

February Baking

A Calendar of Baking, Hospitality and Hacks



February is...

National Bake for Family
Fun Month

www.NationalDayCalendar.com

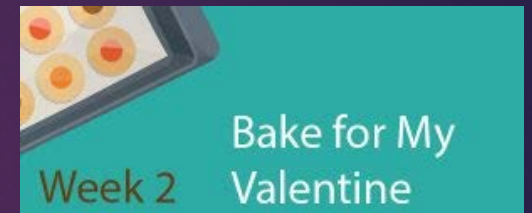
NATIONAL
DAY
FEBRUARY

Baking Hack: It's time for some baking fun no matter what age.
Visit #BakeForFamilyFunMonth and HomeBaking.org



Week 1

Let's Get
Started Baking



Week 2

Bake for My
Valentine



Week 3

Baking History
& Traditions



Week 4

Baking for
Others



- Get started with some of the best bakers on Texas Day, Feb. 1 and Texas Wheat
- Groove the old and new with baker Chef Stephanie at Panhandle Milling.
- Don't be afraid to stack up early baking skills baking Grandma's Pancakes (top right)



Baking Hack: The first step to great baking is sometimes the hardest, especially when you're hungry! First read the recipe! Practice with a favorite, the Texas Wheat Jam Bar.

Texas
Wheat

whole wheat
JAM BARS



WHOLE WHEAT JAM BARS

INGREDIENTS

- ½ cup packed brown sugar
- ¾ cup to 1 cup whole wheat flour
- ¼ teaspoon baking soda
- 1/8 teaspoon salt
- 1 cup rolled oats
- ½ cup butter, softened
- Use scant 2/3 cup seedless raspberry jam, or other jam of choice

DIRECTIONS

Preheat oven to 350 °F and grease one 8-inch square pan. Combine brown sugar, flour, baking soda, salt and rolled oats. Add butter using your hands or a pastry blender to form a crumbly mixture. Press 2 cups of the mixture into the bottom of the prepared pan. Spread jam over the mixture to within ¼ inch of the pan edge. Sprinkle the remaining crumb mixture over the top, and lightly press it into the jam. Bake for 35 to 40 minutes or until lightly browned. Allow to cool before cutting into bars.

Calories per serving (200); 8g Fat (5g Sat. Fat); 32g Carbs; 3g Protein



February 3rd ... Carrot Cake Day.



Especially in the winter...bake a Garden Fresh Carrot Cake😊

- ▶ 16th century AD Carrots are sweet so were used in baking and cooking puddings.
- ▶ So why not a Carrot Cake Cookie? (right) "Perfect" your skills with cookie tips too!
- ▶ **Launch some new** Decorating with Frosting Tips and Tricks.



Carrot Cake Cookies

Baking Hack: Get to know all the types of sugar, their functions and roles in baking. Make your own powdered sugar in-a-pinch!. View Sugar STEAM facts.

Bake for My Valentine

Week 2



CHOCOLATE Heart Brownies



- ▶ Learn how to make the best-ever-buttercream frosting with flavor variations. (right) *Chocolate, Nutella, peanut butter, strawberry, dairy-free...*
- ▶ What makes Valentine's Day so Sweet?
Fact or fiction: Are chocolate and sweets or flowers the favorite Valentine gift?
- ▶ **Fact:** Bakers can easily bake brownies with whole wheat flour, making them a "whole-hearted" gift! ;)



Baking Hack: Baking for someone special may include ingredient adaptations.

Affordable vegan baking ingredients include wheat flours, oat and cornmeal, granulated and brown sugars, applesauce, fruits, veggies, nuts and vegetable oils. Flax meal, aquafaba, chia can be vegan egg substitutes.

Bake for Heart Health!



Black Walnut
Zucchini
Bread



Lemon Thyme
Whole Wheat
Muffin

- ▶ Add black walnuts, grated veggies, herbs, cocoa...all great for heart nutrition in breads, pancakes, waffles, or savory recipes.

Home baked muffins and breads make for maximum control...

- ▶ **Portions!** Home-baked are smaller-sized than commercial muffins when baked in a "regular" pan--2½-inches (not 4-inches) across.
- ▶ **Ingredients.**
 - ▶ Cut salt in half; *make half the flour* whole grain flour.
 - ▶ Homemade muffins may only use 2 T. to ¼-cup fat/12-muffin recipe.
 - ▶ Sugar may be 1/3 or ½ commercially baked- 2 teaspoons/muffin

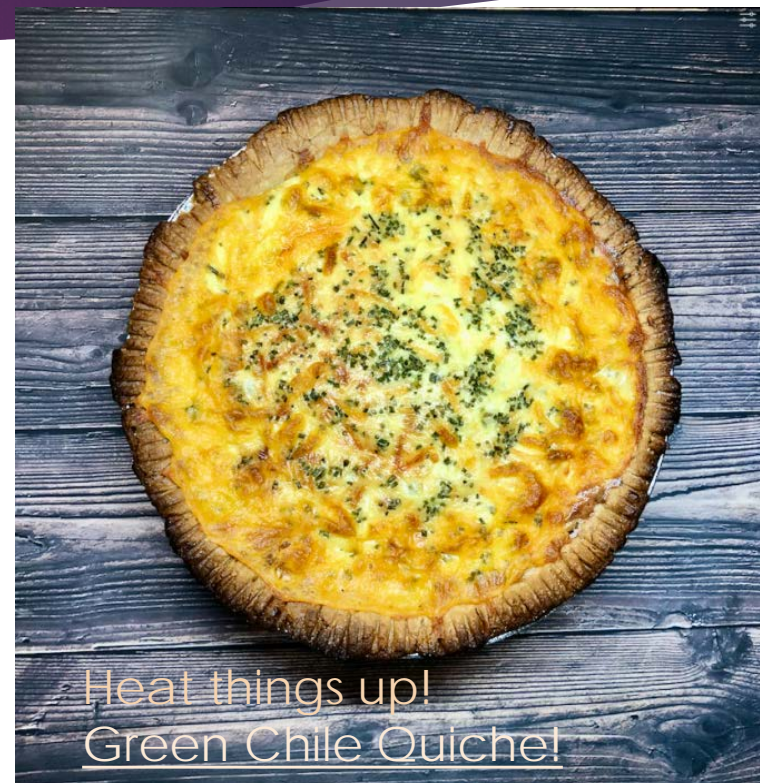
Baking Hack: Use less salt by flavoring with herbs, citrus zest, and spices--all boost heart health. Pinch salt + 1 tsp. dried or 1 T. fresh herb



Bake Hot Breakfast for Your Valentine☺



- ▶ Waffles...with Spiced Brown Sugar Syrup
- ▶ Pancake Day, February 16, helps "stack" the menu. (GROAN)
Mix up a Whole Grain Pancake Mix to be ready.
- ▶ Bake ahead Strawberry Swirl Coffee Cake Muffins. They'll freeze great to warm on random days!



Baking Hack: Bake your best Biscuits with Hometown Foods Create a dozen gourmet breakfast sandwich options with sliced meats, cheeses, hummus, avocados, salsa...



Week 3

Baking History & Traditions



- ▶ **Adopt or adapt** a grand- or parent's, aunt or uncle's, community or neighbor's specialty. Cherry Kolaches is Carleigh's, Chisholm Trail 4-H (right)
- ▶ Bake a 3-generation Black Walnut Sheet cake! Yum. (lower right)
- ▶ **Baking in glass is rich in American history**. Since 1905, learn why glass bakeware—all shapes, sizes--has brought success to home bakers.
- ▶ **Everybody Bakes Bread** shares a world of bread baking history and tradition. Chewy... flat... soft...learn about many grains and their uses.



Baking Hack: Bread baking traditions thrive with tools to take temperatures. Yeast grows in cold to warm temperatures gives great, if different, results—but stops dead at 140 ° F. Build your yeast bread baking chops with Baking with Yeast Guide.



Build your American PIE Traditions!

- ❑ The United States of Pie "maps pie favorites!
- ❑ Pastry Pizzaz builds your pastry fundamentals and tested recipes.
- ❑ Select pies from handheld to two-crust
- ❑ Savor a unique quiche with a press-in-the-pan Yeast Crust.



Cherry Pie Day is Feb 20.

Don't miss Baker Bettie's Cherry Pie Filling tutorial!



Baking Hack: Pastry dough too soft to roll? Flatten pastry between lightly floured parchment paper or waxed paper, slide into the freezer 10-15 minutes; then finish rolling.

Baking Traditions \$ave

A home pantry of inexpensive \$upplies for cooking and baking.



Peachy Muffins

Perfect for Muffins any day!

FACTS: Home prepared foods save \$\$ and support good nutrition.

- ▶ A pantry of canned foods means fewer shopping trips -- saving fuel, time and the amount you spend.
- ▶ Available canned goods increase how often you include fruits and veggies in baking, meals and snacks.
- ▶ Keep baking ingredients and mixes too. Order a free Jiffy Cookbook using canned foods and mixes.
- ▶ Canned foods are often as nutritious as fresh.

Baking Hack: Local food pantries, the county's extension office, health department, supermarkets and on-line connections can all offer ingredient supplies.



Baking Traditions Include Pizza!

Pizza is just ONE recipe to bake with kids😊



Piz-za! Options Galore
and a match made in
heaven for family nights.

- ▶ Homemade Gluten Free Pizza
- ▶ Sheet Pan Pizza (right)
- ▶ Sausage and Egg Breakfast Pizza (left)
- ▶ Top 12 Pizzas
- ▶ Perfectly Crispy Crust (right)



Baking Hack: The flour makes a huge crust difference. Look for **unbleached**. What is Pizza Flour?
For both thin and deep dish, you won't go wrong with an unbleached 12% strong bread-type flour.



Baking for Others

Week 4



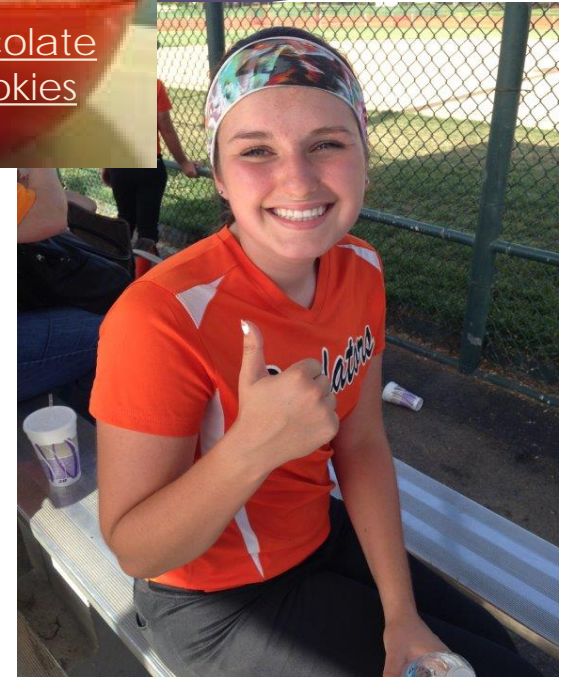
Double Chocolate Oatmeal Cookies



Black Walnut Muffins

- **Start simple**, with neighbors, family, friends.
- Bake or cut **bite-sized**, small portions.
- Include an ingredient list.
- Apply **baking food safety guidelines**.
- **Work together** with club or class & bake for a shelter or adult day-center.
Call first and note delivery suggestions.

Many more Bake to Give ideas at HomeBaking.org



Bake to Give Maddie Kruse-
2023 Youth Award

Baking Hack: Start baking when a child is young to give benefits for life!

Enter on-line by March 31.

Plan a Bake Sale for No Kid Hungry

One in 6 kids is hungry across this U.S. We can change this!

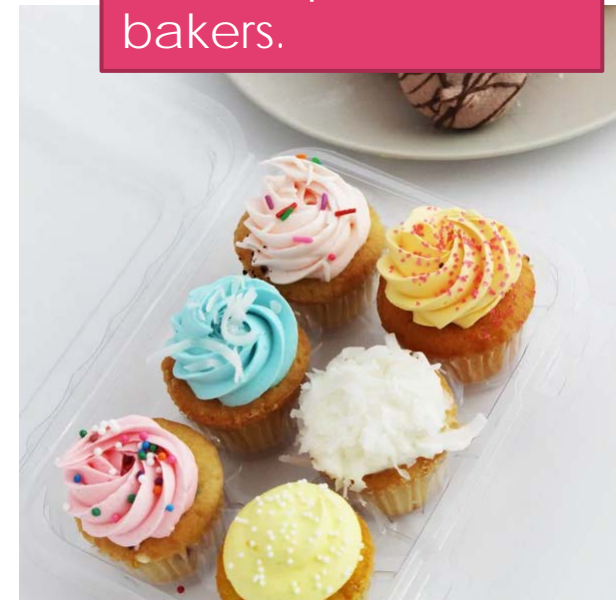


- ▶ Bake Sale Resources Pricing, planning, signs, hosting safely & more!
- ▶ Cute AND tasty is good! Homemade Goldfish Crackers = customers.
- ▶ Soft Pretzel Bites win the day!
- ▶ Apply Baking Food Safety basics.

BAKE SALE
FOR NO KID HUNGRY

Package earth-friendly with single or multi-packs for bakers.

Baking Hack: Build a plan with the Bake for Good self-directed program with a tried-and-true bread dough guide and produce loaves, braids, pizza crust, rolls and more!



Baking for Others includes PETS!





Pet Treats

Bake a special treat for your pet!

Ingredients:

- 2½ cups whole wheat flour
- ½ cup non-fat dry milk powder
- 1 teaspoon salt
- 1 teaspoon brown sugar
- 6 tablespoons cold butter or margarine
- 1 egg
- ½ cup cold water

Preparation Time: 15 minutes
Baking Time: 30 minutes
Makes: 10 large or 20 medium pet biscuits



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Directions:

1. Preheat oven to 350 °F.
2. Combine whole wheat flour, dry milk powder, salt and brown sugar in medium mixing bowl. Cut butter into flour mixture using a pastry blender, fork or two knives until mixture resembles coarse crumbs.
3. Combine egg and cold water in small mixing bowl.
4. Stir the egg mixture into the dry mixture to form a dough ball. Sprinkle with small amounts of water or flour to make a dough that can be kneaded. Knead for about 3 minutes.
5. Roll dough to ½-inch thickness. Cut into bone shapes, using cookie cutter or knife. Cut into kibble snacks by rolling the dough into a long thin log, and cut ½-inch pieces. Place on baking sheet. Place the same size on each baking sheet for even browning.
6. Bake for about 30 minutes (depending on the size of the pieces) or until browned and crunchy.

Fun Fact:
Did you know pets can have food allergies? Substitute a blend of non-gluten flours (sorghum, soy, corn) or meal (corn, or flax) for pets with wheat allergies.

Vocabulary:
Staple:
a major product or part of daily life.

Family Activity:
Make pet treats and donate them to the local animal shelter or include as a specialty gourmet pet treat at a fundraiser bake sale.

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[Pet Treat Baking recipe and video tutorial](#) [Dog Treats](#)

- ▶ [Best of Breed Dog Treats](#) includes whole grains galore. Learn what “[sustainability](#)” is for grains.
- ▶ [Check out the taste testing and production of these treats.](#)
- ▶ [Stone Buhr Flour](#) offers a fresh take on it with [Gingerbread Mailman Cookies for Happy Healthy Dogs!](#)

Baking Hack: What’re the facts about why whole grains are so great for your pet, and you? Go to [Whole Grains 101](#).

March Baking

A Sneak Peak



50 Years young and never more welcome!

Bake and Take all month to boost others.

- ▶ LOVE saying "It's baked locally," because **YOU** baked it!
- ▶ LOVE baking with locally produced ingredients-- like FLOUR (See the wheat grown near you!)
- ▶ PACKAGE and DELIVER in plant-based packaging made in North America.



Fudge Nut Bars

Baking Hack: Be a flour savvy baker and learn from North American Flour Millers and Canadian Millers.
Learn How Flour is Made.

