

January Baking

Bake for Health and Wealth in 2023!

Bake with us to...

- Avoid fad diets.
- Add a kitchen workout.
- Ask if homemade foods would improve nutrients, reduce food costs.
- Begin with bite-sized portions.



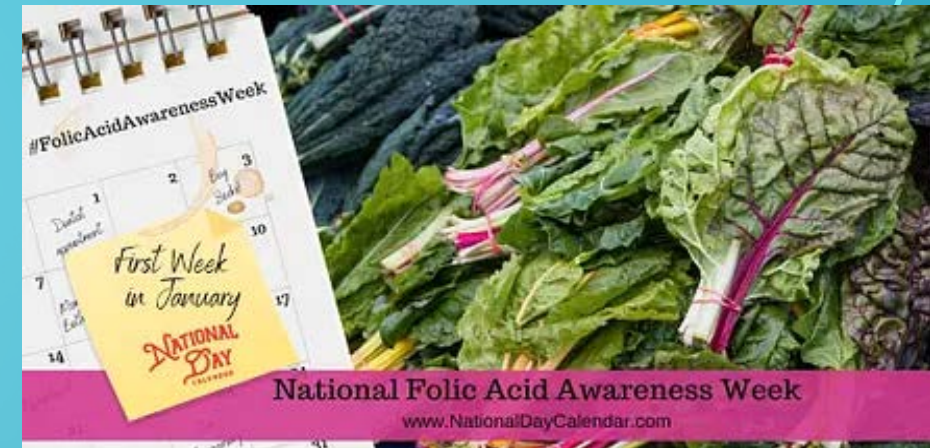
Baking Hack #1:
Bake, Learn and Live!

January Baking

Entrees with enriched flour or cornmeal crusts are folic-acid rich.



Quesadillas and Chicken Broccoli Casserole are two quick-to-fix folic-acid rich entrees. Download a free on-line Jiffy Cookbook!



- Baking with all-purpose enriched flour provides a good source of folic acid, an essential B-vitamin
- Entrees topped with enriched flour biscuits or cornbread or corn dumplings add B-Vitamins and folic acid.
- View How to Bake Ham and Greens Pot Pie with Sunflour Flour Hopkinsville Milling president, Robert Harper.

Baking Hack: bake your favorite recipes with half whole wheat flour and half enriched all-purpose, pastry, cake or bread flour or cornmeal for the “whole grain rich,” benefits from both.

January Baking

Breakfast makes a difference for health— pair with [Orange Oatmeal 'Cakes](#)☺

- [Oats](#) are low cost, high nutrition fuel.
- [Oat fiber](#) provides *beta-glucan*, with anti-inflammatory properties, can reduce cholesterol, and promotes gut-health.
- Lose you fear of yeast to bake [Oatmeal Breakfast Bread](#) with [Red Star](#) video tutorials☺.
- Enjoy step-by-step baking [Oatmeal Walnut Soda Bread](#) with Chef Tess.



Baking Hack: "How to" mis en place, learn the tools and techniques, and measure are all part of Mealtime Solutions and our glossary.

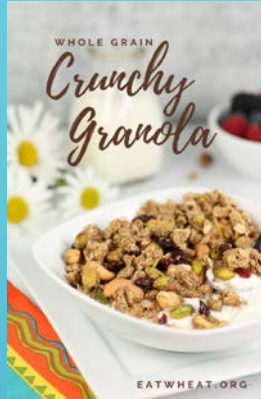


January Baking

Bake your own granola and power bars in 2023!



Black Walnut Power Bars



Gemma's No-Bake Granola Bars

Baking Hack: Bigger Bolder Baking recommends refrigerating no-bake dough 2-3 hours before cutting into bars.



Whole Grains Council's Coconut Almond Granola Bars



January Baking

Oatmeal bread...yeast bread for any day!



Oatmeal Bread is from our partners, [ECCLA](#)- offering life and career skills in schools across the U.S.!

Oatmeal Bread Baker Tips:

- Soaking oats in boiling water creates a moister loaf.
- You'll love North Dakota's Easy Oatmeal Bread – where they grow wheat AND oats!
- Quick and Easy Steel-Cut Oat Bread mixes in your bread machine, bakes in oven. (right)
- Learn about molasses – a delicious ingredient in oatmeal breads.



Baking Hack: Bread browning too fast? Lightly lay a piece of aluminum foil over the top crust and reduce the oven temp 10° F. Loaf is done when it is 190°- 205° F. at center.

January Baking

Oatmeal cookies...you're going to want a glass of milk.



Top January off with

- No Bake Black Walnut Cookies
- Oatmeal Chocolate Chip
- Banana Oatmeal Cookies
- Old-fashioned Oatmeal Pecan (right)

Baking Methods: Baker Bettie's Perfect Oatmeal Raisin Cookies, (left) do not use baking powder or baking soda to leaven them. "The creaming process (butter and sugar) plus the egg make the cookie rise without any other leavening." Access Baker Bettie's Baking School for much more!



Old Fashioned Oatmeal Pecan

January Baking

It's pizza week (2nd week of January) with these top 12 pizza recipes- #nationalpizzaweek

- Start family mealtime tradition benefits – kids or adults - by cooking and eating together at home.
- Busy schedules and tight budgets love ideas and ready-to-shop lists at Dinner Tonight!
- UNL Extension Recipe Central will keep affordable meal ideas flowing.



Even affordable Homemade Gluten-Free Pizza is in reach.

Baking Hack: Prep your pizza crust the day before, using cooler temperature liquids and refrigerate the dough in dough balls ready-to-roll. Deflate dough if needed. Dough will stretch and flatten on pan like a dream if dough is kept relaxed when taken out of the refrigerator.

January Baking

Bake for a Happy New Year!



Let hospitality ring in a new year with a charcuterie board of black walnuts, apricots, cheeses and freshly baked crackers.



- Crunchy crackers (right)
- Onion Parmesan Cracker Bread
- Crunchy Parmesan Crackers

Baking Hack: Roll cracker dough 1/8 inch thick on a parchment paper- cut evenly and dock— transfer parchment with crackers to baking sheet pan



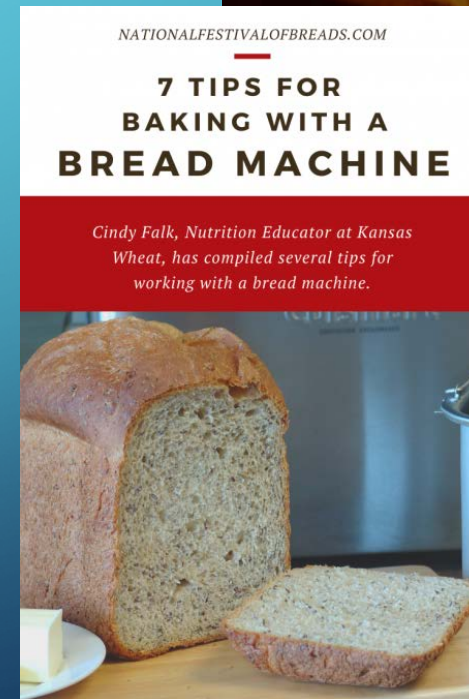
January Baking

A month for bread machine baking!

A little bread machine history...

- In 1902, the first patent was recorded for a “bread machine;” automated home bread bakers weren’t introduced in the U.S. until 1986.
- Nothing better than sliced bread? It was invented in 1912 in Chillicothe, Missouri by Frederick Rohwedder.
- Fabulous bread machine recipes, including Gluten-Free options are NOW at your fingertips!

Baking Hack: Visit the National Festival of Breads test kitchen for Cindy Falk’s 7 Tips for Baking with a Bread Machine.



Program your bread machine to bake Healthy & Hearty 3-Seed Bread or Cinnamon Raisin Bread as a breakfast treat.

January Baking

Bread and soup...a winter natural.



Baking Hack: View the Oklahoma Wheat Bread Bowls 101 video and recipe.

Temperatures make a difference!

- Yeast dies if exposed to 140 ° F. or more.
- Bake bread until 190 to 210 ° F. at center.
- Cool to 100 ° F. at center before wrapping.
- Store yeast bread at room temperature- NOT in refrigerator.
- Learn about Heat is An Ingredient, – and claim your Thermopop™ too!

No-knead Dutch-oven bread makes mini-loaves for great soup bowls too!



January Baking

Biscuits and cornbread can complete a meal.

- Chef Donley demonstrates these light biscuits that top a Turkey or Chicken Pot Pie.
- Let your meals support American workers- oven-to-table U.S. made glass bakeware by Anchor Hocking offers 117 experienced years that make bakeware great!
- Mix and bake the Impossible Vegetable Quiche and see the biscuit become the crust!

Baking Hack: A quiche can be made from biscuit, pastry or even a yeast crust dough! The crust can be made from a low-protein enriched flour or whole wheat flour.



Yeast Crust Quiche

January Baking

Bake gluten-free, vegetarian, vegan

- Roasted Tomato and Eggplant Focaccia is a light noon meal– a *focaccia* Italian tradition. (Top center)
- Savory Gluten-Free Flatbread pairs with so many entrees, salads or soups. (far right)
- Vegetarian Cachapas are vegan as well.



Baking Hack: Searching for a vegan egg replacement in your baking?
Chef Gemma demonstrates how to use the liquid from canned chickpeas- *aquafaba*.

January Baking

Just Desserts! Everyone needs a Blonde Brownie in their recipe file!



Laura Kasavan, blogger at *Tutti Dolci*, shares *Brown Butter Apple Blondies*, C&HSugar.com

Baker's Hack: What makes the Blondie's shiney top? King Arthur Baking pros tell all: "By melting the butter with the sugar and salt...mixing in the eggs one at a time...sugar is dissolved and migrates to the top surface..."



Brown Butter Apple Blondies, (left) with caramelized apples, golden brown sugar and spices is a must-try. (They can also be made with dark brown sugar😊)

Cinnamon Bun Blondies



January Baking

Health should always include...dark chocolate and figs, of course!

- Dark Chocolate Cake with Fig Jam is Chef Eleonora's latest!

Chef's tip: If fresh figs are unavailable, you can substitute the pectin and fresh figs for 1 bag (7 ounce) of dried chopped figs and ¼ cup of triple sec. to create the jam.

Baking Hack: Learn more about types of chocolate from King Arthur Bakers. How to use different cocoas can be viewed at HomeBaking.org



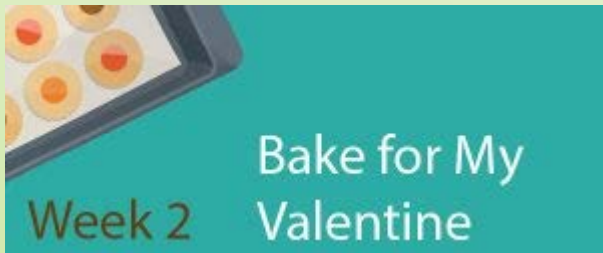
February Baking

SNEAK PEAK Bake for Family Fun!



Week 1

Let's Get
Started Baking



Week 2

Bake for My
Valentine



Week 3

Baking History
& Traditions



Week 4

Baking for
Others



February is...

National Bake for Family
Fun Month
www.NationalDayCalendar.com

NATIONAL
DAY
CALENDAR

Bake with us at
HomeBaking.org
#BakeForFamilyFunMonth

