

# 2020 March Bakers

*A calendar of baking hacks and hospitality.*



**Top Baking Hack:** It's Nutrition Month! See how delicious [Baking with Whole Grains 101](#) makes 3 whole grain servings a day an easy goal.

# 2020 March Bakers

*Ancient, heritage, modern grains, seeds, pulses all make baking great!*



March is . . .

**National Flour Month**

[www.NationalDayCalendar.com](http://www.NationalDayCalendar.com)



**Baking Hack:** Wheat, rye, spelt, barley, triticale, emmer, and einkorn flours all have some gluten that provides structure. When trying non-gluten flours for variety in a recipe, start with (3/4) 75% or more wheat flour and substitute (1/4) 25% or less as non-wheat flour.

# 2020 March Bakers

## March 2 – Read Across America—Dr. Seuss Day

• Join the  
**Big Read with  
Book and Bake!**  
*Bread, Bread, Bread*  
Ann Morris

*Bread Song*  
Frederick Lipp

*Everybody Bakes Bread*  
Norah Dooley

And more...

*Baking with Friends*  
Read list, p. 72



### Ingredients:

1½ cups warm water (95 °F)  
1 (¼ ounce) package or 2¼ teaspoons active dry yeast  
½ cup cornmeal  
4 to 4½ cups all-purpose flour (May be part whole wheat)  
2 tablespoons vegetable oil  
1½ teaspoons salt

**Optional:** Egg wash and cheese, sesame seeds or coarse salt.

**Preparation Time:** 40 to 50 minutes

**Baking Time:** 3 to 8 minutes

**Makes:** 16 bread sticks

**Serving:** 1 bread stick

### Directions:

1. Combine water, yeast, cornmeal and 2 cups of flour in large mixing bowl. Stir about 2 minutes. Cover; let stand 15 to 30 minutes.

2. Add vegetable oil, salt and 1 cup additional flour. Mix until well blended.

3. Add enough of the remaining flour until dough forms a rough ball and pulls away from sides of the bowl.

4. Place dough on lightly floured surface; knead about 5 minutes until smooth and elastic. Shape into a smooth round ball; cover; let dough rest 20 minutes OR place in greased bowl, cover and refrigerate until ready for shaping, up to 2 days. (Punch dough and reshape into dough ball each time it doubles.)

5. Divide dough in half; shape each half into 8-inch long log. Cut each log of dough into 8 pieces. Roll each piece of dough into "snakes". Thicker pieces of dough will make soft sticks and very thin pieces of dough for "grissini" like sticks.

6. Lay sticks about 1-inch apart on parchment-lined baking sheet sprinkled with additional cornmeal if desired. Cover; let dough sticks rise until double about 20 minutes.

7. Preheat oven to 450 °F. Brush sticks with 1 tablespoon water beaten with 1 egg white; sprinkle with cheese or sesame seeds or coarse salt as desired.

8. Bake 3 to 8 minutes or until browned. (Baking time will depend on thickness.) Remove from pan to cooling racks.

**Option:** Omit oil and add 1 cup grated, favorite cheese (Parmesan, Cheddar) to dough.

### Family Activity:

Young family members will enjoy shaping "snakes" of bread dough for bread sticks, and brushing (painting) the egg wash on unbaked breads, pastries or other baked goods just before baking to provide a rich color or gloss to the crust.

### Nutrition Facts (1 serving/42g)

Calories: 158, Protein: 4g, Carbohydrates: 30g, Dietary Fiber: 1g, Fat: 2g, Mono Fat: 1g, Poly Fat: 1g, Calcium: 6mg, Potassium: 60mg, Sodium: 224mg

### Fun Fact:

Wheat and its early relatives were first grown in the Tigris and Euphrates River basin, near Iraq, and became a staple grain more than 10,000 years ago. Egyptians are credited with discovering yeast-leavened breads.

### Vocabulary:

**Egg wash:** A thoroughly combined mixture of 1 whole egg, egg yolk or egg white mixed with 1 tablespoon cold water or milk.

**Baking Hack:** Bread won't stay shaped in a stick or bounces back when you roll it out? Cover it, let it (and you) relax 5 minutes, then re-roll or shape.

# 2020 March Bakers

## Bake and Take Month

- ✦ Don't miss a chance to bake *and* Invest in Veterans March 1-7. Choose from our test kitchen recipes to bake and take.
- ✦ Bake and take an Easy Pound Cake on it's day, March 4!

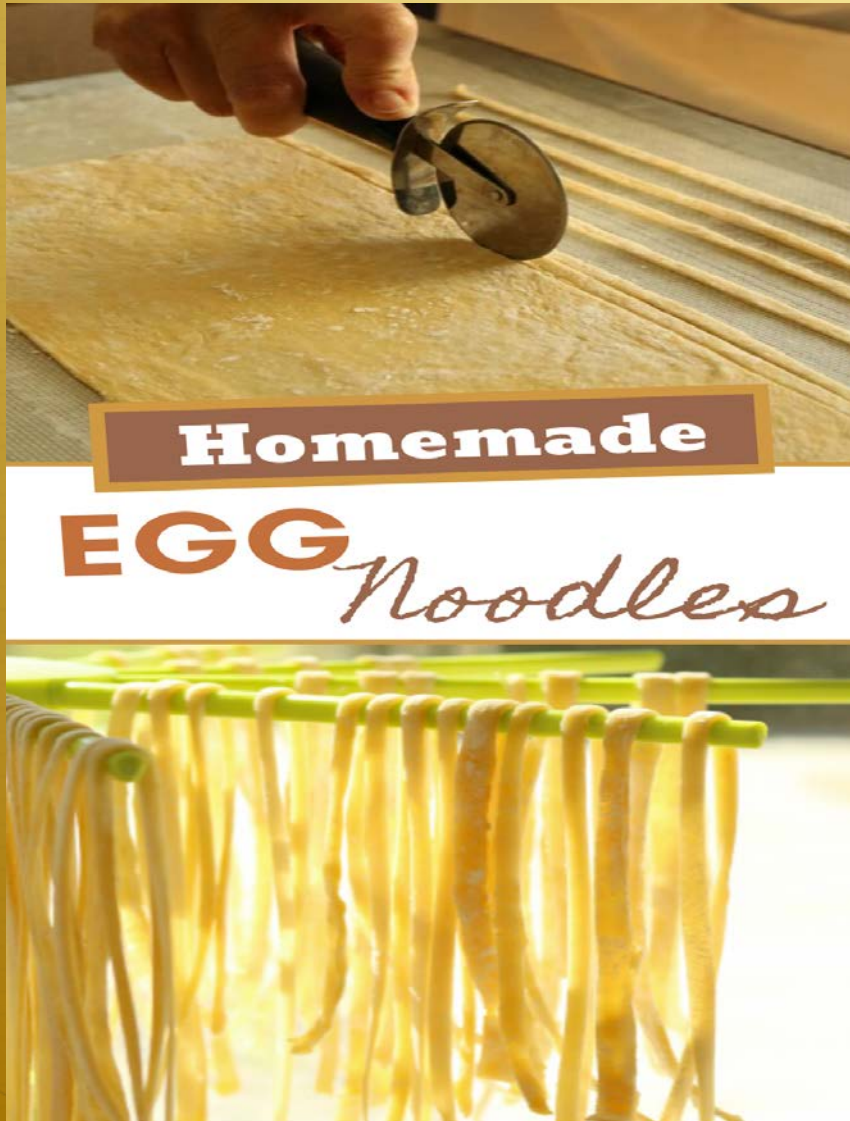
**Baking Hack:** There's nothing like fresh-baked cookies, so...scoop the cookie dough balls onto wax or parchment-lined cookie sheets. Freeze dough balls 1 to 2 hours until firm. Place balls in a freezer container or bag and bake in smaller batches, adding a minute or two to baking time.



# 2020 March Bakers



## National Noodle Month



- ✦ The first noodles were made in...China 4000 years ago. *Everybody Brings Noodles* is a fun read!
- ✦ We love noodles because they are easy, *FAST* and price friendly. Eat them 3X a day for a year for \$143!
- ✦ Have a potluck! Make them fresh, saute' some veggies and enjoy.

**Baking Hack:** Hang your flat noodles on an adjustable wooden clothes rack until boiling. You can also toss with flour and freeze freshly cut noodles.

# 2020 March Bakers

All bakers are a little Irish in March!



- ✦ Don't wait. Irish Chef Gemma Stafford shares her [Best Ever Irish Scones](#) with video step-by-step guide.
- ✦ St. Pat's Day itself calls for the daily favorite [Irish Soda Bread](#) (Brown Bread).



**Baking Hack:** Buttermilk is essential to react with the soda and leaven well. Don't have? Sub 1 cup buttermilk with 2 Tablespoons lemon juice *or* white vinegar mixed with regular milk to equal 1 cup. Allow to stand 30 minutes before using if possible.

# 2020 March Bakers

## National Agriculture Week



✦ Get to know more than the average American about where your food comes from...A to Z... and why each is important in baking.

✦ Wheat...Field to Flour; Flour to Table

✦ Where Does Sugar Come From? Field to Table

**Baking Hack:** Identify which baking ingredients in a favorite recipe are “locally produced” in your state.

42 states grow wheat for example!



# 2020 March Bakers

Johnny Appleseed Day, March 11

- ✦ Johnny Appleseed (aka John Chapman, 1774-1845) got his seeds from apple cider mills so he grew many varieties. What are today's top varieties grown?
- ✦ Join the 7500 US apple growers in fighting food insecurity. Why not hold a Bake Sale for No Kid Hungry?
- ✦ You're gonna love this simple Jiffy Corn Muffin Mix Apple Cake!



Try your hand at making Apple Butter!



**Baking Hack:** No need to peel apples if they are thin-skinned. Wash, core, slice, chop or grate for apple cakes and breads.



# 2020 March Bakers

Girl Scout Day, March 12

- ✦ Don't miss the Power of One Girl Scout Baker, Sofia Votava and her desire to share baking skills!
- ✦ The Knead for Baking guide and web-site will launch you too!
- ✦ Bake your favorites, bake and take and let us know.  
#HomeBaking

**Baking Hack:** Recipe calls for room temperature eggs? Warm the eggs 5 minutes in a bowl of lukewarm water.

**Need an egg substitute? No worries!**



# 2020 March Bakers

World Flour Day, March 20

- ✦ Grain farmers and flour millers deserves our thanks, sustaining billions worldwide.
- ✦ Visit a mill on-line or search locally to see how flour is produced. (Kid's Zone)
- ✦ Make your own mix or buy from the pros to bake in a flash at home.
- ✦ Share how flour nourishes you, your school, community, and family.  
#WorldFlourDay, #HomeBaking



**Baking Hack:** Any recipe may be *whole-grain rich*. Substitute  $\frac{1}{2}$  the enriched flour with whole wheat flour. Whole wheat flour may be coarse to fine and made from red or white wheats.

# 2020 March Bakers

## French Bread Day, March 22

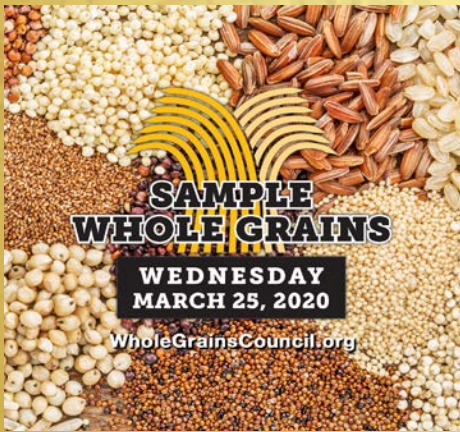
- ✦ What a great way to celebrate Flour Month! Enjoy step-by-step the ins-and-outs of French Baguette baking!
- ✦ There's more! Bake with the Best of Bread winners from Oklahoma.
- ✦ Share what you bake with us.  
#NationalFrenchBreadDay, #HomeBaking
- ✦ Learn! Go to baking classes and schools.  
Start a career.

**Baking Hack:** Crusts may be chewy, crisp, soft  
And tender, shiny, golden or pale. Crust  
Treatments.



French  
**BAGUETTES**





# 2020 March Bakers

Whole Grain Sampling Day

## Top 3 Picks for the day:

1. Break-fast: Serve hot or freeze ready to go!

Buttermilk Wheat Germ 'Cakes

2. Coffee or Tea Break: Biscotti!

Whole Wheat Chocolate Raspberry

3. Supper Time! Broccoli Swiss Quiche

*Make the whole wheat crust ahead, roll, refrigerate in pie plate!*



**Baking Hack:** Whole wheat pastry flour is made from soft or lower protein (10% or less) wheat for more tender baked goods. An “all-purpose” whole wheat flour may be used but may contain more protein or gluten-strength than pastry flour made from whole wheat flour milled from soft white or winter wheats.

# 2020 March Bakers

Bake and Take Day— 4<sup>th</sup> Saturday—March 28

- ✦ March passing you by for Bake and Take? This is your day...make it happen.
- ✦ Muffins, cookies, French Bread, granola bars, rolls.  
You can do it!



## Bake & Take —Month—

Giving a home-baked gift is a great way to show someone you care! Every March is Bake and Take Month, a time to celebrate your everyday relationships with some delicious baked goods. Bake and Take was created in 1971 by the Kansas Wheathearts to be an opportunity to revisit relationships with friends and family by baking and sharing treats. Kansas Wheat and the Homebaking Association continue those efforts today with their Bake and Take Month partnership.

While a month long celebration might not be the right fit for some, Bake and Take Day, celebrated annually on the fourth Saturday in March, is a great opportunity for families and service groups to get together in the kitchen and around the oven.

If you do bake it off, let HBA see your creations on social media!



Excited for Bake & Take Month? Try these

## Applesauce Oatmeal Muffins

Developed by Jill Ladd, MPH, RD, LD for eatwheat.org

### Ingredient List

#### For the muffins

- 1 1/2 cups quick oats, uncooked
- 1 1/4 cups all-purpose flour
- 3/4 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1 cup (8 ounces) unsweetened applesauce
- 1/2 cup low-fat milk
- 1/2 cup brown sugar
- 3 tablespoons canola oil
- 1 large egg, beaten

### Directions

1. Preheat the oven to 400°F. Line a 12-cup muffin pan with paper liners.
2. In a large mixing bowl, whisk together the oats, flour, cinnamon, baking powder and baking soda.
3. Add applesauce, milk, brown sugar, oil and egg; mix just until dry ingredients are moist.
4. Divide the batter among the muffin cups, filling them most of the way.
5. In small bowl, combine topping ingredients. Sprinkle evenly over batter.
6. Bake until the muffins are lightly browned and a toothpick inserted into the center comes out clean, 20-22 minutes. Let the muffins cool 5 minutes in the pan, then remove to a rack.

For more great Bake & Take ideas please visit [nationalfestivalofbreads.com](http://nationalfestivalofbreads.com), [eatwheat.org](http://eatwheat.org) or [homebaking.org](http://homebaking.org).

#### For the topping

- 1/2 cup quick oats, uncooked
- 2 tablespoons brown sugar
- 1/4 teaspoon ground cinnamon
- 2 tablespoons butter, melted



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# 2020 March Bakers

Be our next Baking Award Winner!

*Educator Award* **WIN \$1,000!**

**WHO** Anyone who teaches baking!  
Educators in classrooms, pre-schools, community programs, clubs, camps or leader training for Pre-K to 12th grade.

**WHAT** Submit baking lesson, activity or media feature that helps others learn to bake.

**WHY** The Home Baking Association will share your lesson/activity with other educators AND reward you!  
**WIN \$1,000** and a trip for two to the Home Baking Association Annual Meeting to present winning program!

**HOW** Entry details at [HomeBaking.org](http://HomeBaking.org). Enter electronically or by postal mail.

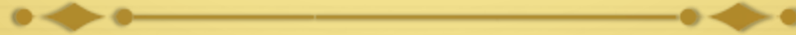
**WHEN** Entry deadline is March 31. Winner announced June 1.



Enter by March 31-- online at [HomeBaking.org](http://HomeBaking.org)

# 2020 April Bakers

Down load the lesson Bread with a Twist!



April is...

National Soft Pretzel Month

[www.NationalDayCalendar.com](http://www.NationalDayCalendar.com)



**Baking Hack:** *Pretiolas*, or pretzels, are “a little reward” and given as a blessing at weddings or when children learned their prayers and lessons.