

January Baking 2021

*A Calendar of Baking
Events, Hospitality,
and Hacks*



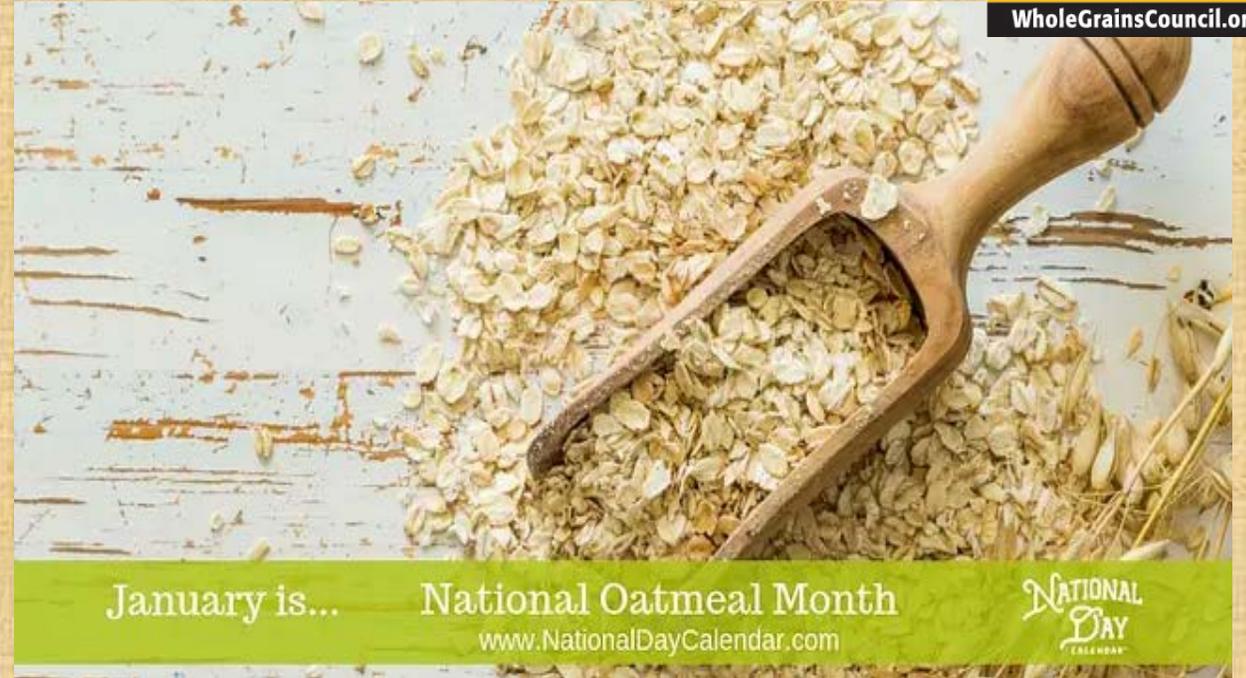
Baking Hack #1:
Temperatures matter.
“Cream” sugar with
room temperature fat
(68° F.--pliable but not
melted). “Cut-in” fat
that is very cold, 40° F.

January Baking...Powered with Oats.

Bake a baker's dozen oatmeal options...



Love a good
apple crisp?
Start the day
with its
cousin-
Baked
Oatmeal



Baking Hack: Does your New year's resolution includes eating more whole grains? All types of oatmeal are whole grain! Steel cut, rolled, instant, quick or old-fashioned. Instant oatmeal may have added flavors, salt or other additives. Learn more about oat milling and oat's whole grain nutrition.

January Baking

Oatmeal Thumbprint Cookies...whole grain and folic acid rich.



Oatmeal Jam Thumbprint Cookies



- Did you know...the all-purpose enriched flour you use in baking is a good source of folic acid, an essential B-vitamin?
- Stevia, beet, cane and coconut sugars are all natural plant sweeteners. Stevia baking blends perform best using a ratio of ½ sugar, ½ stevia baking blend.
- Brown sugar may substitute 1:1 for coconut sugar.
- Vegetable shortening may substitute 1:1 for coconut oil (both solid at room temperature)

Baking Hack: Make a no-mess perfect “thumb print” by using a wine cork pressed in center of each cookie.

January Baking

Oats are thrifty people fuel...low cost, high nutrition.



Baking Hack: Saves packaging and tastes better!
DIY Instant Oatmeal- Mix in small jelly jar ½ cup quick-cooking or 1-Minute oatmeal, dash cinnamon, 1 Tbsp brown sugar, pinch salt and dried fruit of choice. Stir in 2/3 cup boiling water or milk, cover, let stand 5 minutes, uncover and enjoy!

- Slow-cooker Pumpkin Steel Cut Oatmeal's a perfect day “opener.”
- Oat fiber provides *beta-glucan*, with anti-inflammatory properties, can reduce cholesterol, and promotes gut-health.
- Bake with all the options: Steel cut, rolled, quick or old-fashioned and oat flour.

January Baking

Scots aren't likely to mind pairing oats with their famous Shortbread.

- Oats and shortbread both came to us from Scotland.
- Traditional shortbread is
 - 1 part white sugar
 - 2 parts butter
 - 3 parts all-purpose flour
- Ginger Oat Shortbread is a delicious sweet and spicy innovation from our Stone-Buhr Flour in the Pacific Northwest.



Baking Hack: Oat flour— made by processing rolled oats-- would be great in this shortbread for a smoother texture.

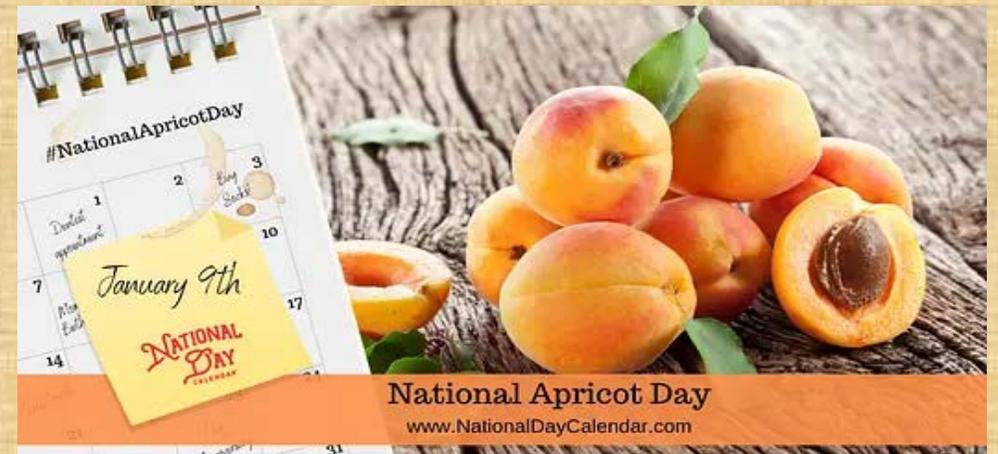
January Baking

Double the nutrition with apricots!



Apricot Oatmeal Bars

Baking Hack: For a richer flavor, before mixing the crust, lightly toast the oats, walnuts and coconut in a skillet over medium low heat, stirring frequently, until fragrant, about 5 minutes. Cool, then mix with ingredients as directed.



- Only 1 cup of apricots provides 60% of daily vitamin A, 26% vitamin C, vitamin B-6 and minerals magnesium, calcium and iron.
- Mix up your hobbies— baking and gardening! Plan now to [plant an apricot tree](#) this spring for Arbor or Earth Day!

January Baking

The age-old portable meal...granola (bars).

There's not a better tasting granola bar than these home-baked Coconut Almond Granola Bars

Serve 'em up any day and especially on January 21, National Granola Bar Day .

Baking Hacks: In-a-pinch ingredient substitutions for this recipe: 1 cup oatmeal for 1 cup 7-Grain cereal; ½ cup bran flakes cereal or wheat germ for ½ cup oat bran; an equal amount vegetable shortening or oil for coconut oil.



Share the bar you bake at [#NationalGranolaBarDay](https://twitter.com/NationalGranolaBarDay)

January Baking

Oatmeal Walnut Soda Bread goes perfectly with winter soups.

Chef Stephanie's notes:

- Soaking the rolled oats in buttermilk gives a more tender crumb, full flavor and lasting moistness.
- Lightly toasting the walnuts (just 4 or so minutes over medium- until fragrant) enriches the flavor
- Cut an X across the top to allow the loaf to expand as it bakes.



Baking Hack: This bread is done when it's golden and 180°F at center.

January Baking

Oatmeal Bread ...yeast bread you wouldn't mind baking any day!



This recipe is from our friends at [FCCLA](https://www.fccla.org/)- a fabulous way for young people to gain life and career skills.

Baker Tips:

- Soaking oats in boiling water creates a moister loaf
- Cool liquids to *lukewarm*- 105° to 115°F. for best start for yeast. Yeast is killed at 140° F.
- Learn about molasses – a delicious ingredient in this bread. Need a substitution? Brown sugar, granulated sugar, maple syrup, honey...use 1:1.

Baking Hack: When bread is browning too fast for the time it will need to be in the oven, lightly lay a piece of aluminum foil over the top crust. You may also want to reduce the oven temp 10° F. Loaf is done when it is 190° F. at center.

January Baking

Oatmeal cookies...milk's essential associate.

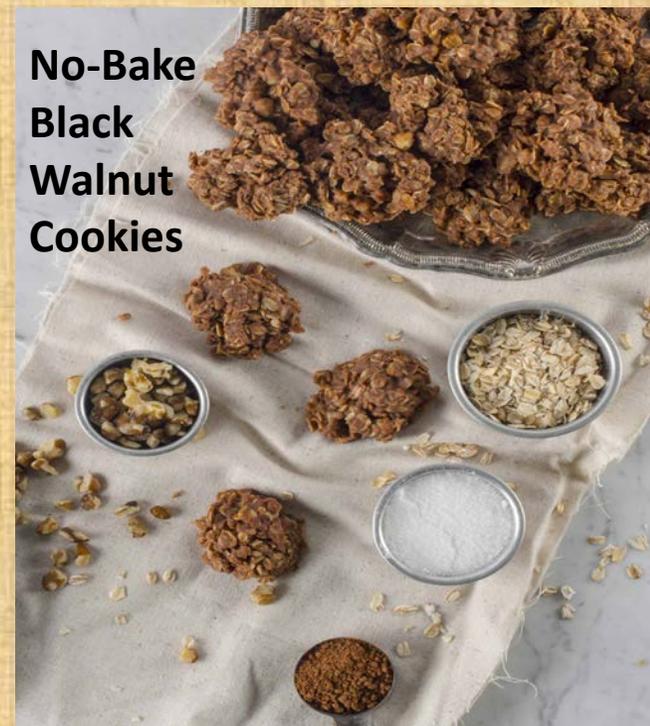
So MANY cookies...so little time...

- No Bake Black Walnut Cookies
- Oatmeal Chocolate Chip
- Oatmeal Raisin
- Banana Oatmeal
- Old-fashioned Oatmeal Pecan
- Oatmeal Apricot Pecan

Baking Hack: Prevent crumbly cookies on Day 2-- condition dried fruit (raisins, craisins, dried cherries...) by covering with tap water for 5 minutes. Drain water. Add dried fruit as recipe requires.



National Milk Day
www.NationalDayCalendar.com



No-Bake
Black
Walnut
Cookies



Old Fashioned Oatmeal Pecan

January Baking

Double down on oats for MLK Day, January 18 and Pie Day, January 23rd!

- Honor MLK with his Southern favorite, Pecan Pie

Baking Hack: No pecans? Over 160 years ago, during the Civil War when pecans were scarce, oatmeal replaced pecans for an Old Fashioned Oatmeal Pie

In a 9-inch pie crust pour:

4 large eggs

1 cup sugar

2 tbsp all-purpose flour

1 tsp ground cinnamon

1 cup corn syrup

1/4 cup salted butter, melted

1 teaspoon vanilla extract

1 cup quick oatmeal

Bake at 350° F., 45 minutes.

Source: Food.com, Recipe by Steven L., accessed 12/29/20



[Homemade Oatmeal Crème Pies](#)

January Baking

Oats n' Honey...the perfect combination.



Quick and Easy

Steel-Cut Oat Bread



- The original Pooh Bear was Winnie, a black bear at the London Zoo that A.A. Milne's son Christopher Robin loved to visit during WWI.
- January 18 is author Milne's birthday.
- Quick and Easy Steel-Cut Oat Bread would have brought Winnie-the-Pooh running with it's touch of honey!

Baking Hack: No honey on hand? Molasses will substitute 1:1.
OR, 1 ¼ cups white sugar dissolved in 1 cup water subs for 1 cup honey.

HomeBaking.org

January Baking

Never miss a chance to enjoy blueberries and oatmeal together!

- Explore ways to “share YOUR strength” to End Childhood Hunger, [No Kid Hungry](#)
- Enjoy their recipe, [Orange Oatmeal Pancakes](#), with blueberries over or in them.
- Tip: Make a double batch. Stack with waxed paper in between and place in a freezer container. Pop in a toaster for a quick meal.

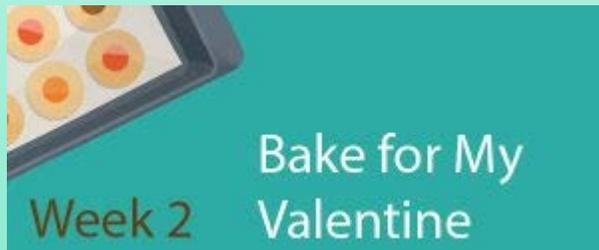


Baking Hack: Preheat griddle or skillet to 375° F., brush with oil and use an ice cream scoop to deposit batter for evenly sized pancakes. Flip only once--when bubbles appear and edges are dry.

February Baking

SNEAK PEAK

Bake for Family Fun!



Join the Baking Buzz
at
HomeBaking.org