August Baking
A month for sandwiches and Beautiful Buns.

• **American Sandwich History**... in 1837, Eliza Leslie’s Ham Sandwich recipe first appeared 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.**
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.
August Baking
Not your mother’s open-faced sandwich.

Think vegetarian, native-to-Americas corn from Venzuela, 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 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!