2020 September Bakers

A calendar of baking hacks and hospitality.
Celebrating Whole Grains... Better Breakfasts... Family Meals!

Top Baking Hack: Preparing simple meals and sharing them, with tech turned off, not only saves $$$, it improves nutrition, decreases stress, builds communication skills, decreases reliance on peers, and builds life-skills and self-esteem.
2020 September Bakers

September Bakers unite for Whole Grains, Better Breakfa...
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Foodies unite...it’s Whole Grains Month and much More!

- Learn the buzz about why so many are eating whole grains. (at least 3 servings a day!)
- Check out the wide variety of grains and great recipes to try. I’m IN and starting with WG Cinnamon and Nut Baby Biscotti.
- Download Whole Grain Baking 101 to learn more.

Baking Hack: New to baking with whole grains? To get started, try baking “whole grain rich.” Choose a favorite recipe -- substitute ½ whole wheat flour for half the enriched all-purpose flour in the recipe.
2020 September Bakers
Whole grains go great with Better Breakfast Month

- Breakfast Month began during WWI and is still just as essential.
- Breakfast fuels the brain to begin work, succeed at school or handle all life brings.
- TIME is a challenge. Make and freeze granola bars, waffles, dozens of muffins, meat and cheese filled hot pockets or calzones when you’re on the run.

Breakfast Hack: Out-side-the-box options include veggie waffles, pizza, and breakfast muffins with an egg in the center!

Oatmeal Thumbprint Breakfast Cookies are the perfect “quick, whole grain” breakfast reach.

Meet the waffle pros at work: https://www.homebaking.org/crispy-whole-grain-waffles/
2020 September Bakers
It’s Family Meals Month

- Learn why eating family meals together matters so much.
- This can be hard for lots of reasons! Find some great help from those who’ve been there. Conversation starters.
- Easy, not-so-fancy Mealtime Solutions.

https://www.homebaking.org/who-wants-some-pizza/
2020 September Bakers
2nd Week in September... make your Family Meal Biscuits and Gravy

Invite family or friends to share their B&Gs... virtually. Include a best-biscuit challenge! Rolled, dropped, savory or plain.

Tips for baking the best biscuits? Check in with one of Biscuit and Gravy Week's founders, The Southern Coterie.

Milling flour since 1797, Hopkinsville Mill, Kentucky makes it look easy:

**Biscuits:**
2 cups Self-Rising Flour*
3 well-rounded tablespoons shortening
¾ cup milk (fresh buttermilk may be used)

Cut or rub shortening into the flour, add milk a little at a time to make a soft dough. Turn dough out on a well floured board and knead lightly about 30 seconds, roll ½ inch thick, cut with a biscuit cutter, place on a baking sheet, and bake in a hot oven (450°F) about 10 minutes.

Baking Hack: Many biscuit bakers simply start with self-rising or self-raising flour, an enriched, soft wheat flour mix that includes the leavening* (1 cup all-purpose flour + 1 ½ teaspoons baking powder + ½ teaspoon salt) and nearly guarantees light biscuits. The “tender” and “flaky” are up to your method😊
2020 September Bakers
September 6, Read A Book Day

- Why miss the chance to read a book AND cook while you do!
- Team up, older to younger for Book and Bake connections.
- Not sure what the younger hands could lend to the baking part? Let The Thrill of Skill and Safe Kitchen guide help!

2020 September Bakers

September 11 - National Hot Cross Buns Day

Folklore abounds for this day!
These two are not bad ideas!
• Use buns for medicinal purposes. A piece of it given to someone ill will help them recover. (English folklore)
• Sharing one with another person is supposed to ensure friendship throughout the coming year. “Half for you and half for me, Between us two, shall goodwill be” is said at the time.

Great bakers share three Hot Cross Bun recipes!
• Try No-knead Hot-Cross Buns as shown step-by-step.
• No currants or raisins not and option? Consider Chocolate Chip Hot Cross Buns!

Baking Hack: Hot Cross Buns can be baked a day or so ahead of time and stay moist by using the tangzhong technique, a Japanese method for increasing the softness and shelf life of yeast rolls.
Where to begin?! There’s Boston cream, chocolate, vanilla, maple... I vote for Meyer Lemon cream!

Why not try a Muffin Tin Doughnut. Solo Foods bakers share how.

Baking Hack: No time for filled donuts? Make these easiest ever Cinnamon Donut Holes
Homemade Cinnamon Swirl Bread is top shelf just like the supermarket’s Raisin Swirl!

There’s Bread Machine Cinnamon Raisin Bread and Fruited Wheat Hearth Loaf

Cinnamon Raisin with a twist… Harvest Bread😊

Baking Hack: It’s unlikely, but if it’s day-old, make French toast for breakfast, lunch or supper!

→Wisk a couple eggs, 1c. milk, 2 T. sugar, splash of vanilla and dash of nutmeg in a pie pan. Dip the bread in the egg mixture, let slices soak up some egg mixture. Fry each piece on a hot griddle. Serve with fresh fruit and powdered sugar.
2020 September Bakers
Bake all things APPLE September 19.

Top baking varieties include Granny Smith, Crispin, Cortland, Jonagold, Melrose, Golden Delicious, Winesap

Connect to some of our test kitchens’ best!
+ Apple Bread
+ Cocoa Apple Cake
+ Apple Crunch
+ Apple Cinnamon Rolls
+ Apple Cinnamon Muffins
+ Apple Pie

Baking Hack: Match seven varieties and their recipe pairings.
2020 September Bakers

September 26th is the nation’s day for ‘Cakes, morning, noon and night!

- Johnnycakes, griddle cakes or hotcakes are all batter-made for breakfast, lunch or dinner.
- Pancakes date back more than 30,000 years. In fact, it may be the oldest breakfast food in history.
- Coming soon to Farmer’s Markets! Pumpkins and squash galore! Pumpkin Pancakes rock!
- DIY! Homemade Whole-Grain Pancake and Waffle

Orange Oatmeal Pancakes

**Baking Hack:** Take the time to create a great pancake topping! Peel, core and cook any less-than-perfect apples as sauce to top pancakes. Another great pancake drizzle? Golden Ginger Syrup
2020 September Bakers

September 29- What’s Coffee Day without bakers?

Baking Hack: Create your own Lemon Ginger Yogurt to share with scones, as a biscotti dip or quick bread drizzle. The National Festival of Breads test kitchen suggests, “Blend lemon yogurt, 1 tablespoon grated lemon zest plus ¼ to ½ cup finely minced crystallized ginger.”
October pairs **National Dessert Month** with an American native--the Black Walnut. This **picked-by-hand forage crop** delights bakers and chefs with its flavor and nutrition--appetizers and sides, **entrees to dessert**.

Missing your State Fair? Take the day and bake a Missouri State Fair winner, **Fancy Black Walnut Cake**.