VALUE-ADDED BAKING:
HOME BAKING ACROSS THE NATION
2019 NATIONAL FESTIVAL OF BREADS

Cindy Falk and Julene DeRouchey
National Festival of Breads Co-Directors

PROUD MEMBER OF THE HOME BAKING ASSOCIATION
The National Festival of Breads was declared the best food festival in Kansas.

**Kansas:** National Festival of Breads (Manhattan)
The National Festival of Breads celebrates bread in all its glory with baking demonstrations and competitions between bakers from across the country.

7/16/19
Thank You,
K-State Research & Extension!
NATIONAL FESTIVAL OF BREADS GIVES VALUE TO HOME BAKING

- Educational, family-friendly event
- Promotes wheat and baking ingredients
- Inspires nutritious ingredients and trending flavors
- Teaches baking skills
- Showcase shaping and decorative bread techniques
- Community service

Auction of breads and “People’s Choice” voting raised $1,140 for local food bank, collected 701 lbs. of food
COLORFUL KITCHENS ENCOURAGES BAKING EXCITEMENT
FINALISTS
From across the nation

2019 National Festival of Breads Finalists

Chad Udo Rosette Rolls
Rachel Habersmith
North Logan, Utah
Home Baker

Malted Spiced Apple Cider
Craig Locates
Tifton, Georgia
Home Baker

Loaded Baked Potato Bread
Lauren Katz
Ashburn, Virginia
Home Baker

Skillet Star Bread
Brenda Watts
Greer, South Carolina
Home Baker

Raspberry Ginger Scones
Daniele Womack
Lakeland, California
Food Blogger

Boochum Amaretto Rolls
Shanna Harvey
Roy, Utah
Food Blogger

Tart Cherry, Pecan, and Rosemary Scones
Kalah Hoffman
Chicago, Illinois
Food Blogger

Peanut Butter Pretzel Rolls
Suzanne Nocanuss, Georgia
Food Blogger

2019 Finalists
“FIELD TO FLOUR” FARM TOUR
Bakers learn about ingredient traceability
BREAD SHAPING ADDS VALUE
More bread sculptures may be found at: NationalFestivalofBreads.com
BAKING DEMONSTRATIONS
MAIN STAGE SPEAKERS
“ASK THE BAKERS”
Provided by the Home Baking Association

HomeBaking.org
Sharon Davis, Home Baking Association
Connie Nieman, Kansas Wheat Spokesperson
Rewarding Home Bakers

Judging

Merry Graham
Food Blogger Division
“Blackberry Ginger Speculaas Danish Wreath”

RaChelle Hubsmith
Home Baker Division
“Chai Ube Rosette Rolls”
TRENDS ACROSS THE NATION
From California to New York

California, Nevada, Arizona, Washington, Oregon, Utah, Colorado, New Mexico
Oklahoma, Kansas, Nebraska, Missouri, Texas, South Dakota, Iowa, Illinois, Indiana, Ohio, Michigan, Minnesota, Pennsylvania
Arkansas, Kentucky, Alabama, Georgia, Tennessee,
West Virginia, Virginia, South Carolina, North Carolina, Florida
Maine, Massachusetts, New Hampshire, Connecticut, Maryland, Delaware, New Jersey, Wisconsin, New York
**Flours & Great Grains**

*We’re in It For The Dough*

- **Flour:** bread, all-purpose, traditional red whole wheat, whole grain sprouted wheat flour, soy, rice, lentil, legume, rye, almond, potato, whole buckwheat, King Arthur White Whole Wheat Flour

  “I am a big white whole wheat fan, so I often use it in baked goods."

- **Wheat:** cracked wheat (soaked), wheat bran, germ, high gluten flour, semolina flour, pasta flour (Durum), vital wheat gluten

- **Ancient Grains:** Freekeh (roasted green wheat), Spelt flour

- **Corn:** yellow cornmeal, instant corn masa flour

- **Oats:** quick, old-fashioned, steel cut oats, oat bran

- **Multigrain:** at least two grains
START WITH YEAST
Rising Star

Red Star® PLATINUM Superior Baking Yeast®

“Red Star Platinum Yeast is very active with impressive oven spring.”

♥ 7 out of the 8 Finalists’ recipes used PLATINUM Yeast®

► Red Star® Active Dry Yeast
► Red Star® Quick-Rise™ Yeast
AWARD-WINNING INGREDIENTS
What Bakers Used

- **CHEESY GOODNESS** - Irish Cheddar, Burrata, Goat, Apricot Goat Cheese, powdered VT Cheddar, smoked Romano and Cheddar cheese powder, Cream Cheese, Asiago, Romano, Cheddar, Swiss, Ricotta, Blue Cheese, Pepper Jack, Parmesan, Reggiano Parmesan, Mexican style, Mozzarella...

- **CHOCOLATE** - Belcolade Bittersweet Discs (Belgian chocolates), white chocolate chips, mini chocolate chips, cocoa powder, cacao nibs (crushed cacao beans)...

- **COCONUT** - oil, flour, milk, toasted, unsweetened, sweetened, extract, sugar, activated coconut charcoal powder, coconut cream...

- **FATS** - butter, soy oil, garlic olive oil, avocado oil, sesame oil, butter flavor shortening, GHEE (clarified butter), bacon drippings, blood orange oil, lard

“Don’t substitute shortening for lard. It’s just not the same without the old-fashioned lard.”
FAVORITE FLAVORS
Fire Up The Taste Buds

- **VANILLA**- bean, vanilla bean paste, pure extract (Madagascar Bourbon), French Vanilla instant pudding mix
- **EXTRACTS**- vanilla, almond, maple, pure rum
- **TANGY LEMONS**- crystallized lemon powder, lemon curd, Meyer lemon zest and juice, freshly grated lemon zest, lemon oil
- **CITRUS ZING**- lime zest, lime juice, orange zest, orange extract, orange juice concentrate
- **KICKIN’HOT**- Gochujang Korean chili sauce, Sambal Oelek chili paste, chili powder, Harissa seasoning, paprika, cayenne hot pepper sauce, red pepper flakes, Pasilla Chili powder ...
- **TIME FOR TEA**- Chai tea spice mix, Oolong tea, black tea, green tea powder...

“Tea is hotter than ever.”
BOLD, BRIGHT FLAVORS
Herb Power

- **SALT** – KAF pretzel salt, sea salt, coarse kosher, fine sea salt, pink sea salt, Himalayan salt, KAF bread salt, Applewood smoked salt

- **SPICES** – KAF Speculaas Spice, KAF Everything Bagel Topping; Chinese Five-Spice
  - Cinnamon-Saigon, Vietnamese; Za’atar (Middle Eastern spice blend)
  - Ground ginger, cinnamon, cardamom, star anise, nutmeg, black pepper, mace, pumpkin pie spice, apple pie spice

- **Garlic**- chopped black garlic, roasted, garlic powder, freeze dried, granulated, fresh, minced garlic in a jar

- **Salt-free-Garam Masala Spice Blend; no-salt dried pasta blend (basil, oregano, thyme, garlic)**

- **FRESH HERBS**- rosemary, mint, dill, chives, cilantro, parsley, basil, Italian parsley
- **DRIED HERBS**- oregano, coriander
HOT MEATS & SEASONINGS
Bacon + Ranch

- Applewood smoked thick-cut bacon, fried
- Candied bacon topping
- Microwave bacon
- Real Bacon Bits
- Cooked breakfast sausage
- Bacon Chipotle Seasoning Blend
- Ranch Dressing powder mix and bottled Ranch Dressing
Intrigued by the use of color

- Beet juice – to retain color during baking, need to use ascorbic acid in the dough so she used Red Star® Platinum Superior Baking Yeast with ascorbic acid
- Roasted beets; beet juice and fresh squeezed carrot juice
- Turmeric powder for color and flavor
- Amazing blue hue-steep Butterfly Pea Flowers in the liquid
- Purple-Ube Yams; Ube Extract; Wilton Icing Color in Violet

“I thought the earthy flavor of purple corn would be complemented by the sweetness of dried apricots.”
FRESH: blackberries, strawberries, cranberries, pineapple chunks, mandarin juice and pulp, Granny Smith Apple, mango and blueberry, pomegranate

DRIED: freeze-dried strawberries, cranberries, blueberries, mission figs, tart cherries, fruit mix, dried apricots simmered in amaretto liqueur, banana chips, seeded dates, dark and golden raisins, currants, Montana cherries, Medjool dates (caramel-like flavor)

FROZEN: mixed berries

CANNED: whole berry cranberry sauce, pineapple chunks, crushed pineapple, apple sauce

“It is a versatile recipe that can be made into loaves, rolls, soup bowls, and festive breads by adding nuts, dried fruit, etc.”
WHOLESOME VEGGIES
Roots & Greens

- **POTATO/SWEET POTATO**: Ube purple (fresh and frozen in Asian Markets), microwave mashed potatoes in the refrigerated section, Yukon, instant potato flakes, shredded sweet potato, sweet potato purée, mashed potato and water, leftover mashed potatoes

- **CARROT**: finely shredded raw carrot; **BEET**, roast’em

- **PUMPKIN**: pumpkin butter in dough, canned pumpkin purée

- **SQUASH**: butternut, zucchini **TOMATO**: sun dried, tomato paste, marinara

- **GREEN is good**: *Spinach* fresh and frozen; cooked *Broccoli*

- **CORN**: dry purple corn on the cob, cream-style corn

- **OTHER**: chopped pickles, sauerkraut, sliced fennel bulb, sliced leeks, Shiitake mushrooms, shallots, Italian Castelvetrano green olives, marinated artichoke hearts...
THE SPICE OF LIFE

Begins With A Variety of Flavors

- Onions: onion powder, yellow, red, and green onion, caramelized onion
- Peppers: jalapeño, green bell, fire roasted sweet peppers
- “Non - Pareil” capers and Mediterranean flavors
- Oyster sauce; Wasabi paste; Liquid smoke
- Weber® Herb Seasoning (Sam’s Club)
- Herbes de Provence French flavor seasoning blend
- Fresh grated ginger, crystalized ginger
CREAMY, CRUNCHY, NUTTY
Childhood memories of pretzels and peanut butter, two nostalgic foods

- Creamy peanut butter, chopped peanuts, dry roasted peanuts, powdered peanut butter (PB2)
- Chopped walnuts, pistachios, pecans, ground pecans, salted cashews, raw mixed nuts
- Slivered almonds, almond paste in dough and filling, toasted almonds
- Toasted pecans, macadamia nuts, pistachios, pine nuts
- Whole hazelnuts, hazelnut spread with cocoa (aka Nutella)
SWEETENERS
Sugar and Spice and All That’s Nice

- Rose simple syrup; Guava paste, light golden agave syrup
- Sorghum, Molasses, Honey, Maple Syrup, Southern cane syrup, Light corn syrup
- Bourbon smoked sugar
- Granulated sugar, dark brown sugar, confectioners’ sugar, light brown sugar, Turbinado sugar, large grain clear decorator sugar
- Sand plum jelly, orange marmalade, apricot jam (no sugar), red jalapeno jelly, apricot-pineapple preserves, pineapple topping, pomegranate jam, fig spread or preserves, blackberry preserves, blackberry conserves or seedless jam or jelly; peach preserves, red pepper jelly, grape jam
- Poppy seed cake and dessert filling; mini marshmallows
LIQUIDS & OTHER INGREDIENTS

- Spring water, filtered water, non-chlorinated water
- Pickle juice, orange-pineapple juice, lower-sodium chicken broth, tomato juice, pineapple juice, apple juice, mulled cider
- Grand Marnier liqueur, rum, spiced rum, lite beer, wheat beer
- Buttermilk, whole milk, dried milk powder, half-and-half, light cream, evaporated milk; unsweetened almond milk, goat milk, coconut milk
- Sour cream; Greek Yogurt, Banana Yogurt; Sourdough starter for flavor
- Diastolic malt powder; Lecithin, Citric Acid, nutritional yeast, malt vinegar, balsamic vinegar pearls, balsamic glaze
- **Soy:** Vanilla soy milk, plain soy milk, tofu, margarine, soy flour, soy oil, roasted salted soybeans, soy nut butter, soy sauce, edamame
PRIZE-WINNING TOPPINGS

Seeds and Herbs

- Seeds: white sesame seeds, chia seeds, black sesame; Nigella/Black Caraway; black and white sesame; salted pumpkin (Pepitas), poppy, coriander, fennel
- **Flax** used for health benefits: golden flax meal, golden flaxseed, ground flax meal
- Caramel topping; strips of orange rind; honey and butter
- Oats on top for visual effect
- Gold decorating sugar; Turbinado sugar; pink peppercorns and pink Himalayan salt
- Kalamata olives, Feta cheese and caraway seed
- Fresh mint, basil leaves, parsley, oregano, black pepper, dried scallions, crushed red chili flakes, fresh thyme sprigs
- Egg wash (whole egg + water); water and cornstarch; egg white and water
ICINGS
Sweet Satisfaction!

- Drizzle made with butter, cream cheese, maple extract, cream-style corn, milk and confectioners’ sugar
- Icing made with confectioners’ sugar, creamy peanut butter, milk, crumbled banana chips
- Frosting made with blue-tinted milk from the Butterfly Pea Flowers (native to Asia, source from Thailand)
- Icing made with Muirhead Caramel Pumpkin Butter (Williams Sonoma $24.99/13.5 oz.)
- Mulled Spiced Cider (made from scratch)
FAMILY

Love of Homemade Bread

“My children and grandchildren have grown up with this recipe used for family gatherings.”

PERSONAL CHILDHOOD MEMORIES

Fond memories of PB&J sandwiches with sliced bananas
Nod to a childhood treat...packaged pecan twirls from small-town grocery store
Used this pizza dough recipe since I was a child, it’s still my favorite
Family likes to eat healthy (101-year-old Marjorie Johnson)

Family members with food allergies

“I baked whole grain bread for my husband as he was recovering from cancer treatments.”

Control portion size. i.e. created mini pitas that are one-half the size

Articles on the internet, about a woman who solved her family’s health problem with a healthy turmeric bread she purchased in India

Nutritional benefits: Vitamin C, antioxidants, anti-bacterial properties, stimulates circulation, protein-rich, anti-inflammatory, preventing obesity and hyperglycemia, Vitamin A, potassium, iron, calcium, silicon, phosphorus, detox effect ….

“I enjoy baking and eating this bread to keep healthy body and life.”

“Having a child makes you more aware of the quality of ingredients you use and foods served.”
BAKING INSPIRATIONS
“The smell of bread baking brings the whole family into the kitchen!”

FAVORITE MEAL…waking up to breakfast breads

☀ Breakfast Offerings - moving prep duties to night before
- Breakfast is my favorite meal to share with the kids
- Birthday breakfast celebrations
- Christmas/Holiday traditions

“Cinnamon rolls are my family’s Christmas breakfast treat.”

$$ TIGHT BUDGET; BUDGET BAKING; STRETCHING BUDGET ₩ ₩

“Mashed potato fudge, an old fashioned recipe from the depression era that was passed down and didn’t use expensive ingredients.”
Basil Lemonade and Soft Pretzels sold at a music concert inspired a man from New Hampshire to marry those two items for “Lemon Basil Pretzels”

Television competition and German Spekulatius cookies

Love for figs and olives in salads

Inspired by mom’s love for spice cake - developed Spice Cinnamon Buns (1 box spice cake mix)

“My son spotted a jar of pink peppercorns in the baking aisle. A bun with some real bite.”
BAKING TIMESAVERS
Simple Shortcuts + Quick Tips

- Silicone baking mats or parchment-lined baking sheets
- Bread Machine set on DOUGH setting
- Cooking English Muffins on an electric griddle
- Shaping Circles: wide mouth canning jar ring; English Muffin rings
- Bundt Pan, forming the shape by itself; perfect for making trendy Bundt sandwiches
- Prepared mashed potatoes in refrigerated section; Pre-cooked bacon

“Having fresh, warm, homemade bread in your hands in less than an hour is nothing short of delicious.”
QUICK TRICKS & TIPS
Shorter, Better, Faster

- Windowpane-gently stretch dough thinly to see the light shine through without tearing
- “Tangzhong” scaled milk/water-flour paste addition to yeast sponge
- Place a shallow oven-safe dish with water under the bread to create a steam bath; put baking sheet directly on top of baking stone
- Overnight dough
- Use no-stick baking spray with flour for Bundt pan
- Place stencil onto top of bread and dust on cocoa or flour
“This batter bread is super easy and super-fast to prepare!” (2 hours)

- Single rise to shorten rising time for today’s busy cooks
- Place dough in microwave to rise 2 hours
- Baking soda in addition to yeast in the recipe
- 16-cup food processor to make the dough
- No-knead rolls; batter rolls in a little over 1 hour
- Bread machine to mix and knead dough
- Homemade Brown ‘n Serve Rolls…make now…bake later!

“My goal is to have highly nutritious bread with the least amount of time spent.”
TRAVEL INSPIRATIONS
Old - World Flair and Global Fave

- 30-year-old recipes from Syria and 30-year-old Arabic bread recipe
- Traditional Serbian Bread (5 generations have been making this bread)
- Trip to Italy, rustic bread; artisan bread with Nutella spread
- Created bread using the flavors of Sicily

“Best crusty focaccia in the world is in Genoa, Italy”

- Trip to India and purchased Chai Masala spice
- Honeymoon in Hawaii-dried pineapple and roasted macadamia nuts
“Deciding the flavors I wanted to incorporate was a great way to learn more about my heritage.”

- My homeland Finland, where Golden Benne Buns are made weekly
- Irish grandmother, Molly, inspired Celtic Cheddar Caraway Rolls and her Gaelic proverb mantra: “**Enough is as good as a feast.**”
- Filipino rolls inspired by popular dessert, *Ube Halaya* and Ube Extract
- Pletzel-a Jewish type of focaccia bread great-grandmother made
- Tuscan chicken with creamy spinach and sun-dried tomato sauce
- **Do It Yourself:** “Only way to enjoy treats from Mexico is to bake them myself. Those little Grandmas don’t use the internet. I had to develop the recipes myself.”
WORLDLY FLAVORS
World’s Best Bread!

- Turkish Flatbread with cumin; Indian street food called Pav
- Ukrainian Babka; Grandma’s Syrian bread
- Povitica or Potica, a Slovenian specialty; Croatian Povitica
- Challah; Kolaches; Italian Panettone
- Asian flavored bread; Filipino inspired; European Kugelhopf
- Traditional Native American ingredients (cornmeal, squash, pumpkin)
- Armenian sweet Easter bread called Chorek
- Swedish bread with ground cardamom; Nod to Finnish and English roots
- German Christmas Gingerbread and Zopf; Russian Red Rose Bread

“Ms. Vinduska’s baking was rooted in her Czech heritage. She was still baking for her fellow residents in the nursing home in the final 104 years of her life.”
REASONS WHY THEY BAKE
To show their love and make people happy.

“Baking together has always been a way for my family to spend quality time.”
“Because ♥ I LOVE Bread”

- Delicious & Nutritious; Homemade & Heavenly
- To bring back beautiful memories
- Experiment with new ingredients
- Make a better-for-you bread
- To show my ♥ LOVE; source of comfort
- To feel like an ARTIST; to feed my creativity
- Family-Friendly Faves
- Kids in the Kitchen
- To Remind Me of HOME

“Food is one thing that always brings my heart home.”
My mother and the Ukrainian elder women

My mother, grandmother, mother-in-law and sister were good bakers

“I was raised by ‘granny’ and she had me on her coattails in the kitchen.”

“I worked in a small town café right out of high school and the owner taught me how to make rolls.”

“Bread making has been in my family for generations. My grandma was known for her rolls.”

Internet

Chad Robertson’s book, Tartine Bread; Online course Craftsy (now Bluprint); Video course: Artisan Bread Making by Peter Reinhart

“I spent 4 months researching and baking until I baked more bread than I’d ever eaten in the entirety of my lifetime.”
HOW DID YOU LEARN TO BAKE?

POLL QUESTION:

- MOM/GRANDMA
- 4-H/SCHOOL
- ONLINE/SOCIAL MEDIA
- OTHER
WHEN & HOW BREAD IS SERVED

“Serve rolls while still warm with a ‘pat’ of butter.”

“This bread has been elevated to ‘most requested bread’ status.”

- Holiday tradition; Christmas gifts, Celebrations
- Practical snack; on the go, portable food; quick after school snack; travel snack
- Game day get-together; Sunday football games (breadsticks)
- Family mealtime; brunch, lunch; special occasions or for guests
- All-day-energy food for hiking and camping trips
- Crowd-pleasing potluck meals; bake sales and benefits
- Breadsticks were contributions to school teams’ spaghetti dinners or fundraisers
- Weekly pizza night with grown sons and their wives

“Bread hot out of the oven, slathered with butter or eaten as sandwiches.”
HOW OFTEN DO THEY BAKE?

“I bake this bread about every 10 days in a used bread machine.” (He bought a bread machine for less than $20 and uses King Arthur Flour.)

“Baking is my passion, but I have only been making yeast breads for 3 years. I live in frigid Minnesota.”

“Have been baking since I was a 4-Her who had made multiple sweet breads for competition, I started with a roll recipe I had used for years.”

“I’ve been baking since my 40th Birthday, when I took an adult-education baking class at a local high school.” (He bakes 4 loaves of oatmeal bread most weekends.)

Recipe from father-in-law in 1975, who was a cook in the Navy, and have used it ever since for white pan rolls. (6 ingredients)
2021 NFOB GOES VIRTUAL

FOR RECIPES, BAKING TIPS AND FUTURE CONTEST INFORMATION:

nationalfestivalofbreads.com

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