

January Baking

*A Calendar of Baking for
Home and Hearth*



Baking Hack:
Bake better with
[Yeast Baking Guide](#) -
perfect for home
and hearth breads.



January Baking

A month for enriching Home and Health...Apricots...Oatmeal...Bread Baking...home meals...to bring in a new year.

Plan. Prepare. Share.



- Bake for Breakfast...Coffee ...Lunch Entrees ... Snacks... Tea... Desserts
- One click [Mealtime Solutions](#) to learn the benefits and find inspiration.
- Explore why bread is part of your [NEW YEAR'S wellness plans](#).

Pear Cinnamon Breakfast Bread

January Baking

Oats are low cost, high nutrition fuel.



- ▶ Oat fiber provides *beta-glucan*, with anti-inflammatory properties, can reduce cholesterol, and promotes gut-health.
- ▶ Soaking oats in milk before adding moistens the loaf.
- ▶ The X is cut in the top just before baking to help loaf expand in oven.
- ▶ Enjoy step-by-step baking [Oatmeal Walnut Soda Bread](#) with Chef Tess.

Baking Hack: 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!



January Baking

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



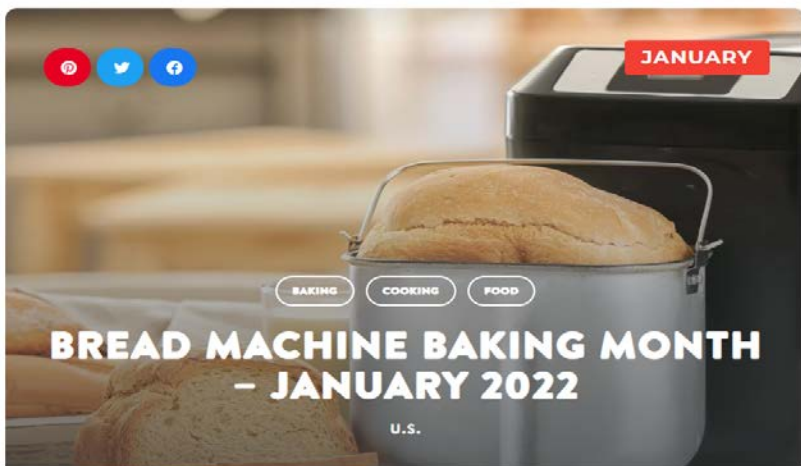
This recipe is from friends at [FCCLA](#)- offering life and career skills in schools across the U.S.!

Baker Tips:

- ▶ Soaking oats in boiling water creates a moister loaf.
- ▶ You'll love North Dakota Wheat's [Easy Oatmeal Bread](#) too!
- ▶ [Quick and Easy Steel-Cut Oat Bread](#) bring us running with it's touch of honey!

[Learn about molasses](#) – a delicious ingredient in many oatmeal breads.

Baking Hack: Bread browning too fast? Lightly lay a piece of aluminum foil over the top crust and reduce the oven temp 10° F. Loaf is done when it is 190° F. at center.



January Baking

Revisit Bread Machine Baking!



A little bread machine history...

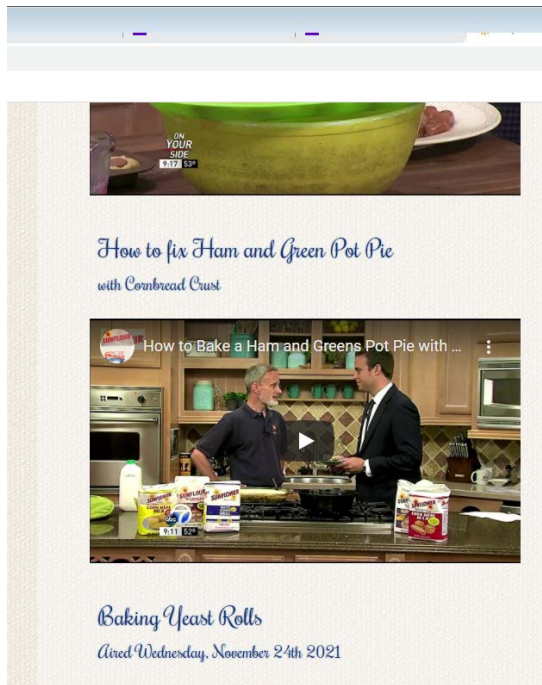
- The earliest bread is recorded 8000 B.C. in the Middle East.
- In 1902, the first patent was recorded for a “bread machine.”
- Nothing better than sliced bread? It was invented in 1912 in Chillicothe, Missouri by Frederick Rohwedder.
- Automated home bread makers were introduced in 1986.

Baking Hack: Hydrate raisins before you start- Place raisins in bowl, cover with warm water for 5 minutes, drain and add as directed.

Program your bread machine to bake Cinnamon Raisin Bread as a breakfast treat.

January Baking

Entrees with enriched flour or cornmeal crusts are folic-acid rich.



- ▶ Baking with all-purpose enriched flour provides a good source of folic acid, an essential B-vitamin
- ▶ Entrees topped with enriched flour biscuits or cornbread or corn dumplings add B-Vitamins and folic acid.
- ▶ Ham and Greens with Cornbread Crust Pot Pie is a wonderful addition to your home recipes!

View How to Bake Ham and Greens Pot Pie with Sunflower Flour
Hopkinsville Milling president, Robert Harper.

Baking Hack: bake your favorite recipes with half whole wheat flour and half enriched all-purpose, pastry, cake or bread flour or cornmeal for the “whole grain rich,” benefits from both.

January Baking

Biscuits and cornbread complete a meal.



- ▶ Chef Donley demonstrates these light biscuits that top Turkey or Chicken Pot Pie.
- ▶ Where would the casserole be without the oven-to-table U.S. made glass bakeware by Anchor Hocking? 117 experienced years make bakeware great!
- ▶ Mix and bake the Impossible Vegetable Quiche and see the biscuit become the crust!



Baking Hack: A quiche can be made from biscuit, pastry or even a yeast crust dough!
The crust can be made from a low-protein enriched flour or whole wheat flour.



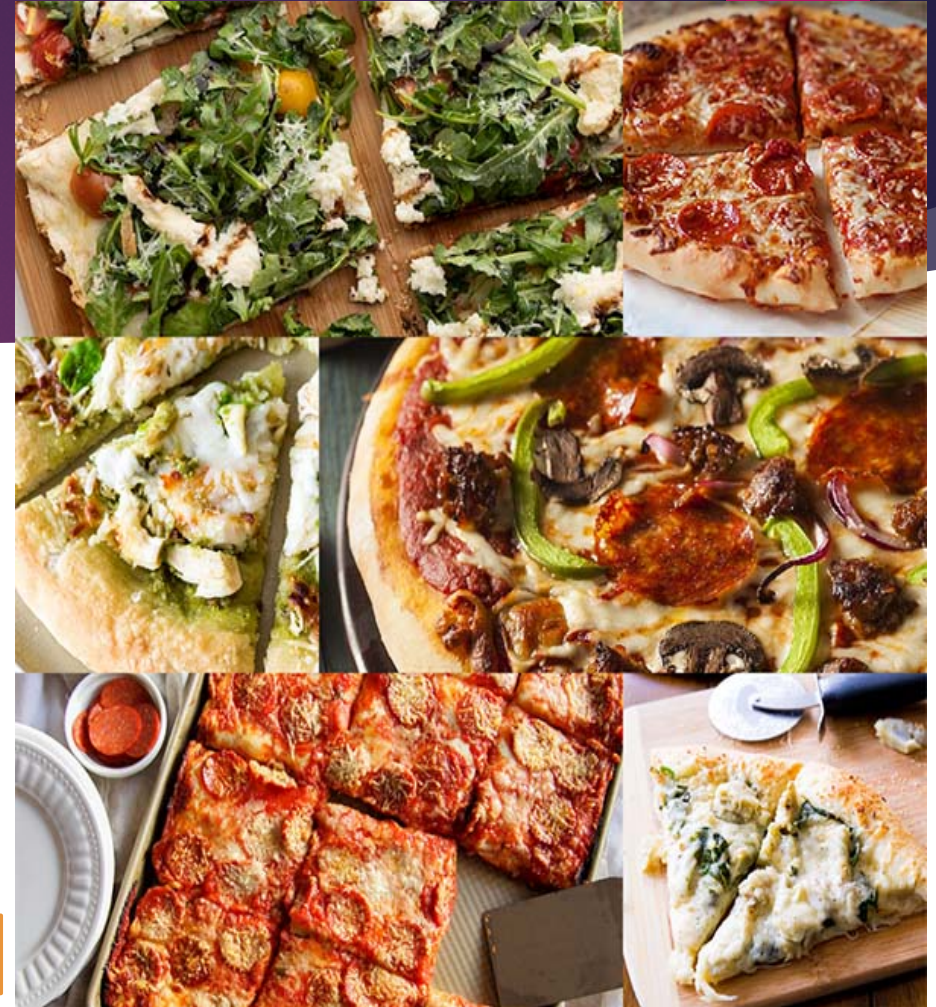
January Baking

Keep building your home meal muscles.

- ▶ These [Top 12 Pizza recipes](#) make [Pizza Week](#) a breeze-morning to midnight! #NationalPizzaWeek
- ▶ Start [family mealtime tradition benefits](#) – kids or adults - by cooking and eating together at home.
- ▶ Busy schedules and tight budgets love ideas and ready-to-shop lists at [Dinner Tonight!](#)
- ▶ [UNL Extension Recipe Central](#) will keep affordable meal ideas flowing.



Even affordable [Homemade Gluten-Free Pizza](#) is in reach.



Baking Hack: Prep your pizza crust the day before, using cooler temperature liquids and refrigerate the dough. Deflate dough once or twice as needed. Dough will stretch and flatten on pan like a dream if dough is kept relaxed when taken out of the refrigerator.

January Baking

Bake Gluten-Free, Vegetarian, Vegan

- ▶ Savory Gluten-Free Flatbread pairs with so many entrees, salads or soups. (far right)
- ▶ Vegetarian Cachapas are vegan as well.
- ▶ Roasted Tomato and Eggplant Focaccia is a light noon meal– a *focaccia* Italian tradition. (Top center)



Baking Hack: Searching for a vegan egg replacement in your baking? Chef Gemma demonstrates how to use the liquid from canned chickpeas- aquafaba.

January Baking

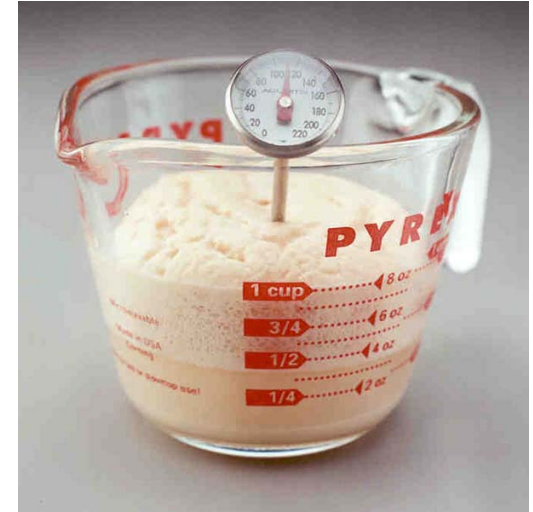
No-Knead Dutch Oven Bread warms any meal, mini-loaves make great soup bowls too!



Temperatures make all the difference!

- Yeast dies if exposed to 140 ° F. or more.
- Bake bread until 190 to 210 ° F. at center.
- Cool to 100 ° F. at center before wrapping.
- Store yeast bread at room temperature- NOT in refrigerator.

Baking Hack: Visit our Baking Glossary for more about yeast temperatures.



See how to “proof” active dry yeast.
https://youtu.be/rqmPvs_nHqM
More about Yeast!



January Baking

Choose apricots for a coffee or tea bread.



- ▶ Only 1 cup of apricots provides 60% of daily vitamin A, 26% vitamin C, vitamin B-6 and minerals magnesium, calcium and iron.
- ▶ National Festival of Breads director, Cindy Falk shares this 40-year favorite, No-Knead Apricot Pineapple Braids.
- ▶ Mix up your hobbies— baking and gardening! Plan now to plant an apricot tree this spring for Arbor or Earth Day!

Baking Hack: Don't drain the crushed pineapple- it's juice helps hydrate the dried apricots😊



January Baking

Oatmeal cookies...milk's essential associate.



Old Fashioned Oatmeal Pecan

What's for dessert?! Top January off with

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

Baking Hack: Boost your Cookie Science knowledge with Lisa Pluff, Baking Science and Family & Consumer Sciences teacher.



No-Bake Black Walnut Cookies

January Baking

Just Desserts! Everyone needs a Blonde Brownie in their recipe file!



Laura Kasavan, blogger at *Tutti Dolci*, shares Brown Butter Apple Blondies, C&HSugar.com

Baker's Hack: Choose crisp apples to caramelize- Jonagold, Crispin, Honeycrisp- won't become mush in the caramelizing process.

- Brown Butter Apple Blondies, (left) with caramelized apples, golden brown sugar and spices is a must-try. (They can also be made with dark brown sugar☺)

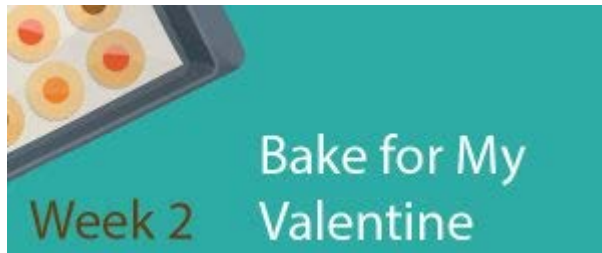


- Cinnamon Bun Blondies are essential too!

February Baking

SNEAK PEAK

Bake for Family Fun!



February is...

National Bake for Family Fun Month

www.NationalDayCalendar.com



Bake with us at
HomeBaking.org
#BakeForFamilyFunMonth