

September Baking

Celebrate Breakfasts and #WholeGrainMonth!



Baking Hack: Every day goes better when you eat a whole grain rich breakfast.....wheat, oats, barley, spelt, corn...



[Spend Smart, Eat Smart](#) and Food Central's [Breakfast Cookies](#). Includes Video.

Thanks Iowa and Nebraska Extension.😊



September Baking

Foodies unite for Whole Grains and Better Breakfasts!



- What's the buzz about why so many are eating whole grains. (at least 3 servings a day!)
- Spiced Vanilla Apple Baked Oatmeal is definitely a "better breakfast!" Enjoy the how-to video.
- Ready anytime: WG Cinnamon and Nut Baby Biscotti.

Baking Hack: New to *baking* with whole grains? Choose a favorite recipe -- substitute $\frac{1}{2}$ whole wheat flour for half the enriched all-purpose flour in the recipe. View how.

Download Whole Grain Baking 101 and King Arthur Baking Whole Grain Baking Guide.



The vanilla makes all the difference. Learn more☺
History, FAQs, trivia, and meet the farmers.



September Baking

Everything is better on a waffle this week!

- ✦ Breakfast Month began during WWI and is still just as essential.
- ✦ TIME is a challenge. Think waffles in a Jiffy! Double the batch and freeze to toast-and-go.
- ✦ **Breakfast Hack:** No buttermilk ? For each cup needed: **Stir** 2 Tablespoons white vinegar or lemon juice into milk to measure 1 cup. Let stand 5 minutes. View Chef Gemma demonstrate this tip.

Crispy Whole Grain Waffles

Ingredients:

- 1½ cups whole wheat flour
- ½ cup cornmeal or favorite multigrain hot cereal
- ¼ cup cornstarch
- 1 tablespoon sugar
- 4 teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 3 eggs, beaten
- 2 cups buttermilk*
- ½ cup melted butter or vegetable oil

*Option - Mix 2 tablespoons vinegar or lemon juice and additional milk to equal 1 cup.

Preparation Time: 20 minutes
Baking Time: Check manufacturer's recommendation
Makes: 16 waffles
Serving: 1 waffle

Directions:

1. Brush waffle iron with oil and preheat as directed by manufacturer.
2. Combine flour, cornmeal, cornstarch, sugar, baking powder, baking soda and salt in large mixing bowl.
3. Combine eggs, buttermilk and butter in separate mixing bowl.
4. Add liquids to dry mixture. Stir just to blend.
5. Bake in waffle iron until crispy brown or as waffle iron instructions direct.

Family Activity:

Make a special day even better! Let the birthday honoree plan their breakfast menu. Prepare the breakfast as a family and serve the "special" family member as a treat to honor their birthday!

Fun Fact:

Before Meriwether Lewis left on the Lewis and Clark expedition, he visited Thomas Jefferson Washington D.C., 1801-1803. Jefferson introduced Lewis to a new food – waffles.

Vocabulary:

Cornstarch: the dense fine white flour obtained from the center (endosperm) of corn kernels. When mixed with wheat flour in cakes, cookies and waffles, it produces a finer textured product.

Nutrition Facts (1 serving/66g)

Calories: 155, Protein: 4g, Carbohydrates: 16g, Dietary Fiber: 2g, Fat: 9g, Saturated Fat: 1g, Mono Fat: 4g, Poly Fat: 3g, Cholesterol: 43mg, Calcium: 77mg, Potassium: 124mg, Sodium: 293mg

Crispy Whole Grain Waffles recipe.



September Baking

Whole grain rich foods for breakfast = satisfied till lunch.



Make every day a blueberry day!

Start young... Book and bake with someone you love.

Blueberry English Muffin Bread is simply perfect. Let it rise and bake while you clean up and read.



National Read a Book Day
www.NationalDayCalendar.com

September 6
#ReadABookDay



Baking Hack: Dried blueberries or fruit can substitute for fresh– use $\frac{3}{4}$ the amount called for in recipe– “condition” first to avoid crumbly baked goods.

→ Cover the dried fruit with water and drain. Allow to rest 10 minutes (or longer in refrigerator) before folding into batter or dough. Keep conditioned dried fruit refrigerated.



September Baking

Join us in the Family Meal Movement!

- Learn why eating family meals together matters so much.
- Hard to start? Find some great help from those who've been there.
- It helps to have Conversation starters.
- And easy, not-so-fancy meals:
DinnerTonight and Nebraska Extension Food Recipe Central.

Mexican
Corn Bake



September Baking

2nd Week in September is all about Biscuits and Gravy



YUM! Garlic-Cheese Biscuits and Gravy

Baking Hack: Many biscuit bakers start with self-rising or self-raising flour, an enriched, soft wheat flour mix that includes the leavening

- ✦ Invite family or friends for a **best-biscuit challenge!** Rolled, dropped, savory or plain.
- ✦ Bake the best biscuit baking tips with Chef Donley.

Hopkinsville Mill, KY provides centuries of biscuit chops:

Biscuits: 2 cups Self-Rising Flour*

3 well-rounded tablespoons shortening

$\frac{3}{4}$ cup milk (fresh buttermilk may be used)

Cut or rub shortening into the flour, add milk a little at a time to make a soft dough. Turn dough out on a well floured board and knead lightly about 30 seconds, roll $\frac{1}{2}$ inch thick, cut with a biscuit cutter, place on a baking sheet, and bake in a hot oven (450°F) about 10 minutes.

September Baking



Find Folklore and the rhyme!

- Use buns for medicinal purposes. A piece of it given to someone ill will help them recover. (English folklore)
- Sharing a hot cross bun ensures friendship throughout the coming year. “Half for you and half for me, Between us two, shall goodwill be” is said at the time.

Great bakers share three Hot Cross Bun recipes!

- Try No-knead Hot-Cross Buns as shown step-by-step.
- No currants or raisins not and option? Go for Chocolate Chip Hot Cross Buns!
- Chef Gemma’s spiced and sweet Hot Cross Buns.

Baking Hack: Hot Cross Buns can be baked a day or so ahead of time and stay moist by using the tangzhong technique, a Japanese method for increasing the softness and shelf life of yeast rolls.

September Baking

Yum! September 14-Crème Filled Donut Day!

Where to begin?! There's Boston cream, chocolate, vanilla, maple... I vote for Meyer Lemon cream!

Baker Bettie's got tips for simplicity up her chef coat sleeve for Chocolate Filled Mini-Donuts.



Baking Hack: No time for filled donuts? Make these easiest ever Cinnamon Donut Holes ... And Mike Bakes a Vanilla Chai Baked Donuts with Domino golden sugar



September Baking

September 16- #CinnamonRaisinBreadDay



Whole Wheat Cinnamon Swirl Bread

- ✦ Homemade Cinnamon Swirl Bread is top shelf just like the supermarket's Raisin Swirl!
- ✦ Enlist a Bread Machine for this wonderful twist Fruited Wheat Hearth Loaf
- ✦ State Fair winning Cinnamon Star Bread adds multiple twists. **See step-by-step shaping.**

Baking Hack: It's unlikely, but if there are leftover slices, make French toast for breakfast, lunch or supper! See 3 ways to make Overnight French Toast. The VANILLA you use will make all the difference.



September Baking

Bake all things APPLE.



Easy Apple Pie Bars with Vanilla Shortbread Crust
from Rodelle.

Top baking varieties include Granny Smith, Crispin, Cortland, Jonagold, Melrose, Golden Delicious, Winesap, Northern Spy

Connect to some of our test kitchens' best!

- ✦ [Apple Pie Black Walnut Bread](#)
- ✦ [Whole Wheat Fresh Apple Oat Squares](#)
- ✦ [Apple Crunch](#)
- ✦ [Apple Cinnamon Muffins](#)



Baking Hack: Match seven varieties and their recipe pairings.



September Baking

September 26th – A day for ‘Cakes, morning, noon and night!

- Pancakes date back more than 30,000 years. In fact, they may be the oldest breakfast food in history.
- With pumpkins and squash in the garden and markets, Buttermilk Pumpkin Pancakes will be on our table!
- Homemade Whole-Grain Pancake and Waffle provides a great homemade mix to be ready-to-make ‘cakes!



Baking Hack: Peel, core and cook any less-than-perfect apples as sauce to top pancakes. Another great pancake drizzle? Golden Ginger Syrup

Light-as-a-Feather Whole Wheat Pancakes

September Baking

September 29- What's Coffee Day without bakers?



Whole Grain Cinnamon-Nut Baby Biscotti



Signature Scones



Fresh Apple Coffee Cake

Baking Hack: Stir up Lemon Ginger Yogurt to serve with scones, as a biscotti dip or quick bread drizzle. The National Festival of Breads test kitchen suggests, “Blend lemon yogurt, 1 tablespoon grated lemon zest plus $\frac{1}{4}$ to $\frac{1}{2}$ cup finely minced crystallized ginger.”

October Baking

Sneak Preview!

We have a great pairing for Dessert Month!



5 INGREDIENT CALABRIAN BLACK WALNUT CAKE



Apple Bread with Vanilla Glaze



Baking FACTS: Black Walnuts are native to us. In fall they are a picked-by-hand forage crop chefs are discovering what home bakers have known for a long time. They're delicious for entrees to dessert. Paired with real beet and cane sugar in baking desserts...deliciousness. Download Sugar STEM lesson.