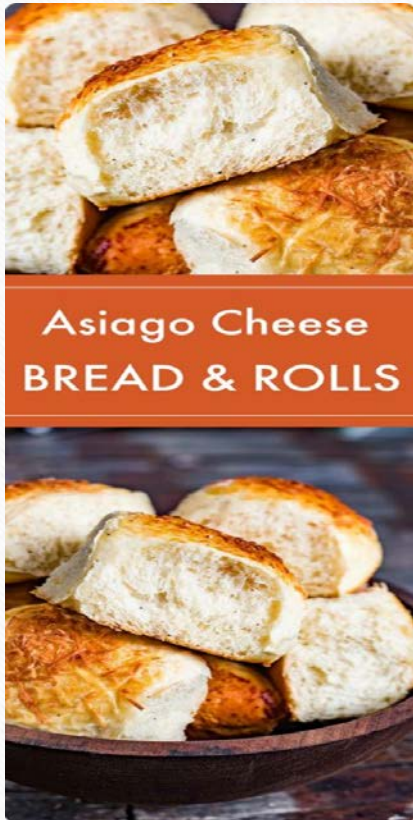


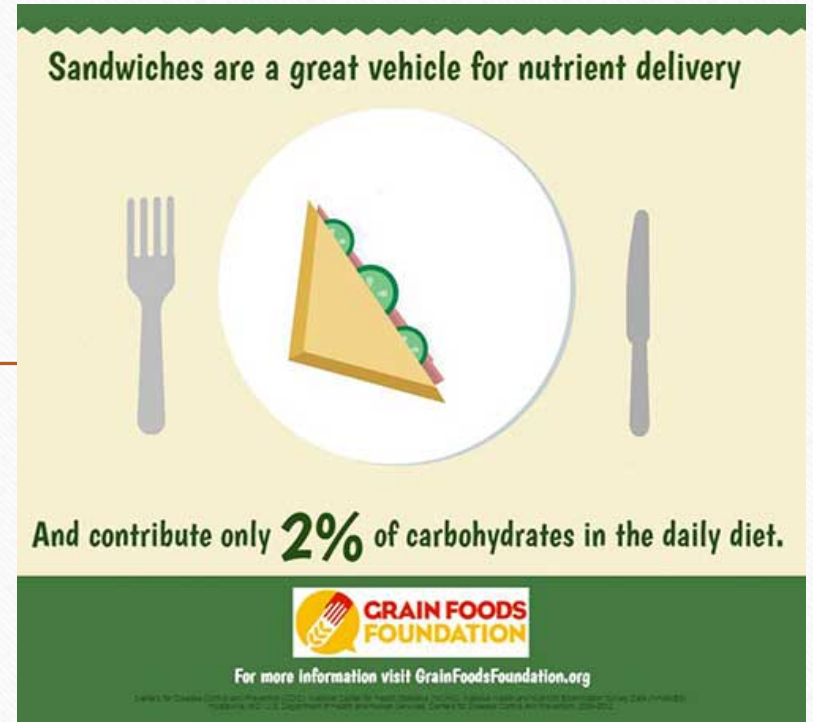
# August Baking

*A month for sandwiches and Beautiful Buns.*



- [American Sandwich History](#)...in 1837, Eliza Leslie's Ham Sandwich recipe first appeared in in her cookbook, "Miss Leslie's Directions for Cookery," and remains a top favorite.
- [Asiago Cheese Bread](#) makes BOTH buns or sandwich slices. [See DEMO](#) too!

**Sandwich Hack:** Fresh-baked, hand-crafted sourdough, whole or multi-grain, savory, buns, flatbreads. [How to Bake a Loaf of Bread](#).



*[All About Sandwiches](#)*







# August Baking

Learn about early Sandwich Breads.



Earliest wheat relatives— *Jointed goat grass, emmer and einkorn*—were gathered and eaten. (20,000 years ago)

Today, *wheat is the planet's most essential grain*, providing essential nutrients, calories and protein. Flatbreads are the base for many peoples' meals.

**Pita flatbread** is widely enjoyed *yeast-leavened* flatbread.

Bake your own pita for a **BLT Pita** sandwich (right).

**Baking Hack:** Go with whole grain flour but create a soft flatbread using a hot water method popular in South Asia to create a soft *Whole Grain Flatbread (Chapati)*.





# August Baking

Create a signature sandwich bread!

Bake with the best! National Festival of Breads winning breads make great signature sandwich creations.

- Make your best sandwich bread ever. Explore a dozen options.
- Bake a new wrap, Chickpea Stuffed Aleppo Flatbreads
- Or your signature may be 7-ingredient Simply Sandwich Bread



**Baking Hack:** Post your creations at #HomeBaking and #NationalSandwichMonth!





# August Baking

## National Sandwich Month



- Focaccia makes a flavorful simple sandwich bread when shaped thick cut into wedges, then split.
- Focaccia can be savory or sweet– add a small amount of sugar and chopped fresh or dried fruit.
- Southwest Focaccia is yet another delicious twist... adding corn, cornmeal and a little heat from jalapenos.



**Baking Hack:** Bake focaccia using cool temperatures, place dough loosely in a food bag; refrigerate overnight. Shape, proof and bake the next day. Find your Focaccia groove at [RedStarYeast.com](http://RedStarYeast.com)





# August Baking

Explore what *rye* and *triticale* add to your sandwich bread.

- Rye is an ancient grain... dating back 11,700 years and found at sites in Syria and south-central Turkey. Triticale is a more modern wheat/rye cross.
- Rye flour proteins function don't create the same cohesiveness in gluten bonds. You'll get a more compact crumb.
- Rye flour may be 'dark' 'medium' or 'light' and may not be whole grain.
- August gardens are full of fresh dill. Sandwich with Dilly Caraway Rye (right) slices for a refreshing change!



**Baking Hack:** Whole rye or triticale flours can be kept in the pantry 3 months and in the freezer for 6 months or more if double-wrapped.



<https://www.thespruceeats.com/all-about-dill-4117140>

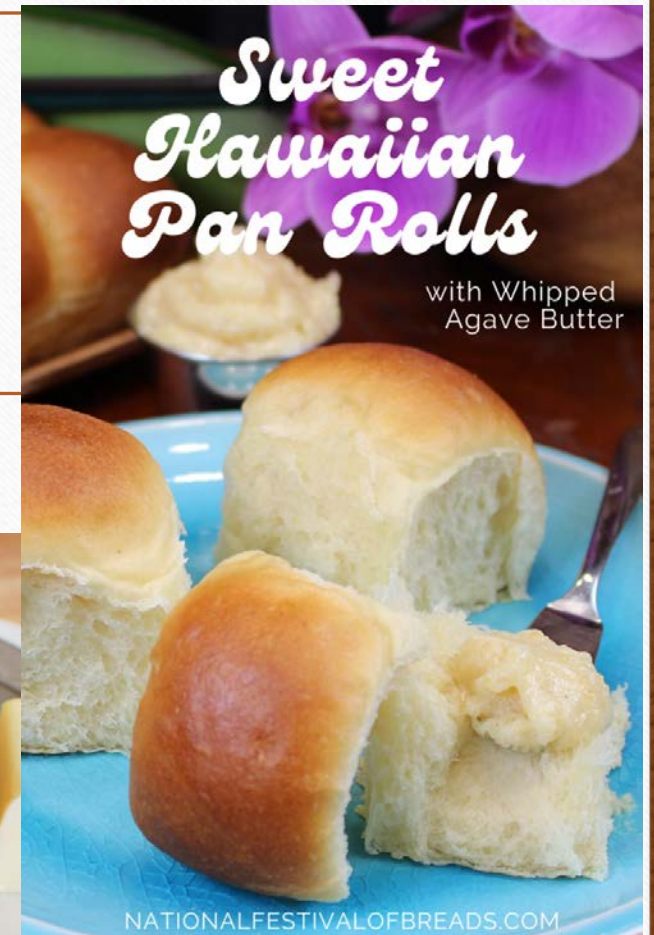


# August Baking

Don't STOP, thinking about your sandwich... bread!

- Sweet Hawaiian Pan Rolls are oh so tender an option too.
- Shift your shape! The Country Herb Roll adds three twists: Kaiser shape, Italian herbs and cornmeal for texture and golden color. YUM!

**Baking Hack:** Add that golden sheen with an egg wash. Whisk completely, 1 egg + 1 Tbsp cold water Baker Bettie demonstrates.





# August Baking

**Bierock sandwiches go way back!**

Czech and German immigrants brought a sandwich called **Bierocks** (or in Nebraska, *the Runza*), a savory mix of cabbage, onion and browned ground meat wrapped in bread dough.

**Lithuanian Bacon Buns** are a delicious walk-around specialty too.

**Vegan preferred?** Wrap the dough around a blend of sauteed cabbage and onion, **cooked quinoa** or bulgur and seasonings!

**Baking Hack:** **Mix the yeast dough and refrigerate** so it relaxes and is easier to roll and shape. Use room temp liquids so dough chills faster.





# August Baking

“Hot pockets” got their start at home!



Made-to-love Ham and cheesy hot pocket sandwiches fill the bill for harvesting field hands, campers, hikes, and car trips.

Make and consume within 2 hours for food safety.

The Calzone and Pizza Pockets make great handheld additions.

**Baking Hack:** For a super flavor boost... spread dough with pesto, then filling.



Pizza Pockets



**Calzones**



# August Baking

Not your mother's open-faced sandwich.



Think vegetarian, native-to-Americas corn from Venezuela, South American and delicious! [Cachapas!](#)

Open-faced or folded, it is a griddle-baked corn pancake. This recipe uses a masa blend. [Corn has great nutrients to offer.](#)

Read the step-by-step for [Cachapas](#) from the Shawnee Milling Test Kitchen. (Photo at left)

**Baking Hack:** Combining [masa harina](#) with a buttermilk pancake mix is brilliant for this flat bread. In a pinch, use finely milled corn meal or flour for the masa.





# August Baking

August 10 is National S'Mores Day!

*(Did you notice... they're a Sandwich ☺)*

- Check out S'more food science!
- YUM! 100% Whole Wheat Graham Crackers!
- Expand your graham cracker sandwich horizons with Berry and Chocolate Ice Cream Sandwiches

**Baking Hack:** Who knew? Add Dutch process cocoa to your graham cracker recipe to deepen the flavor and color. (See right)







# August Baking

## Waffle Sandwich, Anyone?



August 24, [National Waffle Day!](#) celebrates all waffle options!

[Chef Gemma Stafford's Bacon and Cheddar Cornmeal Waffles](#) are a delicious open-face sandwich. (At right) Watch her [demo](#) this meal.

[Whole Grain Chocolate Waffles](#) sandwich Greek vanilla yogurt and warm cherry compote!

**Baking Hack:** Prepare a [DIY Whole Grain Waffle Mix](#) to have at-the-ready!







# August Baking

## A to Z with Zucchini



- Zucchini ... tucked in your door when you're not looking... dropped on your front step... in your frig... all good.
- What's new to do is [Black Walnut Zucchini Bread](#)
- Zucchini waffles or [pancakes](#) or [Savory Muffins with Zucchini and Cheese](#).



**Baking Hack: Freeze you must.** Medium grate zucchini, drain on paper toweling, squeeze dry. [Freeze in portions perfect for winter baking.](#)





# August Baking

Never pass up an Ice Cream Sandwich!

Any August Day will do! Shake and Make  
(easier than you think) [Home Made Ice Cream!](#)

Freeze the home made soft serve until firm, then  
place between cake, cookies, [brownies](#). (right)

Gotta love a salty and sweet combo, [Peanut Butter  
Cookie Ice Cream Sandwich](#).

**Baking Hack:** Use a [super-fine granulated  
white sugar](#) for the ice cream. [Learn all the types.](#)







# September Baking

A Sneak Peak at Breakfasts and Whole Grains!

- Chef Kristin Hoffman pairs, and shares, her garlic-thyme aioli method with her Kale, Bacon and Egg Sandwich (right)
- Chef Gemma Stafford demonstrates her No-Knead English Muffins.
- Make extra for a Oven-to-Table 9 X 13-inch English Muffin Breakfast Casserole.



**Baking Hack:** National Better Breakfast Month and Whole Grains Month... what a combo!

