

# May Baking

Bake all things strawberry.



## Strawberry Drop Biscuit Shortcake

Baking Hack: Create a luscious strawberry topping with 16 oz. sliced berries, 3 Tablespoons maple syrup and pinch of salt- simmered 8-10 minutes.

- ▶ Fresh Strawberry Frosting makes vanilla loaf cake perfect for spring parties.
- ▶ Strawberry Cream Cheese Shortcake is "jiffy" to prepare! (below)





# May Baking

## National Mediterranean Diet Month

GOAL: Bake MORE flat breads...

- ▶ 3-Ingredient Flat Bread

Watch Chef Gemma make this recipe. (top right)

- ▶ A baker's dozen Focaccia
- ▶ Greek Soft Wraps (far right)

Baking Hack: Baking with olive oil helps your baked goods last longer, adding vitamin E and polyphenols.



Sun-dried Tomato Basil and Mozzarella Focaccia







National Lemonade Day  
[www.NationalDayCalendar.com](http://www.NationalDayCalendar.com)

First Sunday  
In May  
#NationalLemonadeDay

NATIONAL  
DAY  
CALENDAR

# May Baking

May Day...begin with lemonade!

- Make your own Sparkling Lemonade!
- Bake a cake as Southern as Lemonade and Sweet Tea. Arnold Palmer Sweet Tea and Lemonade Cake with Lemonade Frosting!
- Don't miss baking a PINK Lemonade Cake too!!



**Baking Hack:** Southern lemonade cake recipes may ask for “plain flour” meaning it is **not** a self-rising flour blend with the leavening mixed in. Southern bakers know their wheat-- soft red winter- is a lower protein, enriched and bleached wheat flour— a perfect cake flour!



# May Baking

Thank a wheat farmer near you!

- ▶ Farmers in the northern U.S. are planting spring wheat while in the south they're harvesting winter wheat!
- ▶ Go Field to Table and meet wheat farmers in Kansas, then watch wheat harvest in South Dakota.
- ▶ Enjoy baking with ALL the different wheat flours- all-purpose, bread, cake, pastry, short-patent, whole wheat, red or white...
- ▶ Enjoy these Bake-with-Me videos!



Baking Hack: Be a wheat detective...what class of wheat do you think this is?!  
What would you bake with it?



# May Baking



May Picnics and Reunions will love home-baked cream puffs.



- ▶ The cream puff's strength - also called *choux pastry* - comes from a structure made from eggs, flour, water, salt and butter.
- ▶ Find great step-by-step instructions from Hudson Cream Flour test kitchen.

**Baking Hack:** Recipes may call for “room temperature eggs.” Prep them in-a-hurry by placing eggs in a bowl and covering with lukewarm water for 5 minutes.



# May Baking

It's not spring until you're baking with rhubarb.



- Rhubarb Bread...a tender quick bread studded with rhubarb and a drizzle of icing.
- Strawberry Rhubarb Pie is a must for many spring bakers!
- Chef Gemma Stafford's Simple Rhubarb Crisp (lower right) is just the best.

Baking Hack: When you can get it fresh at the store or farmer's market, buy extra, wash and chop into 1-inch pieces and freeze flat in freezer bags for your next recipe.



# May Baking

♥ Celebrate Mother's May 8 ♥

- ▶ Chocolate's a sure thing...Brownies of all types are perfect! Fudge, cake, bites...



- ▶ ...Katy's chewy dairy-free...

**Chef's Tip:** Get to know your cocoa! Check out the difference between Dutch-process, natural, black... and the leavening to use for each.



Create your own **Brown Sugar Body Scrub** for mom from brown sugar, olive oil and vanilla.

# May Baking

May 13 is Apple Pie Day

- ▶ A Dutch cookbook dated 1514 has a recipe- *Appeltaerten*
- ▶ Spicing in 1514 included cardamom, ginger, cinnamon, nutmeg, clove, mace.
- ▶ Apple Pie finally made it over the ocean to the colonies in the 17<sup>th</sup> century.



Apple Pie for all!



Baking Hack: You'll love this option - Apple Pie Bars- (right). It's made with a shortbread crust (no rolling required. 😊)

Note: All pies are best baked in glass.





# May Bakers

## May 14- Buttermilk Biscuit Day

- ▶ Southern bakers know biscuits. Kentucky's Sunflower Flour Mill bakes Buttermilk... Orange... Sausage... Biscuit Beignets and Cinnamon Sugar Biscuits
- ▶ Michigan's soft wheat is home to the Chelsea Milling Company has biscuits down. Fruit Biscuits
- ▶ Oklahoma Shawnee Mill's Land Run Sweet Biscuits will become HISTORIC in your family!
- ▶ If you bake biscuits you're going to need Homemade Strawberry Jam.



# May Bakers

## May 17—Cherry Cobbler Day

- Cherry Cobbler was born from pioneer ingenuity.

*Settlers baked cobblers on a hearth or in the campfire coals in Dutch ovens... so what's stopping you? 😊*

- Create a Fruit Cobbler with in-season summer fruits.



Baking Hack: Glass bakeware provides great even heating and browning for the cobbler crust PLUS it's great to serve oven-to-table.



# May Baking

May 20- National Pizza Party Day

- ▶ Americans eat about 100 acres of pizza PER DAY!
- ▶ All-purpose unbleached flour is great for thin Sicilian-style and deep-dish pizza crusts. Ceresota flour is the #1 Chicago pizza flour
- ▶ Explore the Top 12 Pizza Recipes at Red Star-breakfast, lunch, dinner and dessert.
- ▶ Why not grill your next pizza?

Baking Hack: Dough should be "rested" or relaxed to roll or press into the pan. Bake pizza in a very hot oven (475-500°F)

## APPLE 'N SPICE PIZZA COOKIE



ATWHEAT.ORG

Apple n' Spice Pizza Cookie a 1970s dessert pizza!



Quick Whole Wheat Pizza

# May Baking

May 28—A special day for Hamburgers!



- ▶ It's time for some of the glory to go to the buns!  
Go for Beautiful Buns😊
- ▶ DIY Burger Buns give you a significant BBQ edge!
- ▶ Options galore: Chewy Pretzel Buns, Curry Chia Onion Buns, or Wheat Dill Buns.



**Baking Hack:** Adding potato flakes for 2 -4 tablespoons of the all-purpose flour will tenderize and prevent firming. Using the tangzhong method of baking also produces tender, softer buns.

Burger Buns  
Bread Machine Method



# May Bakers Remember...

May 30- Memorial Day



- ▶ Honor the veterans at your family or community picnic with this old-fashioned Cherry Poke Cake. (right)
- ▶ Another great option?? Sugar Cookie Fruit Flag Pizza.
- ▶ Need a gluten-free option? Go with a Blueberry Coffee Cake!

**Baking Hack:** Baking gluten-free can take some extra finesse! A professionals' gluten free baking test kitchen tip: Allow batter or dough to rest 20-30 minutes, covered, before baking to allow them to absorb liquid, thicken and prevent a gritty texture.



# June Bakers

Bake for summer learning, country and camp explores.

