

# August Baking

*We're ready for sandwich month!*



- It's well known... the BEST BREAD for Sandwiches is HOMEMADE.
- Build your best ever with the 2023 the National Festival of Breads winners. Meet the baker of Knotty 7-Grain buns and bake her recipe.

## Sandwich FACTS

**The first recorded use of the word sandwich? 1762**

Edward Gibbon writes in his diary that he saw "twenty or thirty of the first men of the kingdom" at a club in London eating sandwiches.

Baking Hack: The best grilled sandwiches?? Spread the homemade bread with mayonnaise and then grill until brown! Buttery AND tangy.



# August Baking

## Early Sandwich Breads.

Our earliest bread's came from wheat's relatives:

*Jointed goat grass, emmer and einkorn* (20,000 years ago)

- Learn about the MANY grains and pulses we grow.
- Today, wheat is the planet's most essential grain, providing 20% of the world population's calories and protein– 50% for many
- Flatbreads are also utensils used for many cultures' meal.
- **Pita** flatbread is just one widely enjoyed *yeast-leavened* flatbread.

**Baking Hack:** Like tortillas, Chapatis are a great ancient-to-modern flat bread... (right) you must give a try!



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*Make the meal with a simple sandwich bread... every week, every day.*

- Slice by slice Simply Sandwich Bread will create delicious homemade sandwiches.
- Classic 100% Whole Wheat Bread adds a robust sandwich option!
- Whole Wheat Sandwich Bread is a no-way-to-fail recipe too!

**Baking Hack:** Every day has its time limits. Break up the steps. Prepare bread dough, shape the loaf and cover tightly with sprayed food wrap or place in an oiled LARGE plastic bag, twist tie end. Refrigerate overnight (about 14 hours). Next day, remove loaf from the refrigerator 3 hours before you need the bread. Keep covered and bring to room temperature (about 1 1/2 hours) and bake as directed. Cool bread about an hour before slicing!



Simply Sandwich Bread



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*The earliest hand-held meals used flat breads... many still do!*

The oldest direct evidence of **bread** found to date (Jordan, 2019) is baked by hunter-gathers 14,000 years ago.

Watch Chef Tess, Panhandle Milling, prepare step-by-step [5-Ingredient Flat Bread](#).

- Add spice to sandwich life! Add 1 Tbsp. cumin seed and 1 Tbsp. garlic powder to the dry ingredients for an Indian-style flat bread to serve with curry.

**Baking Hack:** If the dough springs back when you roll it, lightly cover the dough pieces and let them rest ~5 minutes– then roll.



More Flat Breads at [RedStarYeast.com](https://www.RedStarYeast.com)

# August Baking

*Don't STOP! So many delicious bread options.*



Country Herb Roll

Vary the bread you slice or the roll you fill for your next sandwich!

Asiago Cheese Bread is a start. Watch how to prepare it.

The Country Herb Roll adds three twists:

- Kaiser shape
- Italian herbs
- Cornmeal for texture and golden color. YUM!

**Baking Hack:** These yeast doughs can be frozen in roll-sized pieces! Prepare the dough and immediately scale or divide it into equal pieces. Flatten dough pieces into discs, double-wrap and freeze. Thaw in the fridge overnight or at room temperature, shape, allow to “proof or double in size,” covered, in a warm place and bake as directed.



Asiago Cheese  
BREAD & ROLLS





# August Bakers

*Create your own signature sandwich!*

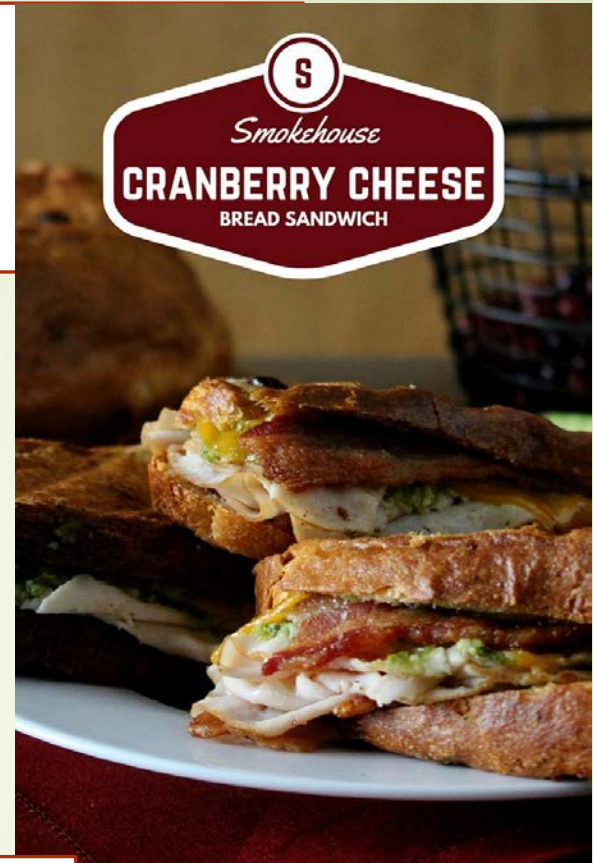
Smokehouse Cranberry Cheese Bread a Vermont-inspired National Festival of Breads entry, is both savory and sweet with the tang needed to go with salty bacon and roasted turkey. Toast this sandwich as a signature panini.

View how to prepare the bread: <https://youtu.be/solEnqB72QI>

Find more great signature breads at [www.nationalfestivalofbreads.com](http://www.nationalfestivalofbreads.com)

**Baking Hack:** No Panini Press? Follow directions to prepare this sandwich. Easy as 1-2-3 and toast long and low for best results!

1. Place sandwich on a pre-heated, well-seasoned cast iron or oiled, heavy skillet.
2. Place a plate on top and set a heavy item on top of the plate to weigh and press as it toasts the sandwich.
3. Flip when toasty and repeat.



# August Baking

*Everything's better on buns and foot-longs.*



- Savor sandwiches on a Chewy Pretzel Bun. (right)
- Or make it a FOOT LONG sandwich with a simple French Bread loaf.
- You'll love the **economy of ingredients**—(about \$1
- for 8 buns) flour, water, yeast, a pinch of sugar and salt.

All while it looks and tastes like a million dollars.



**Baking Hack:** Try a new twist– use an “everything bagel” sprinkle blend:

¼ cup *each* sesame and poppy seeds,  
3 Tablespoons *each* garlic and onion flakes,  
2 Tablespoons kosher coarse salt.



# August Baking

## *Early settler sandwiches*

Where **Czechs and Germans** settled America **Bierocks** or in Nebraska, the *Runza* are popular still. They are

- View step-by-step how-to with Cindy Falk. Filled with cabbage, onion and browned and drained ground meat, in various ratios
- **The ground meat may vary...** Buffalo, deer meat, ground turkey... all have been used!  
TIP: Drain the browned ground meat well– if too greasy, the dough cannot seal.
- **Vegan is a delicious option too!** Wrap the dough around a blend of cabbage, onion, cooked quinoa or bulgur and seasonings!



**Baking Hack:** Mix the yeast dough and refrigerate it so it relaxes and is easier to roll. Prepare the filling, cool slightly and scoop to fill the dough, as directed. The warmth in the filling “raises” the dough.



# August Baking

*“Hot pockets” and calzones = sandwich specialty.*



When you're from Wisconsin you know what a hot lunch means! Ham and cheesy hot pocket sandwiches (right) fill the bill.

- Sally McKenney Quinn shares her step-by-step method at [redstaryeast.com](http://redstaryeast.com)

The Calzone (left) is another great sandwich relative! Start with a good dough!

- Flavor TIP: Spread dough with pesto, then fill.



**Baking Hack:** Egg wash gives sheen. Don't over-do the filling or the dough cannot seal well.

# August Baking

*Cachapas... made from The Americas' native grain, corn.*



**Vegetarian Cachapas**

Vegetarian, South American and delicious! Think ***Cachapas!***

- The bread? A griddle-baked corn pancake and masa blend!
- Read the step-by-step for **Cachapas** from the Shawnee Milling Test Kitchen.

**Baking Hack:** Combining *masa* harina with a buttermilk pancake mix is brilliant for this flat bread, open- faced sandwich.

- In a pinch, use finely milled cornmeal for the masa.



# August Baking

On August 10<sup>th</sup> serve up S'Mores for dessert!



**Baking Hack:** Add Dutch process cocoa to your chocolate chip cookie with deepen the color but be a milder flavor.

Aren't we glad S'Mores are also a Sandwich? ☺ So many options!

- The ORIGINAL S'Mores made with home made graham crackers sandwiches deliciousness!
- S'Mores Whoopie Pie with a Gluten Free version for our GF loved ones.
- Chocolate Chip Sandwich S'More are yet another new fav.

# August Baking

*There's a Waffle Sandwich for August 24- National Waffle Day!*

Let's honor August 24 is National Waffle Day!

Today's waffles hail from France and Belgium. Earlier versions of the waffle, made of grain flour and water, date back to Ancient Greece. At that time they made *obelios*, or flat cakes, cooked between hot metal plates.

Whole Grain Chocolate Waffles are great for dessert! Fill with Greek vanilla yogurt and warm cherry compote!

**Baking Hack: Ah the memories!** Layer your waffles with whipped cream, fruit and a drizzle of a homemade brown sugar syrup.





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*Any August day will do for an Ice Cream Sandwich!*



- Start by making some Shake and Make (easier than you think) Home Made Ice Cream!
- Freeze the home made soft serve until very firm, ... and place between cake, cookies, in a crepe...
- The salty/sweet combo of a Peanut Butter Cookie Ice Cream Sandwich.

**Baking Hack:** Use a super-fine granulated white sugar for the ice cream. Consider coarsely chopping some salted peanuts to blend with the mini-chocolate chips 😊



# September Baking

Sneak Peak!

Go Great with Breakfasts and #WholeGrainMonth!



A perfect match!  
Whole Grain Breakfast Cookies

**Baking Hack:** Every day is so much better when you eat breakfast...  
and it's rich with whole grains...wheat, oats, barley, spelt, corn...