

August Bakers

Get on a ROLL! August is All About Sandwiches.



100% Whole Grain Buns



Sandwich Hack: Shake up your *homemade goodness* with whole grain, multi-grain, savory, sliced bread, buns, grilled, flat... Make your own for the BEST Sandwiches.

August Bakers

Create a signature sandwich!



Bake with the best! The 2021 [National Festival of Breads](#) winning breads are great signature bread creations to get you started on your own.

- Make your best sandwich ever on Festival Bread winner Barbara Estabrook's [Hearty Wild Rice n' Tart Cherry Bread](#).
- Find these signature breads and more at www.NationalFestivalofbreads.com



Baking Hack: Post your creations at #HomeBaking and #NationalSandwichMonth!



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Learn about early Sandwich Breads.



Earliest wheat relatives— *Jointed goat grass, emmer and einkorn*— were gathered and eaten. (20,000 years ago)

The oldest direct evidence of **bread** found to date (Jordan, 2019) is baked by hunter-gathers 14,000 years ago.

Today, *wheat is the planet's most essential grain*, providing 20% of the world population's calories and protein— 50% for some. Flatbreads are also often the utensils used for each simple meal.

Pita flatbread is widely enjoyed *yeast-leavened* flatbread.

Baking Hack: Go with whole grain flour but create a soft flatbread using a hot water method popular in South Asia to create a soft *Whole Grain Flatbread (Chapati)*.

Whole Grain Flatbread (Chapati)



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Explore what *rye* and *triticale* add as your sandwich bread.



Dilly Caraway Rye Bread

- Rye is an ancient grain... dating back 11,700 years and found at sites in Syria and south-central Turkey.
- Rye flour proteins function differently than wheat and do not create the same cohesiveness in gluten bonds. Result=more compact crumb.
- Triticale was developed as a cross between wheat and rye. It has gluten-forming proteins, just less than wheat.
- Rye flour is often labeled as 'dark' 'medium' or 'light' and may, or may not be whole grain. Look for the Whole Grain Stamp to confirm.

Gardens are rich with dill in August! Enjoy sandwiches on Dilly Caraway Rye slices for a refreshing change!

Baking Hack: Whole rye or triticale flours can be kept in the pantry 3 months and in the freezer for 6 months or more if double-wrapped in plastic food bag to preserve flavor.



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National Sandwich Month



- Focaccia makes a flavorful simple sandwich bread when shaped thick and wedges split.
- Focaccia can be savory or sweet– add a small amount of sugar and chopped fresh or dried fruit.
- **Southwest Focaccia** is yet another delicious twist... adding corn, cornmeal and a little heat from jalapenos.



Find more Focaccia recipes at RedStarYeast.com

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Don't STOP, thinking about your sandwich!

Vary the bread you slice or the roll you fill for your next sandwich!

Asiago Cheese Bread is a start. Watch how to prepare it.

The Country Herb Roll adds three twists: Kaiser shape, Italian herbs and cornmeal for texture and golden color. YUM!

Baking Hack: These yeast doughs can be frozen in roll-sized pieces! Prepare the dough and immediately scale or divide it into equal pieces. Flatten dough pieces into discs, double-wrap and freeze. Thaw in the fridge overnight or at room temperature, shape, allow to “proof or double in size,” covered, in a warm place and bake as directed.



Country Herb Roll



Asiago Cheese
BREAD & ROLLS



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Bierock sandwiches go way back!



Czech and German immigrants brought rye to the U.S...and a sandwich called **Bierocks** (or in Nebraska, *the Runza*.) They're a savory mix of cabbage, onion and browned ground meat--ideal fare for a hearty "field hand" or picnic meal.

- ✦ **Vary the ground meat** for delicious options. Buffalo, deer meat, ground turkey...all have been used! **TIP:** Drain the browned ground meat well– if too greasy, the dough cannot seal.

Vegan preferred? Wrap the dough around a blend of sauted cabbage and onion, **cooked quinoa** or bulgur and seasonings!

Baking Hack: **Mix the yeast dough and refrigerate** it so it relaxes and is easier to roll. Even refrigerate the dough overnight! Prepare the filling, cool slightly and scoop to fill the dough, as directed. The warmth in the filling "raises" the dough.



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“Hot pockets” got their start at home!



When you're from Wisconsin you know what a hot lunch means! These made-to-love Ham and cheesy hot pocket sandwiches fill the bill.

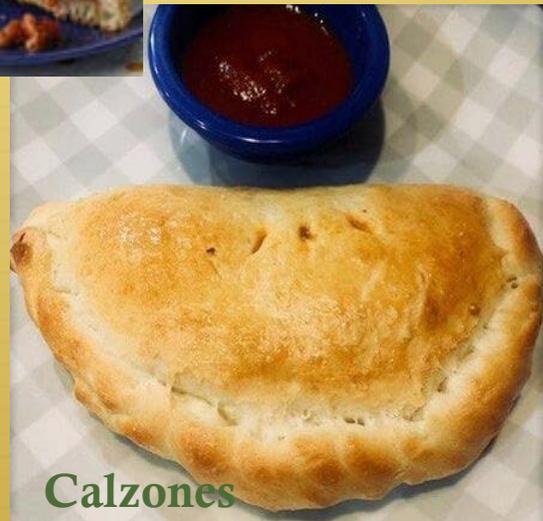
The Calzone and Pizza Pockets make great hot pocket additions.

TIP: For a super flavor boost... spread dough with pesto, then filling.

Baking Hack: Egg wash gives sheen. Mix 1 Tbsp cold water and 1 whole egg until fully blended. Brush on a light amount of egg wash just before baking!



Pizza Pockets



Calzones



Sally McKenney Quinn shares her Ham and Cheese Hot Pocket step-by-step method at redstaryeast.com

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Not your mother's open-faced sandwich.



Vegetarian Cachapas

Think vegetarian, South American and delicious! Think ***Cachapas!***

The bread? A griddle-baked corn pancake and masa blend!

Read the step-by-step for **Cachapas** from the Shawnee Milling Test Kitchen.

Baking Hack: Combining *masa harina* with a buttermilk pancake mix is brilliant for this flat bread, open- faced sandwich. In a pinch, use finely milled cornmeal for the masa.



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So What's For Dessert?

August 10 is [National S'Mores Day](#)! (It's a Sandwich☺)
Check out [S'more food science](#)!

Make your own [100% Whole Wheat Graham Crackers](#)!

Add [Berry and Chocolate Ice Cream Sandwiches](#) to your favorites with the graham crackers!

If one chocolate chip cookie is good then two are better in the [Chocolate Chip Sandwich S'More](#).

Baking Hack: [Add Dutch process cocoa to your chocolate chip cookie](#) to deepen the flavor and color.



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Waffle Sandwich, Anyone?

You'll need more than August 24, [National Waffle Day!](#) to celebrate all the waffle options!

[Today's waffles](#) hail from France and Belgium. Earlier versions of the waffle, made of grain flour and water, date back to Ancient Greece. At that time they made *obelios*, or flat cakes, cooked between hot metal plates.

[Whole Grain Chocolate Waffles](#) are great for dessert! Fill with Greek vanilla yogurt and warm cherry compote!

Prepare a [DIY Whole Grain Waffle Mix](#) to have at-the-ready!

Baking Hack: Ah the memories! Layer your waffles with whipped cream, fruit and a drizzle of a [homemade brown sugar syrup](#).



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Never miss the chance for an Ice Cream Sandwich!

Any August Day will do!

Start by making some Shake and Make
(easier than you think) [Home Made Ice Cream!](#)

Freeze the home made soft serve until very firm, ... and
place between cake, cookies, in a crepe...

But I vote for the salty/sweet combo of a [Peanut Butter
Cookie Ice Cream Sandwich.](#)

Baking Hack: Use a super-fine granulated white sugar
for the ice cream. Consider coarsely chopping some
salted peanuts to blend with the mini-chocolate chips 😊



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What's new to do with Zucchini?!

- ✦ By now, zucchini is everywhere. In your back seat when you're not looking... dropped on your door step... in your frig and mine. No worries!
- ✦ What's new to do is [Black Walnut Zucchini Bread](#)
- ✦ Don't hesitate to go with a zucchini waffle or pancake or [Savory Muffins with Zucchini and Cheese](#).



Baking Hack: You can't bake it all this summer. Medium grate the zucchini, drain on paper toweling and squeeze dry. Freeze in portions perfect for winter baking.

September Bakers

A Sneak Peak!



Let's kick off your explore into whole grains with a National Festival of Breads winner **Pear Cinnamon Breakfast Bread!**



Baking Hack: National Better Breakfast Month and Whole Grains Month... a great combo!