

# February Baking

*A Calendar of Baking, Hospitality and Hacks*

During the month of February, help us celebrate

# BAKE

**for FAMILY FUN MONTH**

Each week you will find designated recipes, baking activities and opportunities to spend time together in the kitchen. From toddler to grandparent – baking is the perfect family activity!



Baking Hack:  
It's time for  
some fun no  
matter what  
age! Thanks to  
Gemma, we'll  
start with  
Goldfish!

Homemade Gold Fish  
Crackers

# It's Bake for Family Fun Month

## Week 1

Let's Get Started Baking!

## Week 2

Baking for my Valentine!

## Week 3

Baking history and traditions

## Week 4

Baking for others



Buttermilk Banana Bread  
*mis en place.*

**Baking Hack:** Whether it's your first time or your 1000<sup>th</sup>, baking success starts with "mis en place" – read the recipe...put everything in place...mix, bake. It's Chef Baker Bettie's #1 Fundamental!





- Baking fresh Tortillas is a fabulous- and delicious- baking beginning. Baking on a griddle or skillet is as old as time.
- You'll learn how to measure, mix and kneading too.
- Enjoy learning from Panhandle Milling R&D Chef Tess and their Young Baker's Apprentice Tortilla Learning Lab.
- Grow your field-to-oven Texas Wheat knowledge on Feb 1- Texas Day!



**Baking Hack:** "Bench time" (cover dough; give it a 5-15 minute rest). Magic! It makes rolling flour tortillas easier. 😊

# Oh! The Places You'll Go When You Start Baking!

Share your carrot cake baking prowess Feb 3rd- Carrot Cake Day.

- ▶ Carrot cake can take many shapes, why not a cookie?
- ▶ **Expand** frosting skills with Frosting Starter. Design-your-own flavor and colors.
- ▶ **Launch some new** Decorating with Frosting Tips and Tricks.



Black Walnut Carrot Cake is destination baking!

## Carrot Cake Cookies



**Baking Hack #3:** Get to know all the types of sugar, their functions and roles in baking.



Week 2

Bake for My Valentine



CHOCOLATE Heart Brownies



Portuguese Sweet Bread, a "signature" bread.

- ▶ What makes Valentine's Day so Sweet? Fact or fiction: Are chocolate and sweet treats or flowers the favorite Valentine gift?
- ▶ **Fact or fiction:** Sugar is a natural ingredient produced in plants from photosynthesis.
- ▶ **Fact:** Bakers can easily bake brownies with whole wheat flour, a "whole-hearted" gift! ;)

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

*Affordable* vegan baking ingredients include wheat flours, oatmeal, cornmeal, granulated and brown sugars and vegetable oils. Flax meal can be your egg substitute...all vegan!

# Bake for Heart Health!



Whole Wheat Chocolate Blueberry Bread



Lemon Thyme  
Whole Wheat  
Muffin

## 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 the salt in half; make at least 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
- ▶ **Add fruit, grated veggies, herbs, cocoa...** all great for heart nutrition in breads, pancakes, waffles, or savory recipes.

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

# Bake Hot Breakfast for Your Valentine☺



This idea is so good, you may be serving hot breakfast for a MONTH!

- ▶ Waffles...with Spiced Brown Sugar Syrup
- ▶ A Cherry Almond Dutch Baby Pancake is the “special” for Pancake Day, February 16.



**Baking Hack:** Bake your best Biscuits with Chef Devin Donley, Renwood Mills. 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. Chef Gemma Stafford shares her mum's Irish Apple Cake- and recommends a 9-inch round layer cake pan.
- ▶ **Baking in glass is rich in American history**. Since 1905, learn why glass bakeware- rounds, square, 9X13-inch, loaves, pie plates...have brought success to home bakers.
- ▶ **Everybody Bakes Bread** shares a world of bread baking. Chewy... flat... soft... crisp... thin... thick...or multi-grained like the Early American Cottage Loaf at right.



**Baking Hack:** Bread baking traditions thrive with tools to take temperatures. Yeast 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.

# Baking Traditions \$ave

Keep 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!

Explore and create your own [Top 12 Pizzas \(right\)](#)



## Pizza! Options Galore

- ▶ [Homemade Gluten Free Pizza](#)
- ▶ [Sheet Pan Pizza \(right\)](#)
- ▶ [Sausage and Egg Breakfast Pizza \(left\)](#)



**Baking Hack:** The [flour makes a huge crust difference](#). Look for **unbleached**. Want a New York style chewy crust? Choose a "High Gluten" (high protein flour = more than 12% protein). For baking both thin and deep dish, you won't go wrong with an unbleached 12% strong bread-type flour.



# American PIE:

Map the favorites with The United States of Pie!!



Cherry Pie for Feb. 20 Cherry Pie Day!



- ❑ Pastry Pizzaz with Marla Prusa provides pastry fundamentals and tested recipes.
- ❑ Select pies ranging from handheld to muffin cup Cheddar at <https://www.homebaking.org/?s=Pies>
- ❑ Savor quiche with a press-in-the-pan Yeast Crust.

**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.





Start simple. It's all literacy in action for kids!



Double Chocolate  
Oatmeal Cookies

- **Start simple**, with neighbors, family, friends.
- **Bake and wrap in 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, text or email first** for their guidelines during COVID and flu season 😊



Plant-based, North American  
Produced packaging is ready for you!

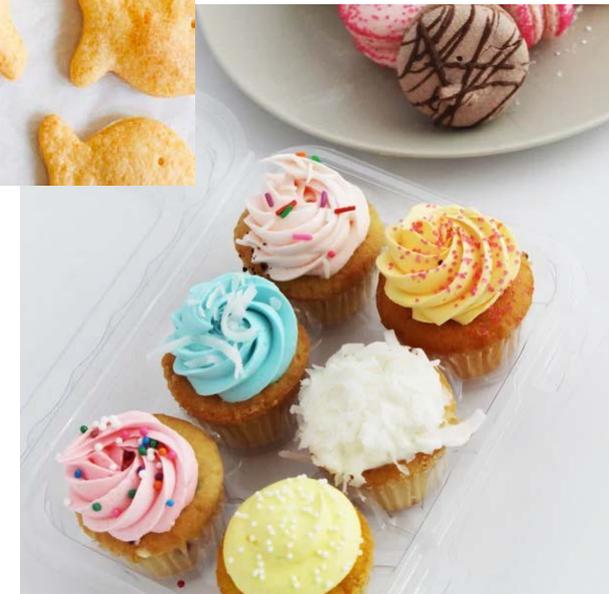
**Baking Hack:** Start baking when a child is young and they'll thank you for life.

# 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 are ready for you. *Pricing, planning, signs, hosting safely, and more!*
- ▶ Cute AND tasty is good! Homemade Goldfish Crackers will win the day!
- ▶ Package earth-friendly with single or multi-packs for bakers.
- ▶ Perfect recipes from our members' test kitchens.



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

**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.

**FOR DOGS BIG AND TINY**

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

- ▶ [Best of Breed Dog Treats](#) includes whole grains galore. (Not a bad idea for us either!)
- ▶ [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: Check out the buzz about why whole grains are so great for your pet, and you, at [Whole Grains 101](#).

# March Baking

## A Sneak Peak



50 Years young and never more welcome!

### Boost others by “Baking and Taking” all month!

- ▶ 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.



<https://goodnaturedproducts.com/#HBA>

**Baking Hack: Flour is NOT just flour! Be a flour savvy baker! Learn from the pros: North American Flour Millers and Canadian Millers.**

