

March Baking

*A calendar of baking hospitality,
hacks and resources.*



Stirring up Chewy Dairy Free Brownies to Bake and Take!



March Baking

So much flour, so little time.

- **Nutrition Month**- a great time to get the facts on Flour Nutrition
- **Bake and Take's** 50 and never been needed more! Try a new recipe every week from farmers, millers and bakers.
- Plan an event for **Whole Grain Sampling Day** , March 30, 2022

Baking Hack: Learn the latest in flour food safety, explore the types of flour and how flour is milled for our baking.



Honey Wheat Bread, Bake and Take 1973- vintage recipe.

March Baking

Bake and Take LIVE ZOOM

- ▶ March 10, 7 PM EST- *Baking Innovations 2022: Bake and Take*. A LIVE ZOOM Forum with

Cindy Falk, Kansas Wheat- 50 years -
Vintage Bake and Take

Stephanie Petersen, Corporate Chef,
Panhandle Milling- *Bake and Take
Innovations for 50 More*

Good Natured packaging- the latest in
earth-friendly baked goods delivery
packaging

Sharon Davis, Baking Food Safety 2022

Baking Hack: Take an internal temperature to be sure baked goods are food-safe (done). See our chart and learn how to get your Thermopop. Get 50% off yours.



Fudge Nut Bars, 1980.
Mini-bites in good natured
bio-friendly packaging.



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National Nutrition Month

- Bake and Take and “National Nutrition Week,” were both “children” of the 1970s.
- Baking at home helps meet dietary goals for smaller portions to control calories, sugar, fat
- See what registered dietitians are baking in our **Baker’s Spotlight.**

Roberta Duyff MS, RD, CFCS –

Carrot Hazelnut Quick Bread

Jana Patton RD, LD, WIC-

Gluten Free Lemon Cornmeal Cookies.

Baking Hack: Bran - both millers’ or cereal- were a popular baking ingredient in the 1990s. Still yummy today. Bake and Take these Pumpkin Bran Muffins (right).



eat right.
Academy of Nutrition and Dietetics





March Baking

Irish-American Heritage Month



Gemma's Crazy Dough



- Irish-Americans brought innovative transportation, arts and culture... and baker Chef Gemma Stafford!
- Gemma's Crazy Dough lets you create six different specialties to serve or “bake and take.”
- Cheesy bread, Nutella bread, Pretzels, savory Stuffed Bread, Naan and more!

Baking Hack: Recipes often call for yogurt and buttermilk. Make your own substitute. Stir together and allow to stand 5 minutes: 1 cup whole or 2% milk with 2 Tablespoons lemon juice or vinegar.

March Baking

March 1st- Peanut Butter Lover's Day

- Credit George Washington Carver for farm-to-table peanut research.
- Learn some Fast Facts about peanuts.
- Bake and Take worthy... Marbled Peanut Butter Brownies and Gluten Free Peanut Butter & Jelly Muffins (right)



GF Peanut Butter & Jelly Muffins



Baking Hack: Peanut powder makes a great ingredient too! [Learn how by baking Peanut Butter Pretzel Rolls.](#)

March Baking

March 2nd - #ReadAcrossAmericaDay
#DrSeussDay

Great ways to inspire reading...

1. Keep books everywhere you spend time.
2. Visit the library often.
3. Get caught reading a book.
4. Read to your children.
5. Have your children read recipes and bake with you.



Young Baker's Apprentice Lab- Tortillas

Baking Hack: What if you read together ... a RECIPE!
See Book and Bake for a start!



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March 6- Pound Cake Day

Pound cake = essential go-to dessert-- it

- STORES well... It's nearly indestructible-a week later it's flavorful and moist.
- TOPS well... lemon glazes, chocolate drizzle, fruit ...
- EVERYONE Enjoys!

Mini Apple Cider
Pound Cakes with
Buttermilk Glaze



Indestructible
Pound Cake

Baking Hack: Master how to
make the perfect pound cake
with Chef Baker Bettie.
History included!

March Baking

March 11- Johnny Appleseed Day



- ▶ Johnny Appleseed and apples are a great food “explore” for Baking with Kids.
- ▶ A delicious start...Whole Wheat Fresh Apple Oat Squares
- ▶ Why not create an Apple Cake worthy of Johnny!
- ▶ Chef Gemma shares her Mums Irish Apple Cake. (right)



Baking Hack: Unless an apple is really thick or waxy-skinned, you can usually avoid peeling it before grating or chopping.

March Baking

March 17- St. Patrick's Day

Wee Irish temptations...

- ▶ Soda Bread Muffins
- ▶ Gemma's Traditional Irish Scones are a bit of heaven!
- ▶ The Irish love their beer!
But, is beer bread Irish?

Beer Bread

1 (12 oz) can or bottle beer

3 cup SUNFLOUR self-rising flour

3 Tbsp. sugar

Mix well and spread batter into a 9X5-in greased loaf pan.

Bake at 350° for 50-60 minutes.

Cool before slicing.

The top will be crunchy, and the insides will be soft. Serve topped with butter or cheese spread.



Soda Bread Muffins

Baking Hack: Self-rising flour includes all the leavening and salt blended into a soft wheat, low-protein enriched wheat flour.

Approx equivalent = 1 cup all-purpose flour, 1 1/2 teaspoons baking powder, and 1/2 teaspoon salt



March Baking

March 20- #WorldFlourDay



- ▶ All over our planet, flour sustains people everyday, providing carbohydrates, folacin, B-Vitamins, iron, protein, dietary fiber.
- ▶ Everyday breads like pita, naan, tortillas, baguettes, pan bread, chapatti, biscuits and buns are baked.
- ▶ Chef Devin Donley, Renwood Mills, demos Biscuits 101.
- ▶ Honor the farmers, millers, shippers and truckers, processors and bakers who bring and craft flour foods for our tables.



Baking Hack: Choose soft or low protein (8-10%) wheat flour for cakes, pastries, biscuits- higher protein (11-12%) flour for breads.

Red Star Yeast

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March 21- National French Bread Day

Americanized versions of French Bread are, as we too often are, SPED UP.

- Explore 12 types of French Bread
- Bake with Red Star Yeast bakers French Bread
- French-style Country bread, Boule shape, can be baked on the grill.

Baking Hack: Use an unbleached bread flour or hard winter unbleached all-purpose flour.



French Baguettes



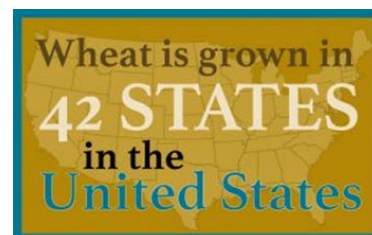
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March 23- National Ag Day



Get the Scoop, wheat to flour to oven; sugar cane and beets to table.

- Where Our Wheat is Grown
- Real Sugar- Farm to Table; Farmer Profiles; Processing
- Grains of Truth... Facts about Wheat video
- Bake Best of Wheat Oklahoma State Fair winning recipes.



Baking Hack:

Field to table, don't miss Dinner Tonight tips and recipes,
Mealtime Solutions @the Table.

Register for every day inspiration from The Family Dinner Project.



March Baking

So many delicious whole grain options!

- ▶ Film a 30-second video or shoot a photo of the whole grain food you bake today!
- ▶ What whole grain A to Z are you sampling?
- ▶ Whole Wheat Cinnamon Sugar Cookies can't be beat!



Baking Hack:



April Baking Sneak Peak

Celebrations Take Cake!



- ▶ With so many spring celebrations, boost your cake baking options.
- ▶ Join HBA Cake Experts Domino Corporate Chef Eleanora and Elizabeth Hagan, award winning educator for *Celebrations Take Cake*- a LIVE Baking Innovations 2022 ZOOM Forum, Wednesday, April 6-7:00 EST
- ▶ Register early at www.HomeBaking.org



Baking Hack: Explore [making your own sprinkles!](#)

[Rainbow Sprinkle Cake](#)- perfect for Spring celebrations