

# 2020 August Bakers

August is All About Sandwiches.



**Sandwich Hack:**  
*Homemade* buns,  
Flat breads, savory  
breads...are the BEST  
BREADS for Sandwiches.



**Fresh Flatbread Sandwich**



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## 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 most poor. 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 and include seeds in flatbread-- **Homemade Whole-grain and Seed Flatbread** (see right).



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## National Sandwich Month



Fold curry, grilled meat or hummus into a crisp and tender Flat Bread.

Watch Chef Tess, Panhandle Milling, prepare step-by-step [5-Ingredient Flat Bread](#).

Variety is the spice of life: Add 1 Tbsp. cumin seed and 1 Tbsp. garlic powder to the dry ingredients for an Indian-style flat bread to serve with curry.

**Baking Hack:** If the dough springs back when you roll it, lightly cover the dough pieces and let them rest ~5 minutes– then roll.



More Flat Breads at [RedStarYeast.com](http://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



# 2020 August Bakers

Create your own signature sandwich!

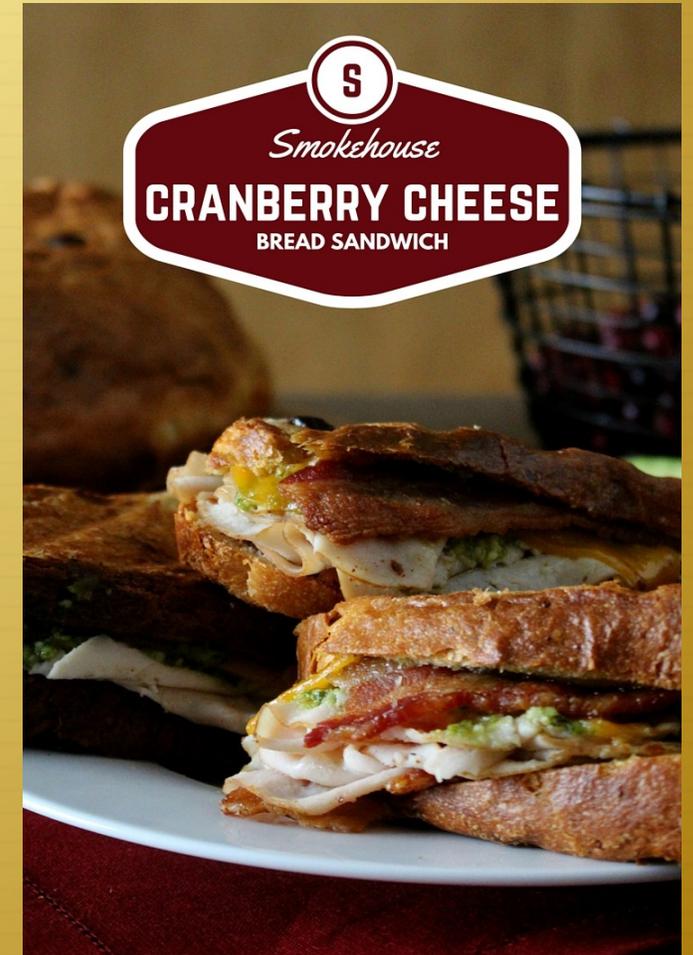


Smokehouse Cranberry Cheese Bread a Vermont-inspired National Festival of Breads entry, is both savory and sweet with the tang needed to go with salty bacon and roasted turkey. Toast this sandwich as a signature panini.

View how to prepare the bread: <https://youtu.be/solEnqB72QI>

Find more great signature breads at [www.NationalFestivalofbreads.com](http://www.NationalFestivalofbreads.com)

**Baking Hack:** No Panini Press? Follow directions to prepare this sandwich and place it on a pre-heated, well-seasoned cast iron or oiled, heavy skillet. Place a plate on top and set a heavy item on top of the plate to weigh and press as it toasts the sandwich. Flip when toasty and repeat.



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Savor sandwiches on a Chewy Pretzel Bun.

You'll love the **economy of ingredients**—(about \$1 for 8 buns) flour, water, yeast, a pinch of sugar and salt. All while it looks and tastes like a million dollars.

**Baking Hack:** Try a new twist– use an “everything bagel” sprinkle blend:  $\frac{1}{4}$  cup *each* sesame and poppy seeds, 3 Tablespoons *each* garlic and onion flakes, 2 Tablespoons kosher coarse salt.

# 2020 August Bakers

Bierock sandwiches go way back!



Where **Czechs and Germans** settled America, came a hot sandwich called ***Bierocks*** or in Nebraska, *the Runza*. Filled with cabbage, onion and browned and drained ground meat, in various ratios, these began as ideal fare for a hearty “field hand” 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?** Wrap the dough around a blend of cabbage, onion, cooked quinoa or bulgur and seasonings!

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



# 2020 August Bakers

“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 is a great relative! Start with a good dough!  
TIP: Spread dough with pesto, then fill.

**Baking Hack:** Egg wash gives sheen. Don't over-do the amount of sauce or the dough cannot seal well.



Sally McKenney Quinn shares her Ham and Cheese Hot Pocket step-by-step method at [redstaryeast.com](http://redstaryeast.com)

# 2020 August Bakers

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.



# 2020 August Bakers

So What's For Dessert?

August 10 is National S'Mores Day!  
(That's a Sandwich😊)

Try S'Mores Whoopie Pie for starters! The Gluten Free version will delight too!

Then, 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 with deepen the color but be a milder flavor.



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## Waffle Sandwich, Anyone?



Let's honor August 24 is [National Waffle Day!](#)

[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!

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



# 2020 August Bakers

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 😊



# 2020 September Bakers

Sneak Peak!



Oatmeal Jam Thumbprint Breakfast Cookie

THE  
**GRAINIES**  
#WholeGrainsMonth



It's Whole Grains Month AND National Breakfast Month! Let's get baking!