

# January Baking

## Bake for Health and Wealth in 2024!

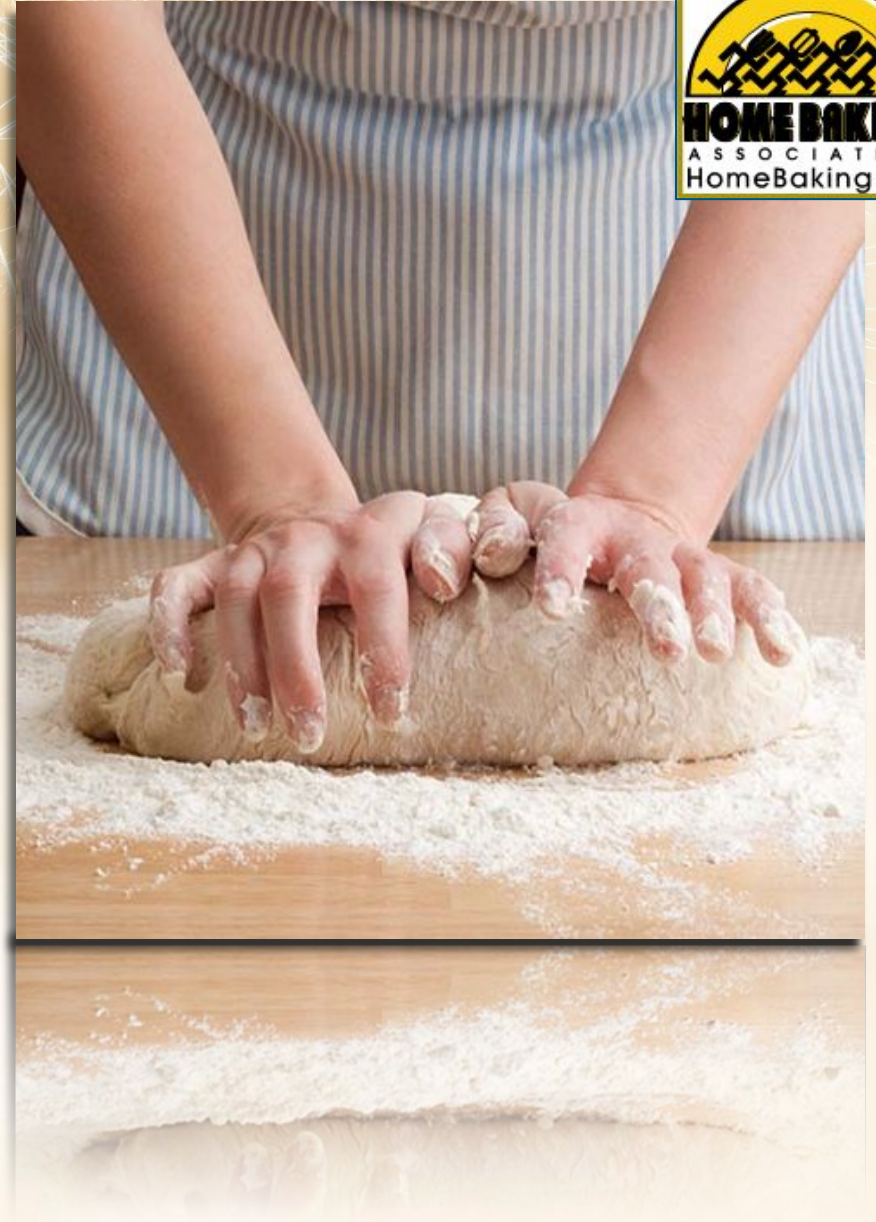
Bake with us to...

- Avoid fad diets.
- Add a kitchen workout.
- Ask if homemade foods would improve nutrients, reduce food costs.
- Begin with bite-sized portions.

**Baking Hack #1:**  
Bake, Learn and Live!



National Oatmeal Month  
[www.NationalDayCalendar.com](http://www.NationalDayCalendar.com)





# January Baking

Entrees with enriched flour or cornmeal crusts are folic-acid rich.



Quesadillas and Chicken Broccoli Casserole are two quick-to-fix folic-acid rich entrees. Download a free on-line Jiffy Cookbook!



Baking with all-purpose enriched flour provides a good source of folic acid, an essential B-vitamin

Entrees topped with enriched flour biscuits or cornbread or corn dumplings add B-Vitamins and folic acid.

View How to Bake Ham and Greens Pot Pie with Sunflour Flour Hopkinsville Milling president, Robert Harper.

**Baking Hack:** bake your favorite recipes with half whole wheat flour and half enriched all-purpose, pastry, cake or bread flour or cornmeal for the “whole grain rich,” benefits from both.

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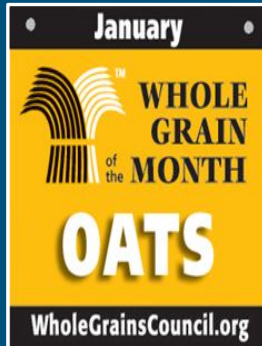
Breakfast makes a difference for health— pair with [Orange Oatmeal ‘Cakes](#) 😊



[Oat fiber](#) provides *beta-glucan*, with anti-inflammatory properties, can reduce cholesterol, and promotes gut-health.

Lose your fear of yeast to bake [Oatmeal Breakfast Bread](#) with [Red Star video tutorials](#) 😊.

Have you tried [Baked Oatmeal](#)? It's chewy, made with brown sugary goodness!



**Baking Hack: “How to” [mis en place](#), learn the tools and techniques, and measure are all part of [Mealtime Solutions](#) and our [glossary](#).**



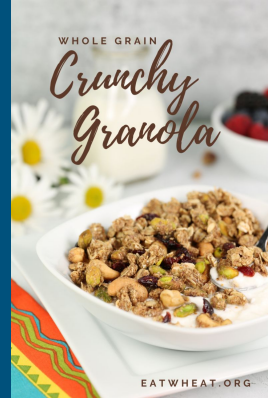


# January Baking

Bake your own granola and power bars in 2023!



Vanilla Bean Maple Granola



Gemma's No-Bake Granola Bars



Whole Grains Council's Coconut Almond Granola Bars



Baking Hack: Bigger Bolder Baking recommends refrigerating no-bake dough 2-3 hours before cutting into bars.



# January Baking

Oatmeal bread ...yeast bread for any day!



Oatmeal Bread is from our partners, [FCCLA](#)- offering life and career skills in schools across the U.S.!

## Oatmeal Bread Baker Tips:

Soaking oats in boiling water creates a moister loaf.

You'll love North Dakota's [Easy Oatmeal Bread](#) – [where they grow wheat AND oats!](#)

[Quick and Easy Steel-Cut Oat Bread](#) mixes in your bread machine, bakes in oven. (right)

[Learn about molasses](#) – a delicious ingredient in oatmeal breads.

**Baking Hack:** Bread browning too fast? Lightly lay a piece of aluminum foil over the top crust and reduce the oven temp 10° F. Loaf is done when it is 190°- 205° F. at center.



# January Baking

Oatmeal cookies...you're going to want a glass of milk.



Top January off with

7 Grain Jam & Oatmeal Cookies

Oatmeal Raisin Scones

Banana Oatmeal Cookies

Old-fashioned Oatmeal Pecan (right)

Baking Methods: Baker Bettie's Perfect Oatmeal Raisin Cookies, (left) do not use baking powder or baking soda to leaven them. "The creaming process (butter and sugar) plus the egg make the cookie rise without any other leavening. " Access Baker Bettie's Baking School for much more!



Old Fashioned Oatmeal Pecan



# January Baking

It's pizza week (2<sup>nd</sup> week of January) with these top 12 pizza recipes- #nationalpizzaweek

Start family mealtime tradition benefits – kids or adults - by cooking and eating together at home.

Busy schedules and tight budgets love ideas and ready-to-shop lists at Dinner Tonight!

UNL Extension Recipe Central will keep affordable meal ideas flowing.

**Baking Hack:** Prep your pizza crust the day before, using cooler temperature liquids and refrigerate the dough in dough balls ready-to-roll. Deflate dough if needed. Dough will stretch and flatten on pan like a dream if dough is kept relaxed when taken out of the refrigerator.



Even affordable Homemade Gluten-Free Pizza is in reach.



# January Baking

Bake for a Happy New Year!



JANUARY 9TH  
NATIONAL APRICOT DAY  
[www.ListOfNationalDays.com](http://www.ListOfNationalDays.com)



## Charcuterie Boards!

[Crunchy crackers](#) (right)

[Onion Parmesan Cracker Bread](#)

[Crunchy Parmesan Crackers](#)

Baking Hack: Roll cracker dough 1/8 inch thick on a parchment paper- cut evenly and dock—transfer parchment with crackers to baking sheet pan



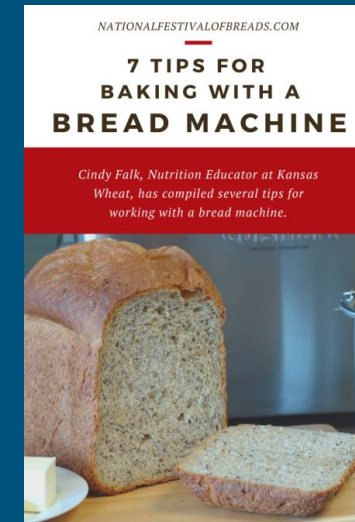
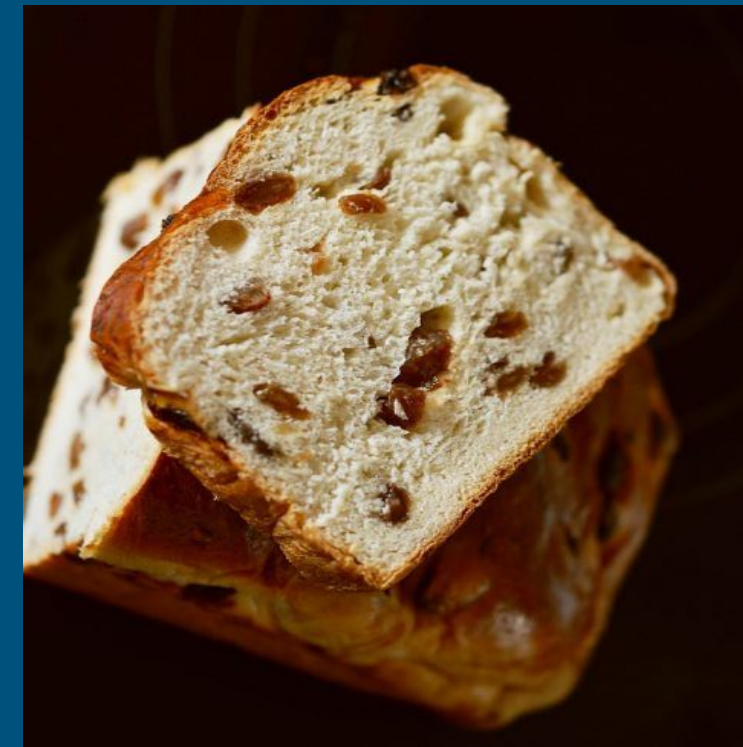


# January Baking

A month for bread machine baking!



**Baking Hack:** Visit the National Festival of Breads test kitchen for Cindy Falk's 7 Tips for Baking with a Bread Machine.



Program your bread machine to bake Healthy & Hearty 3-Seed Bread or Cinnamon Raisin Bread as a breakfast treat.



# January Baking

*Bread and soup...a winter natural.*



Baking Hack: View the Oklahoma Wheat Bread Bowls 101 video and recipe.

Temperatures make a difference!

- Yeast dies if exposed to 140 ° F. or more.
- Bake bread until 190 to 210 ° F. at center.
- Cool to 100 ° F. at center before wrapping.
- Store yeast bread at room temperature- NOT in refrigerator.

No-knead Dutch-oven bread makes mini-loaves for great soup bowls too!





# January Baking

Biscuits and cornbread can complete a meal.

Chef Donley demonstrates these light biscuits that top a Turkey or Chicken Pot Pie.

Let your meals support American workers- oven-to-table U.S. made glass bakeware by Anchor Hocking offers 117 experienced years that make bakeware great!

Mix and bake the Impossible Vegetable Quiche and see the biscuit become the crust!

Baking Hack: A quiche can be made from biscuit, pastry or even a yeast crust dough! The crust can be made from a low-protein enriched flour or whole wheat flour.



Yeast Crust Quiche



# January Baking

*Bake gluten-free, vegetarian, vegan*

Roasted Tomato and Eggplant Focaccia is a light noon meal– a *focaccia* Italian tradition. (Top center)

Savory Gluten-Free Flatbread pairs with so many entrees, salads or soups. (far right)

Vegetarian Cachapas are vegan as well.



**Baking Hack:** Searching for a vegan egg replacement in your baking?  
Chef Gemma demonstrates how to use the liquid from canned chickpeas- aquafaba.



# January Baking

*Just Desserts! Everyone needs a Blonde Brownie in their recipe file!*



Laura Kasavan, blogger at *Tutti Dolci*, shares *Brown Butter Apple Blondies*, [C&HSugar.com](http://C&HSugar.com)



Brown Butter Apple Blondies, (left) with caramelized apples, golden brown sugar and spices is a must-try. (They can also be made with dark brown sugar 😊)

Cinnamon Bun Blondies



**Baker's Hack:** What makes the Blondie's shiny top? King Arthur Baking pros tell all: "By melting the butter with the sugar and salt...mixing in the eggs one at a time...sugar is dissolved and migrates to the top surface..."



# January Baking

Health should always include...dark chocolate and figs, of course!

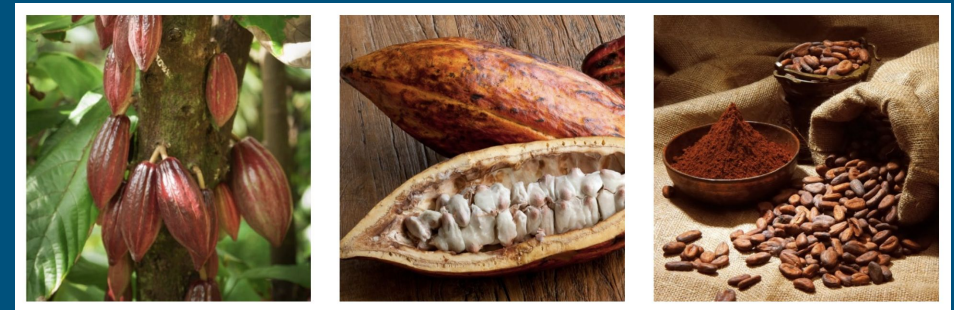
[Dark Chocolate Cake with Fig Jam](#) is Chef Eleonora's latest!

*Chef's tip: If fresh figs are unavailable, you can substitute the pectin and fresh figs for 1 bag (7 ounce) of dried chopped figs and ¼ cup of triple sec. to create the jam.*



Baking Hack: Learn more about [types of chocolate](#) from King Arthur Bakers.

[Learn all about baking with cocoa!](#)





During the month of February, help us celebrate



## *for* FAMILY FUN MONTH

Each week you will find designated recipes, baking activities and opportunities to spend time together in the kitchen. From toddler to grandparent – baking is the perfect family activity!



# February Baking

*SNEAK PEAK Bake for Family Fun!*

Week 1: Let's Get Started Baking

Week 2: Bake for My Valentine

Week 3: Baking History and Traditions

Week 4: Baking for Others

Bake with us at  
[HomeBaking.org](https://HomeBaking.org)  
#BakeForFamilyFunMonth

