

2nd Place • Class 9 – Junior – Other Wheat Breads • Katie Symes • Oklahoma County

Dough Starter:

3/4 cup bread flour
3/4 cup rye flour
3 Tbsp. honey
1 1/2 cups lukewarm water
1/2 tsp. instant yeast

Flour Mixture:

2 1/2 cups bread flour
2 Tbsp. caraway seeds
1 1/2 tsp. salt
1/2 tsp. instant yeast
1 Tbsp. oil
Cornmeal for baking tray

Add the ingredients for the starter to a large bowl and mix together until smooth. Set aside for 10 minutes for the yeast to activate. While the starter is resting, mix together the remaining ingredients, except for the oil and cornmeal. Pour the flour mixture over the starter. Do not stir. Cover with plastic wrap or a clean towel and set aside for at least 2 hours and up to 5 hours. The starter will bubble up through the flour mixture. Add the oil to the flour mixture and use a wooden spoon to stir the flour mixture into the starter. As the mixture comes together, remove the dough to a lightly floured work surface and knead for about 10 minutes, or until elastic and smooth. The dough might be a little sticky. Knead in just enough extra flour to keep the dough from sticking to your hands. Set the dough aside to rest for about 10 minutes, then knead for another 5 to 10 minutes. Set the dough in a large, lightly oiled bowl and lightly oil the top of the dough. Cover with plastic wrap or a clean towel and set in a draft-free area to rise until doubled in size, about 1 1/2 to 2 hours. Remove the dough to a lightly floured work surface. Punch down the dough and lightly knead 3 to 4 times. Form into a ball, return to a wooden spiraled floured artisan bowl, cover and let rise for another 45 minutes or so.

Preheat oven to 450 degrees. Set the shelf at the lowest level. Put a metal pan in the oven. Sprinkle the cornmeal onto hot baking stone and invert the wooden bowl with dough onto the baking sheet. Use a razor to slash the top. Fill the metal pan with boiling water. Place bread into oven. Immediately shut the door and bake for 15 minutes. Reduce the heat to 400 degrees. Bake for another 35 to 45 minutes. Set the loaf on a cooling rack and allow to cool completely.

Whole Wheat Bread

3rd Place • Class 9 – Junior – Other Wheat Breads • Dylan L. Wilson • Noble County

3 pkgs. active dry yeast
2 1/4 cups warm water
1/3 cup sugar
1 Tbsp. vegetable oil

1 Tbsp. salt
5 to 6 cups whole wheat flour
2 eggs - beaten

In large mixing bowl, dissolve yeast in warm water. Add sugar, vegetable oil and 1 cup flour, mix well. Let stand for 5 minutes, until the mixture begins to form bubbles. Add beaten eggs and salt, mix until smooth. Add remaining flour as needed to make a soft dough. Continue kneading and adding flour until dough is smooth and elastic. Place in a plastic 2 gallon bag that has had the inside sprayed with cooking oil. Place in a warm place and let rise until doubled in size.

Divide dough in half, shape into 2 loaves. Place in greased 9x3 inch bread pans. Cover let rise in warm place until doubled. Bake at 350 degrees for 20 to 25 minutes or until golden brown.

Cheese Bread Twist

4th Place • Class 9 – Junior – Other Wheat Breads • Sarah Walker • Payne County

4 to 5 1/4 cups flour
2 tsp. baking powder
1 egg - slightly beaten
2 Tbsp. sugar
2 pkg. yeast
3/4 cup water

2 Tbsp. butter
2 tsp. salt
1 3/4 cups buttermilk
1 Tbsp. milk
Sesame seeds, if desired
1 cup shredded cheddar cheese or your favorite

Mix 1 1/2 cups flour, sugar, salt, baking powder and yeast in large electric mixing bowl. Heat buttermilk, water and butter until warm. I have found 2 minutes in the microwave is just right. Slowly add to dry ingredients; beat 2 minutes on medium. Add 1 cup flour. Beat at high speed 2 minutes. Stir in cheese and enough flour for stiff dough. Knead on floured surface until smooth and elastic. Shape dough as desired. Place on greased sheets or in greased pans and let rise until doubled in size. If desired, mix egg and milk and brush on loaves and sprinkle on seeds. Bake at 350 degrees for 40 minutes or until golden brown. Cool on wire racks.



Mexicali Bundt

5th Place • Class 9 – Junior – Other Wheat Breads • Brianna Marenco • Ellis County

2 Tbsp. dry yeast
2 1/4 cups water
3 Tbsp. sugar
1 Tbsp. salt
6 to 6 1/2 cups bread flour
3 Tbsp. vegetable oil
2 1/2 Tbsp. taco seasoning
1 cup cornmeal
4 Tbsp. caraway seed
1 stick of butter

Pepper Mixture:
3 Tbsp. green peppers – finely chopped
3 Tbsp. olives – finely chopped
3 Tbsp. pimentos – finely chopped

Dissolve yeast in warm water. Add sugar, salt, oil, taco seasoning and 3 1/2 cups flour, and beat until smooth. Mix in enough remaining flour to make dough easy to handle. Place in greased bowl, cover and let rise until doubled in size.

In a small bowl, combine cornmeal and caraway seeds. In another bowl, combine green peppers, finely chopped olives and pimentos. In small pan, melt 1 stick butter. Divide dough. Shape into small balls. Dip each ball into butter, then in cornmeal mixture. Sprinkle bottom of Bundt pan (greased) with pepper mixture then arrange balls. Place in layers. Put remaining dough over filling in mold.

Let rise about 30 minutes. Bake in 375 degree oven for 25 to 30 minutes, immediately turn out of pan.

Pumpkin Cinnamon Roll

1st place • Class 5 – Senior - Sweet Breads • Travis Bowman • Ellis County

DOUGH:

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

FILLING:

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

ICING:

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

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

Kelache

2nd Place • Class 5 – Senior – Sweet Breads • Brenda Reed • Okfuskee County

5 lbs. flour
1/3 cup yeast
1 1/3 cups dry milk
1/8 cup salt

1 1/2 cups sugar
6 1/2 cups hot water (115 to 118 degrees)
2 cups oil

Mix dry ingredients in bowl. In a mixer, add sugar, then hot water and oil and stir. Now slowly add the dry ingredients. Mix for 3 minutes then scrape sides and mix again for 3 minutes. Put into greased bowl and let rise for an hour or 2 and then push down and rise again. Roll out on floured surface and cut the dough into size of rolls you want. Place into greased pans and let rise for 45 minutes to one hour. Press a round indentation in the middle of each roll and fill with your favorite jelly. Let rise and then bake at 325 degrees for 20 to 25 minutes. Add icing on top.

Hawaiian Bread

3rd Place • Class 5 – Senior – Sweet Breads • Nancy Barth • Harper County

1/2 cup water
1/2 cup pineapple juice
1 egg
2 Tbsp. applesauce
3 cups bread flour

3 Tbsp. sugar
3/4 tsp. salt
2 tsp. active dry yeast
1/2 cup chopped almonds
1/2 cup coconut

Warm water and pineapple juice to 125 degrees. Combine warm liquids with applesauce, sugar, salt, 1 cup flour, yeast and beaten egg. Hand stir in remaining 2 cups of flour, coconut and almonds. The dough is really moist, but if you feel it needs more flour, add 1 Tbsp. at a time or if too dry, add liquid, 1 Tbsp. at a time. Knead about 5 minutes on floured board. Place in greased bowl and let rise until doubled in size. Punch down and let rest. Shape into a round ball and place in a 2 quart casserole bowl. Let rise until almost doubled in size. Bake in 350 degree oven for about 25 to 30 minutes.

Swedish Tea Ring

4th Place • Class 5 – Sweet Breads • Cheryl Wilson • Noble County

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

FILLING:
1/2 cup sugar
2 tsp. cinnamon
1 cup chopped pecans
1/3 cup butter

ICING:
Powdered sugar
Orange juice
Vanilla
Cherries to decorate (optional)

Dissolve yeast in warm water. Place milk, eggs and shortening in mixing bowl. Add sugar, salt, yeast mixture and 3 cups of flour. Mix with spoon; add enough remaining flour to make a stiff dough.

Turn out on lightly floured board and knead until smooth. Place dough in well greased bowl. Cover; let rise about 1 hour or until doubled in size. Punch dough down and let rise again about 30 minutes. Roll dough out into a 10x14 inch rectangle, spread with 1/3 cup melted or soft butter. Sprinkle with sugar and cinnamon. Add pecans. Roll up and seal edges. Place in a ring on greased cookie sheet. Snip three fourths of the way through the ring at 1 1/2 inch intervals, laying each section on its side. Let rise until doubled in size. Bake at 350 degrees for 25 to 30 minutes. When cool, frost and decorate.



Maple Pecan Rolls

5th Place • Class 5 – Senior – Sweet Breads • Connie Harris • Custer County

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

FILLING:
1 Tbsp. pecans – finely chopped
1/4 cup butter – melted
1 cup sugar
1 Tbsp. cinnamon

FROSTING:
1 cube butter
2 dashes salt
2 tsp. maple flavoring
1 1/2 tsp. maple syrup
6 cups powdered sugar
Milk (to achieve desired consistency)

Mix together warm water, sugar, oil & yeast and let set for 10 minutes. Then add salt, eggs and flour and mix together for 10 minutes, then let sit for 10 minutes. Oil board and turn out dough. Divide in half. Roll one half out into a rectangle.

Spread the melted butter across the dough and then mix the cinnamon, sugar and pecans and sprinkle across the dough. Roll tight. Cut into 12 rolls and place on greased cookie sheet. Repeat with the other half of the dough. Let rise to desired size. Bake for 12 to 15 minutes in a preheated oven at 400 degrees. Let cool before frosting.



Measure equivalents

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

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

Substitutions

1 cup whole kernels (to grind) = 1 1/3 cup flour
3/4 cup whole wheat flour + 1/2 cup cornstarch = 1 cup cake flour
2 1/2 cups whole wheat flour = 2 cups white flour
1 cup cake flour = 1/2 cup sifted all purpose flour
1 cake compressed yeast = 1 pkg. or 2 teaspoons active dry yeast

Cinnamon Rolls

1st Place • Class 10 – Junior – Sweet Breads • Erin Slagell • Custer County

1 quart whole milk
1 cup vegetable oil
1 cup sugar
2 pkgs. active dry yeast, 0.25 ounce packets
8 cups (plus 1 cup extra, reserved) all purpose flour
1 tsp. (heaping) baking powder
1 tsp. (scant) baking soda
1 Tbsp. (heaping) salt
Plenty of melted butter
2 cups sugar
Generous sprinkling of cinnamon

FROSTING:

1 stick butter (1/2 cup)
1 cup brown sugar, packed
1/2 cup heavy cream
2 cups powdered sugar (up to 4 cups depending on consistency you want)
1/4 tsp. salt

Heat the milk, vegetable oil, and sugar in a medium saucepan over medium heat to just below a boil. Set aside and cool to warm. Sprinkle the yeast on top and let sit on the milk for 1 minute. Add 8 cups of flour. Stir until just combined, then cover with a clean kitchen towel, and set aside in a relatively warm place for 1 hour. After 1 hour, remove the towel and add the baking powder, baking soda, salt and the remaining 1 cup flour. Stir thoroughly to combine. Use the dough right away, or place in a mixing bowl and refrigerate for up to 3 days, punching down the dough if it rises to the top of the bowl. (Note: dough is easier to work with if it's been chilled for at least an hour or so beforehand.)

To assemble the rolls, remove half the dough from the pan/bowl. On a floured baking surface, roll the dough into a large rectangle, about 30 x 10 inches. The dough should be rolled very thin. To make the filling, pour 3/4 cup to 1 cup of the melted butter over the surface of the dough. Use your fingers to spread the butter evenly. Generously sprinkle half of the ground cinnamon and 1 cup of the sugar over the butter. Now, beginning at the end farthest from you, roll the rectangle tightly towards you. Use both hands and work slowly, being careful to keep the roll tight. When you reach the end, pinch the seam together and flip the roll so that the seam is face down. Slip a cutting board underneath the roll and with a sharp knife, make 1 1/2 - 2 inch slices. Pour a couple of teaspoons of melted butter into disposable foil cake pans and swirl to coat. Place the sliced rolls in the pans, being careful not to overcrowd. (Each pan will hold 7 to 9 rolls.) Repeat the rolling/sugar/butter process with the other half of the dough and more pans. Preheat the oven to 375 degrees. Cover all the pans with a kitchen towel and set aside to rise on the countertop for at least 20 minutes before baking. Remove the towel and bake for 15 to 18 minutes, until golden brown. Do not allow the rolls to become overly brown.

While the rolls are rising or baking, make the icing. Melt the butter and brown sugar in a saucepan over medium heat. Add the brown sugar and let it dissolve and start to bubble. Add the cream, and cook for 2 minutes, whisking constantly. Turn off the heat and add the powdered sugar and whisk together. Add up to 2 more cups of powdered sugar to get to the consistency you want. Pour and spread over warm rolls.

Swedish Tea Ring

2nd Place • Class 10 – Junior – Sweet Breads • Jacob Daley • Rogers County

DOUGH:

2 cups warm water
1/2 cup sugar
1 Tbsp. salt
2 eggs – beaten
2 pkgs. yeast
1/2 cup powdered milk
1/2 cup butter flavor shortening
6 to 7 cups bread flour

FILLING:

1 box vanilla pudding
1/2 cup chopped pecans
1 cup raisins
1/2 cup brown sugar
1 stick butter, softened
Cinnamon to taste

GLAZE:

2/3 cup melted butter
2 tsp. vanilla
3 cups powdered sugar
1 to 2 Tbsp. milk

Place water with yeast in a bowl, set aside. Mix sugar, milk, shortening, salt and 3 cups of flour, until it resembles a fine meal. Then add yeast and eggs, mix and add flour as needed. Place dough in a greased bowl, cover and let sit until doubled in size. Punch down and roll out. Rub butter over dough until covered, sprinkle cinnamon on top of butter, then combine pudding, sugar and distribute over butter. Add pecans and raisins. Roll up dough, and then form in a ring. Cut the ring 3/4 of the way through and turn the cut part over. Cover and let rise. Bake at 375 degrees. until done (approx. 20 to 25 minutes).

Mix glazed ingredients together and put on bread after removing from oven. Sprinkle additional pecans and raisins on top.

Raisin Cinnamon Rolls

3rd Place • Class 10 – Junior – Sweet Breads • Karina Feng • Cleveland County

DOUGH:

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

1/4 cup shortening
1 tsp. salt
1 egg
3 1/3 cups all purpose flour

Soften yeast in warm water (110 degrees). Combine milk, sugar, shortening and salt; cool to lukewarm. Add 1 1/2 cups of flour, beat well. Beat in yeast and egg. Gradually add remaining flour to form soft dough, beating well. Place in greased bowl, turning once to grease surface. Cover and let rise until doubled in size (1 1/2 to 2 hours).

FOR CINNAMON ROLLS:

Basic dough (above)
1/2 cup sugar
4 Tbsp. butter, melted

2 tsp. ground cinnamon
1/2 cup of raisins

Turn out on lightly floured surface and roll into rectangle shape. Combine butter, cinnamon and sugar, spread over dough. Sprinkle with raisins. Roll lengthwise and cut into 1 inch slices. Place in greased pan. Cover and let rise until doubled in size (30 to 40 minutes). Bake in moderate oven (375 degrees) for 20 to 25 minutes.

Cinnamon Rolls

4th Place • Class 10– Junior – Sweet Breads • Trevor Westfall • Canadian County

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

FILLING:
1/3 cup softened butter
1/2 cup sugar
2 tsp. cinnamon
Pecans

Dissolve yeast in warm water. Place milk and shortening in mixing bowl. Add sugar, salt, eggs, yeast mixture and 3 cups flour. Mix with spoon, add enough flour to make a stiff dough. Turn onto lightly floured board and knead until smooth. Place dough in greased bowl. Cover and let rise until doubled in size. Punch dough down and let rise again for 30 minutes. Roll dough out into 10x16 inch rectangle. Spread with butter, cinnamon, sugar and pecans. Roll up and seal edge. Cut at 1 inch intervals and place rolls into a greased 9x13 inch pan. Let rise until double. Bake at 350 degrees for 20 to 25 minutes. Serve warm with your favorite icing.



Braided Star Nutella Bread

5th Place • Class 10 – Junior – Sweet Breads • Polly Kate Tacker • Kiowa County

3 cups all purpose flour
1/3 cup sugar
2 tsp. dried instant yeast
1 tsp. salt

2 Tbsp. unsalted butter, melted
3/4 cup whole milk, warmed
2 egg yolks (save whites)
3/4 cup Nutella spread

Combine dry ingredients in large mixing bowl. Add in melted butter, warm milk and egg yolks. Mix thoroughly with a fork until dough begins to form. Knead the dough for approx. 10 minutes then place in an oiled bowl and cover. Allow the dough to rise for at least an hour (needs to double in size).

After dough has risen, knead again and form into a ball. Divide the ball into 4 equal parts. Roll out each part to the size of a dinner plate, spread Nutella evenly on one layer, cover with another layer of dough and spread Nutella again. Repeat for the third layer and cover with final layer of dough. Using the dinner plate carefully cut into a circle. Place a small cup in the center of the dough and cut through all layers at 3, 6, 9 and 12 o'clock. Divide each 1/4 of the circle in a half again to form 8 parts, then each of those again to form 16 parts. Carefully twist adjoining parts 2 times (make sure the twists are opposites of each other) and pinch the ends together. Continue until all parts are twisted. Brush with saved egg whites. Bake at 350 degrees for 15 to 20 minutes or until golden brown. Allow to cool then, pull apart and serve.

Honey Whole Wheat Bread

2nd Place • Class 2 – Senior - Whole Grain Bread • Susan Haxton • Dewey County

1 cup milk	2 Tbsp. butter
1/3 cup honey	1 1/2 tsp. salt
2 Tbsp. brown sugar	

Heat ingredients above in microwave for 1 to 2 minutes. Cool to lukewarm.

3 tsp. yeast dissolved in 1/4 cup water (110 to 115 degrees)
1 egg beaten
3 1/2 to 4 cups whole wheat flour

Add cooled mixture to yeast and stir. Add 1 beaten egg and stir. Add 2 cups whole wheat flour and beat 3 minutes with a mixer. Add 1 1/2 to 2 more cups of whole wheat flour a little at a time until dough can be handled. Turn onto floured board, cover dough and let rest 10 minutes.

Knead 5 minutes and then put in greased bowl and cover. Let rise about 2 hours or until doubled in size. Use rolling pin to roll into a rectangle about 7x15 inches. Start at the small side, roll tightly and pinch to seal the ends and bottom. Lay seal side down in a greased loaf pan. This will make 1 loaf plus small pan of rolls. Let rise another hour or until doubled in size.

Bake in 350 degree oven for 25 to 35 minutes. Remove from pan to cooling rack.

Whole Wheat Bread

3rd Place • Class 2 – Senior – Whole Grain Bread • Nancy Barth • Harper County

2 Tbsp. shortening	1 egg
1/3 cup honey	2 pkgs. dry yeast
1 cup milk	1 Tbsp. salt
1 cup water	Wheat germ (optional)
5 to 5 1/2 cups whole wheat flour	

Add shortening, milk, water and honey. Heat until warm (120 to 125 degrees). In large mixing bowl, combine 2 cups flour, yeast and salt. Blend liquid ingredients into the flour mixture on low speed. Add egg and beat. By hand or dough hook, gradually stir in enough flour to make manageable. Turn out onto floured surface and knead until smooth and elastic, about 5 minutes. Place in greased bowl. Let rise until doubled in size. Divide in half, shape into loaves. Let rise until doubled in size. Bake at 350 degrees for 35 to 40 minutes. Remove from pans and cool on wire racks.



Whole Wheat Bread

4th Place • Class 2 – Senior - Whole Grain Breads • Wilma Fischer • Tillman County

4 1/2 tsp. active dry yeast
1 tsp. sugar
1 cup lukewarm water, divided
1 cup lukewarm milk
1/4 cup partially melted shortening

1/3 cup golden brown sugar
1 1/2 tsp. salt
1 egg - beaten
4 2/3 cups whole wheat flour

Dissolve yeast and 1 tsp. sugar in 1/2 cup warm water. Set aside in a warm place for 5 minutes. Mix 1/2 cup water, milk, shortening, brown sugar and salt in a mixer bowl. Mix and add yeast mixture. Add egg and mix well. Add one cup of flour at a time to form stiff dough. Turn out and knead for 5 minutes. Place into oiled bowl, turning to oil top. Cover and let rise until doubled in size. Punch down and divide into 2 equal parts. Form each half into a 7x14 inch rectangle. Starting at small side, roll tightly and pinch to seal bottom and ends. Place sealed side down in an oiled loaf pan. Let rise until about one inch above top of loaf pan. Make three diagonal slashes across top of loaves, if desired.

Bake at 350 degrees for 30 minutes. Remove from oven and let sit 5 minutes. Remove from pans and cool on wire racks. (Yield: 2 loaves)

100% Whole Grain Wheat Bread

5th Place • Class 2 – Senior – Whole Grain Breads • Barbara Nesbitt • Cleveland County

6 cups warm water
1/2 cup olive oil
1/2 cup raw honey
2 Tbsp. apple cider vinegar
1/2 cup instant potato flakes
1/4 cup flax seeds
14 to 18 cups freshly ground Hard White Wheat flour, divided
1/2 cup vital wheat gluten
2 Tbsp. instant yeast
1 1/2 Tbsp. salt

Mix water, only 6 cups of the wheat flour and everything except salt. Let mixture "sponge" to soften the bran while oiling bread pans. Add salt and 8 to 12 cups additional flour to make a nice dough. (The amount of flour is not exact because it depends on the amount of humidity.) Knead until gluten has formed (dough will be stretchy). Divide dough into pieces and shape into 5 large loaves. Let rise until doubled in size.

Bake at 350 degrees for 30 minutes or until golden brown. (Finished bread sounds hollow when tapped on the bottom.)



Maple-Nut Breakfast Twist

1st Place • Class 11 – Junior – Specialty Breads • MacKinzie Overman • Kay County

3/4 cup milk or water
1/2 cup butter
2 3/4 to 3 cups flour
3 Tbsp. sugar
1/2 tsp. salt
1 pkg. active dry yeast
1 tsp. maple flavoring
1 egg

FILLING
1/2 cup sugar
1/3 cup chopped nuts
1/3 cup candied cherries, chopped
1 tsp. maple flavoring
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/4 cup melted butter

GLAZE:
1 cup confectioner's sugar
1 to 2 Tbsp. orange juice
Candied cherries and pecan halves

In small saucepan, heat milk and butter to very warm (120 to 130 degrees). In a large bowl combine liquid, 1 cup flour, sugar, salt, yeast, maple flavoring and egg. Beat 2 minutes at medium speed. By hand, stir in remaining flour to make a soft dough. On floured surface, knead dough until smooth and elastic, about 2 minutes. Place in greased bowl. Cover and let rise in warm place until light and doubled in size (45 to 60 minutes). Prepare filling and set aside. Grease a 12 inch pizza pan or large baking sheet. Punch down dough; divide and shape into 3 balls. Roll out one ball of dough to cover a 12 inch round pan, greased. Brush dough with 1/3 of melted butter. Sprinkle with 1/3 of filling. Repeat layers on top of each other. Place a 2 inch diameter glass in center of dough. With scissors cut from outside edge to glass, forming 16 pie-shaped wedges. Twist each wedge 5 times. Remove glass.

Let rise until doubled in size, 30 to 45 minutes. Bake at 375 degrees for 17 to 20 minutes. Cool 5 minutes, remove from pan and put on serving dish. Drizzle glaze over warm twist. Decorate with candied cherries and pecan halves. (Makes 16 servings.)

Honey Rabbits

2nd Place • Class 11 – Junior – Specialty Breads • Brianna Marengo • Ellis County

3 to 3 1/2 cups bread flour, divided
1/4 cup sugar
1 Tbsp. dry yeast
1 tsp. salt
1/2 cup water

1 egg, lightly beaten
1/4 cup butter
1/2 cup milk
2 Tbsp. honey

In a large mixing bowl, combine 1 cup flour, sugar, yeast and salt. Heat milk, water and butter to 120 degrees. Add to flour mixture and mix well. Add egg, beat until smooth. Add enough remaining flour to form a soft dough. Turn onto a floured board; knead until smooth and elastic. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled in size.

Take a piece of dough and make a 6 inch rope and swirl to make the body. Then make two small balls for the tail and head and 2 smaller balls for the ears. Add a raisin for the eye. Place on a greased baking sheet. Cover and let rise. Bake at 350 for 15 to 20 minutes or until golden brown.

Combine 1/4 cup butter and 2 Tbsp. honey; brush over the hot rolls. Return to the oven for 3 minutes. (Yield: 12 bunnies)

Swedish Tea Ring (Mr. Trickey Recipe – Family Size)

3rd Place • Class 11 – Junior – Specialty Breads • Karsten Blevins • Kay County

3 tsp. dry yeast
Slight 1/2 cup sugar
1 tsp. salt
1 1/2 cups warm milk

1 egg, mixed well
2 1/2 Tbsp. butter
4 cups flour

Place yeast in mixing bowl. Add salt and sugar. Stir in warm milk and then add egg and butter. Stir in 1/4 of the flour and stir. Add remaining flour slowly. Cover and let set 2 hours or until doubled in size.

SWEDISH TEA RING:

Press dough down and roll out dough 3/8 to 1/2 inch thick into a rectangle shape on parchment paper. Sprinkle with filling of choice. Spread with thin layer of melted butter. Then add cinnamon, sugar and brown sugar (cream cheese and powdered sugar, preserves, ham and cheese, whatever suits your fancy). Proceed with rolling the rectangle up as a roll. Form a circle working the ends together and place on cookie sheet. Add cuts at this time to show the filling and allow for expansion. Let rise 45 minutes to 1 hour in warm place. Bake at 350 degrees until golden brown, about 20 to 30 minutes.

OPTIONAL: ICING

Powdered sugar and milk, or whipping cream, or cream cheese and vanilla.

OPTIONAL: DECORATIONS

Sweet: raisins, almonds, chocolate chips, dried cranberries

Savory: Pepperoni, peppers, cheese

Cinnamon Cranraisin Bread

1st Place • Class 6 – Senior - Bread Machine • Melody Thorn • Woodward County

3/4 cup warm water
1 egg - lightly beaten
1 Tbsp. margarine or butter
2 2/3 cups all purpose flour
3 Tbsp. dry powder milk
2 Tbsp. white sugar

2 tsp. ground cinnamon
1 tsp. vanilla extract
1 tsp. salt
1 1/2 tsp. active dried yeast
1/2 cup sweetened dried cranberries

Place warm water, egg, butter or margarine, flour, powdered milk, sugar, cinnamon, vanilla, salt and yeast into the bread machine in the order suggested by the manufacturer. Start the machine.

After the first rise, add the dried cranberries. Continue baking.

Honey Mustard Bread

2nd Place • Class 6 – Senior – Bread Machine • Kimberly Tillman • Beckham County

1 cup water
3 Tbsp. honey
3 Tbsp. mustard
3 Tbsp. butter

4 cups flour
3/4 tsp. salt
1 tsp. paprika
1 3/4 tsp. yeast

Put ingredients in bread machine in order recommended by manufacturer.

Apple Walnut Bread – 1.5 lb. loaf

3rd Place • Class 6 – Senior – Bread Machine • Robin Shepard • Garfield County

3/4 cup unsweetened applesauce
6 Tbsp. apple juice
3 Tbsp. butter
1 large egg
1 tsp. salt
4 cups bread flour

1/4 cup packed brown sugar
1 1/4 tsp. cinnamon
1/2 tsp. baking soda
2 tsp. active dry yeast
1/2 cup chopped walnuts

Measure and add liquid ingredients into bread pan. Measure and add dry ingredients (except yeast) to the bread pan. Use your finger and form a well (hole) in the flour where you will pour the yeast. Yeast must never come into contact with a liquid when you are adding ingredients. Measure the yeast and carefully pour it into the well. Snap the baking pan into the bread maker and close the lid. Press the “menu select” button to choose the sweet setting. Press the “loaf size” button to choose 1.5 lb.

Press the start button.

Good Seed Bread

4th Place • Class 6 – Senior – Bread Machine • Gayla Bowman • Ellis County

1 1/4 cups water
4 tsp. canola oil or cooking oil
1 1/4 cups bread flour
4 tsp. gluten flour
2 Tbsp. poppy seed
1/4 tsp. anise seed
1 1/4 tsp. active dry yeast

2 Tbsp. honey
1 1/2 cups whole wheat flour
1/3 cup rolled oats
1/4 cup shelled sunflower seeds
1/4 cup sesame seed
2 Tbsp. flax seed
3/4 tsp. salt

For this bread, be sure your bread machine pan has a capacity of 10 cups or more. Add all of the ingredients to the bread machine according to your manufacturer's directions.

Optional: 1/4 cup pumpkin seeds (need to be chopped)

Bake bread using the basic white bread or whole grain cycle and the medium color setting. Remove hot bread from pan as soon as it is done. Place loaf on a wire rack; cool completely. Makes one (1 1/2 lb.) loaf (16 slices)

Honey Banana Whole Wheat Bread

5th Place Class 6 – Senior – Bread Machine • Ann Darnold • Cleveland County

2/3 cup warm water
1 1/2 Tbsp. butter
1/4 cup honey
1 egg
1/2 tsp. vanilla
1 tsp. salt

1 1/2 cups whole wheat flour
1 1/2 cups bread flour
1 banana
2 tsp. poppy seeds
2 tsp. yeast

Add ingredients to pan in order listed. Bake using whole wheat setting. Makes a 2 lb. loaf.

Best Bread Machine Bread

1st Place • Class 12 – Junior – Bread Machine • Tayler Spray • Woodward County

1 cup warm water (110 degree)	1/4 cup vegetable oil
2 Tbsp. white sugar	3 cups bread flour
1 (.25 oz.) pkg. bread machine yeast	1 tsp. salt

Place water, sugar and yeast in the pan of the bread machine. Let the yeast dissolve and foam for 10 minutes. Add the oil, flour and salt to the yeast. Select Basic or White Bread setting and press start.

Bread-Bread Machine Version

2nd Place • Class 12 – Junior – Bread Machine • Seth Spady • Caddo County

1 1/4 to 1 1/3 cups water, depending on time of year (more in the winter, less in the summer)
1 heaping Tbsp. honey
1 1/2 tsp. instant yeast
1/2 cup nonfat dry milk granules
2 Tbsp. butter
1 1/2 to 2 tsp. salt
4 cups unbleached all purpose flour

Place the ingredients in your bread machine in the following order: (water, flour, milk, honey, butter, salt, yeast.) Program the machine for white or basic bread. Press start.

Cinnamon Rolls #3

3rd Place • Class 12 – Junior – Bread Machine • Grace Krittenbrink • Kingfisher County

1/4 cup water at room temperature
1/4 cup butter, melted
1 (3.4 ounce) pkg. instant vanilla pudding
1 cup warm milk
1 (.25 ounce) pkg. active dry yeast
1 Tbsp. white sugar
1/2 tsp. salt
4 cups bread flour
1 egg, room temperature

FILLING:
1/2 cup butter, softened
1 cup brown sugar
4 tsp. ground cinnamon
3/4 cup chopped pecans (optional)

GLAZE:
1 (4 ounce) pkg. cream cheese, softened
1/4 cup butter, softened
1 cup confectioners' sugar
1/2 tsp. vanilla extract
1 1/2 tsp. milk

In the pan of your bread machine, combine water, 1/4 cup melted butter, vanilla pudding, 1 cup warm milk, egg, 1 tablespoon sugar, salt, bread flour and yeast. Set machine to Dough cycle; press start.

When Dough cycle has finished, turn dough out onto a lightly floured surface and roll into a 17x10 inch rectangle. Spread with 1/2 cup softened butter. In a small bowl, stir together brown sugar, cinnamon, and pecans. Sprinkle brown mixture over dough.

Butter a 9x13 inch baking pan. Roll up dough, beginning with the long side. Slice into 16 one inch slices; place in prepared pan. Let rolls rise in a warm place until doubled in size, about 45 minutes. Preheat oven to 350 degrees F (175 degrees C). Bake rolls in preheated oven until browned, 15 to 20 minutes.

Stir together cream cheese, 1/4 cup softened butter, confectioners' sugar, vanilla extract, and 1 1/2 teaspoons milk. Remove rolls from oven and let cool until warm; spread frosting over warm rolls.

Country White Bread—Bread Machine

4th Place • Class 12 – Junior – Bread Machine • Trevor Westfall • Canadian County

8 ounces water (90 to 100 degrees)	1 1/2 tsp. salt
2 3/4 cups bread flour	2 Tbsp. butter
2 Tbsp. dry milk	2 tsp. active dry yeast
2 Tbsp. sugar	

Add liquid ingredients to machine bread pan. Add dry ingredients, except yeast, to pan. Tap pan to settle dry ingredients, then level ingredients, pushing some of the mixture into the corners of pan. Place butter into corners of pan. Make well in center of dry ingredients; add yeast.

Lock pan into bread maker. Choose basic program. When done baking, remove from pan, let cool before slicing. (Makes 1 - 1 1/2 pound loaf.)

Pizza Bread

5th Place • Class 12 – Junior – Bread Machine • Brianna Marengo • Ellis County

1 1/4 cups milk	1 tsp. salt
1 1/2 Tbsp. butter, softened	1 Tbsp. grated parmesan cheese
3/4 cup shredded cheddar cheese	1 (.25 ounce) pkg. active dry yeast
3 ounces chopped pepperoni	1 1/2 Tbsp. white sugar
3 1/2 cups bread flour	

Place ingredients in the pan of the bread machine in the order recommended by the manufacturer.

Select the Bread/Light crust cycle, and press start.



OWE Whole Wheat Bread Recipe

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

- 3 3/4 cups white bread flour
- 3 1/3 cups whole wheat flour
- 1/2 cup brown sugar
- 3/4 cup powdered milk
- 2 tsp. salt
- 1 Tbsp. yeast

In a separate bowl, mix together:

- 1 cup warm water (115 degrees)
- 1 Tbsp. + 1 tsp. brown sugar
- 1 Tbsp. + 1 tsp. yeast

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

- 1/2 cup canola oil
- 2 Tbsp. molasses
- 1 cup warm water

Continue mixing and adjust the water level to achieve dough consistency. You may have to add anywhere from another 1/2 cup to 1 cup of extra warm water for dough not to be too dry. Remember dough should mix approximately 8 minutes and a dough ball should form that cleans all dough off the sides of the bowl. (Helpful Hints: On a Kitchen Aid 4 quart mixer use the #2 setting for speed to begin and then you can move up to the #4 speed setting. You may also have to use a large rubber spatula to scrape the dough into center of the mixing bowl when beginning in order to make sure all ingredients are incorporated.) Allow dough to double in size and punch down.

For bread, divide the dough into two loaves. Place in greased loaf pans and allow to double in size. Bake at 350 degrees for 20 to 25 minutes, depending on oven. Remove from pans and lightly spray tops with cooking spray or brush with butter. Allow to cool at least 20 minutes before slicing.

For cinnamon rolls, roll dough into large rectangle. Coat dough with either one stick of melted butter or margarine or use liquid margarine. Sprinkle on a mixture of:

- 1 1/2 cups sugar
- 1 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 jelly roll pans. Allow the rolls to double in size and bake at 350 degrees for 8 to 10 minutes. Glaze the warm rolls with a mixture of:

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

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 the 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.

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 close to 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 complementary foodstuffs 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.

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.

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.

SHAPING: Recipes indicate how to shape special breads and rolls. For regular bread loaves, lightly flour the work surface after shaping the dough into a smooth ball. Roll to a rectangle using a rolling pin. Beginning at the short end, roll dough tightly to make a loaf shape. With fingers, pinch the seam of rolled dough to seal. Then pinch each end. Pat into a uniform loaf shape.

SHRED: To cut or break into thin pieces.

SIFT: To sift flour and dry ingredients through a sifter. Flour will pack from its own weight. Sifting incorporates air into the flour and insures accurate measuring.

SIMMER: To cook with vapor produced by a boiling point.

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.

WHIP: To beat quickly and steadily by hand with a whisk or electric mixer.



Scenes from the 2014 Best of Wheat Contest





Notes

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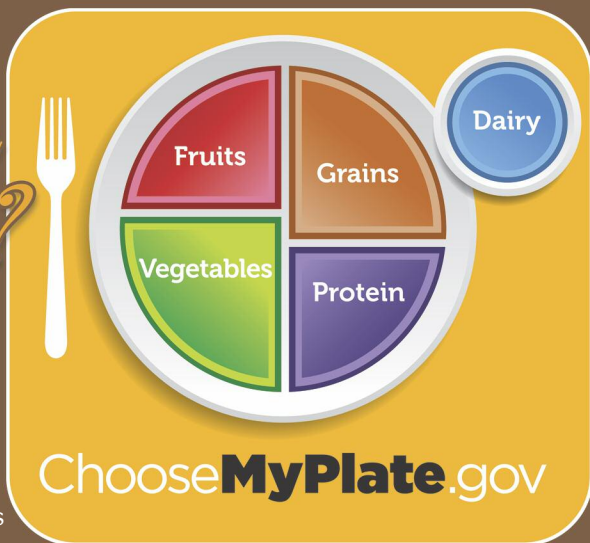


This publication, printed by Mercury Press, is issued by the Oklahoma Wheat Commission as authorized by 70 O.S. 1981. §14-104, as amended. 7500 copies have been prepared and distributed at a cost of \$2,798.72. Copies have been deposited with the Publications Clearinghouse of the Oklahoma Department of Public Libraries.

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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