

Oklahoma's Best Breads



Oklahoma's Best Breads - 2008

Savor the aroma of freshly made breads and discover the fun of bread baking with “Oklahoma’s Best Breads” cookbook. Each of the winning recipes from the 2008 Wheatheart Bread Baking contest is mouth-watering! This year’s Wheatheart Contest included entries by 88 bread bakers from 39 counties across the state. The contest is supported by Oklahoma’s wheat producers, sponsored by the Oklahoma Wheat Commission and held annually at the Oklahoma State Fair.

People who eat whole grains as part of a healthy diet have reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies. To get the most benefit from grain foods, make half your grains whole. The food pyramid recommends consuming at least three ounces of grains daily, with half of that amount coming from whole grains.

The Oklahoma Wheat Commission

In 1965, the Oklahoma Wheat Resources Act established the Oklahoma Wheat Commission, and with it a framework for Oklahoma wheat producers to invest in the promotion of their product, Hard Red Winter wheat.

The OWC is entirely producer-controlled. Oklahoma wheat producers elect their fellow producers to serve as commissioners in district elections. Each district has an opportunity to elect a commissioner every five years. Once selected, commissioners are appointed by the Governor of Oklahoma to serve a five-year term. Five Oklahoma wheat producers make up the board of commissioners.

The Commission is committed to ensuring the competitiveness of Oklahoma wheat in national and international markets. The OWC invests producer contributions in market development through the Wheat Foods Council and U.S. Wheat Associates.

Twenty percent of all producer funds collected by the OWC are allocated to the Oklahoma Wheat Research Foundation, as required by law. In addition, the Commission supports numerous wheat research projects conducted by the Oklahoma State University Division of Agricultural Sciences and Natural Resources, all aimed at ensuring the future of Oklahoma wheat.

Specific areas of research include: Wheat breeding and genetics; end-use quality; production techniques; non-food uses; nutrition education of consumers; and utilization of wheat flours.



Whole Wheat Bread

3 pkgs. active dry yeast
2 ¼ C. warm water
1/3 C. sugar
1 Tbsp. vegetable oil
1 Tbsp. salt
5-6 C. whole wheat flour
2 eggs, beaten

In large mixing bowl, dissolve yeast in warm water. Add sugar, vegetable oil and 1 cup flour, mix well. Let stand for 5 minutes, until the mixture begins to form bubbles. Add beaten eggs and salt and mix until smooth. Add remaining flour as needed to make a soft dough. Continue kneading, and adding flour until dough is smooth and elastic.

Place in a plastic 2 gallon bag that has had the inside sprayed with cooking oil. Place in a warm place and let rise until doubled. Divide dough in half, shape into 2 loaves. Place in greased 9 inch by 3 inch bread pans. Cover and let rise in warm place until doubled.

Bake at 350 degrees for 20-25 minutes or until golden brown.

*St. Division Grand Champion - Whole Grain Breads
Kaye Freudenberger, Coyle, Okla.
Logan County*





Sesame Onion Braid

1 C. warm sour cream
3 eggs
1 pkg. onion soup mix
2 Tbsp. softened butter
2 Tbsp. sugar
1 pkg. dry yeast
2 Tbsp. salt
¼ tsp. baking soda
6 ½ - 6 ¾ C. flour
1 Tbsp. cold water
3 Tbsp. sesame seeds

In bowl, dissolve yeast into ¼ cup warm water and let stand for 5 minutes. Add sour cream, 2 eggs, soup mix, butter, sugar, salt, baking soda and remaining water together. Mix well and stir in just enough flour to form a soft dough. Turn out onto a floured surface and knead until smooth and elastic.

Place into a greased bowl, cover and let rise until double in size. Punch dough down, turn out onto a floured surface and divide into 6 portions. Shape each portion into a 15 inch rope.

Place 3 ropes onto greased baking sheet and braid. Repeat with remaining ropes.

Cover and let rise until doubled in size. Beat cold water and 1 egg together and brush over dough and sprinkle with sesame seeds. Bake at 350 degrees for 35 to 40 minutes: Yields 2 loaves.

*Jr. Division Grand Champion- Other Wheat Bread
Ty Hamm, Major County*





Cheesy Onion Braid

5-6 C. flour	Filling:
3 Tbsp. sugar	1 Tbsp. butter
1 tsp. salt	¼ C. minced onion
2 Tbsp. dry yeast	1 Tbsp. minced garlic
2 ½ C. water, divided	1/8 tsp. garlic salt
2 Tbsp. oil	¼ tsp. salt
1 C. grated cheese	
1 egg	

Dissolve yeast in ½ cup warm water. In large mixing bowl, combine 2 ½ cups flour and sugar. In small sauce pan, heat 1 cup water, oil and cheese until warm and cheese is soft. Add warm liquid mixture, egg and softened yeast to flour mixture.

Beat 2 minutes at medium speed. Add 3 to 4 cups flour to make a soft dough.

Turn onto lightly floured board and knead until smooth and elastic. Place in greased bowl and let rise until doubled, 1 to 1 ½ hours. Punch dough down and let rest for 15 minutes. Divide dough in half and shape to variation desired.

In small sauce pan, combine filling ingredients. Cook over low heat, stirring constantly until butter is melted. Set aside.

On lightly floured surface, roll dough to a 6 by 8 rectangle. Cut into three equal strips. Spread 1/3 filling onto each strip and roll up. Braid the strips together and put into greased pan. Let rise until doubled.

Bake at 350 degrees for 20 to 30 minutes. Remove from pan and cool.

Yield: 2 large loaves.

*Sr. Division Other Wheat Bread
Katherine Ereman, Ellis County*





White Bread

2 pkg. yeast
2 Tbsp. sugar
½ C. sugar
¼ C. shortening
½ C. warm water
2 C. milk, scalded
1 tsp. salt
7 C. flour

Dissolve yeast and sugar in warm water. Add ½ cup sugar, salt and shortening to scalded milk. When mixture is lukewarm, add dissolved yeast and 3 cups flour. Beat for 2 minutes and let rise for 40 minutes.

Stir down the sponge, add 3 ½ cups flour and mix well. If dough seems too sticky, add more flour but leave some for kneading. Place dough on floured board and knead for 5 minutes. Place in a greased bowl and let rise until doubled in size, between 1 and 1 ½ hour.

Punch down dough and divide in two. Let rest for 10 minutes then shape into loaves and put into greased bread pans. Allow to rise again until doubled.

Bake at 350 degrees for 35 to 40 minutes or until golden brown and loaves have a hollow sound when tapped with a finger. Turn out on to a rack and brush top with butter.

*Jr. Division White Bread
Mickala Gorrell, Logan County*





White Bread with Dill

2 pkg. active dry yeast
2 C. warm water
1/3 C. sugar
1/2 C. powdered milk
1 Tbsp. salt
6 C. flour
1/3 C. shortening, melted
2 eggs
Sprinkle of dill

Dissolve yeast in lukewarm water. Add sugar, powdered milk, salt, eggs and 3 cups of flour. Stir to a smooth batter. Add melted shortening and remaining flour, 3 cups. (It may take more or less flour.)

Knead on floured surface for 10 minutes. Spray the inside of a large Ziploc bag with vegetable spray. Punch dough down again, dividing dough and lightly sprinkle with dill while shaping into two loaves. Put in prepared pans.

Let rise until doubled and into well rounded loaves. Bake at 350 degrees until golden brown, with time varying from 35 minutes. Adjust cooking time to suite own oven.

Remove from pans and cool on wire racks. When completely cooled, seal in a plastic bag to keep fresh.

*St. Division White Bread
June McGuire, Stephens County*





Refrigerator Rolls

½ C. milk
1 ½ Tbsp. yeast
2 tsp. salt
¼ C. oil
1 ½ C. warm water
½ C. sugar
1 egg
6 ½ to 7 C. flour

In large mixing bowl, place milk and warm water. Dissolve yeast in warm liquid and add sugar, mix in ½ of the total flour then beat in eggs and oil. Mix in remaining flour until dough is easy to handle.

Cover and place in refrigerator. About 2 hours before baking, punch dough down and shape into rolls. Then allow to double in size. Bake at 400 degrees for 10 to 12 minutes.

Yields 4 dozen rolls.

*Jr. Division Dinner Rolls
Hannah McKay, Woodward County*





Perfectly Easy Dinner Rolls

1 C. warm water (110 to 115 degrees F.)
½ C. butter, melted
3 eggs
4-4 ½ C. all-purpose flour
2 pkgs. active, dry yeast
½ C. sugar
1 tsp. salt
Additional melted butter

Combine the warm water and yeast in a large bowl. Let the mixture stand until yeast is foamy, about 5 minutes. Stir in butter, sugar, eggs and salt. Beat in flour, 1 cup at a time, until dough is too stiff to mix. There may be extra flour left over.

Cover and refrigerate two hours or up to four days. Grease a 13 by 19 inch baking pan. Turn the chilled dough out onto a lightly floured board. Divide dough into 24 equal pieces. Roll each piece into a smooth round ball; place balls in even rows on prepared pan. Cover and let rise until doubled in volume, about 1 hour.

Preheat oven to 375 degrees F. Bake until rolls are golden brown, 15 to 20 minutes. Brush warm rolls with melted butter, if desired. Break rolls apart and serve.

Makes two dozen rolls.

*Sr. Division Dinner Rolls
JoNell Babst, Ottawa County*





Cookrise Cinnamon Rolls

5 ½ to 6 ½ C. flour
½ C. sugar
1 ½ tsp. salt
1 ½ C. hot tap water
½ C. margarine, softened
2 eggs, room temperature
2 pkgs. active, dry yeast

In a large bowl, thoroughly mix 2 cups flour, sugar, salt and dry yeast. Gradually add hot tap water to dry ingredients and beat for 2 minutes, scraping the bowl occasionally. Add eggs and ½ cup flour, or enough flour to make a thick batter. Beat on high speed for 2 minutes and stir in enough additional flour to make a soft dough.

Turn onto lightly floured board and knead until smooth and elastic. Cover and let rest for 20 minutes then punch dough down. Roll the dough into a rectangle on a lightly floured board. Brush with melted butter or margarine and sprinkle with cinnamon and sugar.

Roll into a log and seal the edges. Cut into 1 ½ inch pieces and place in a greased pan. Cover with plastic wrap and refrigerate for up to 24 hours.

When ready to bake, remove from the refrigerator. Uncover the dough and let stand for 10 minutes at room temperature.

Bake in a 375 degree oven for 20 to 25 minutes or until done. Remove immediately and cool on wire racks. Drizzle with powdered sugar glaze.

*Jr. Division Sweet Breads
Brenna Morris, Dewey County*





Maple Nut Coffee Cake

1 C. warm water
 1 Tbsp. yeast
 ¼ C. sugar
 1 egg
 1 tsp. maple flavoring
 6 Tbsp. butter, melted
 1 tsp. salt
 3- 4 C. bread flour

FILLING
 ¾ C. sugar
 1 tsp. ground cinnamon
 ½ tsp. maple flavoring
 ½ C. chopped pecans

GLAZE
 1 ½ C. confectioner's sugar
 ¼ tsp. maple flavoring
 1-2 Tbsp. milk

Dissolve yeast and sugar in warm water. Add 2 cups flour, salt, eggs, 4 tablespoons butter, and maple flavoring. Beat until smooth. Stir in enough remaining flour to form a soft dough. Turn onto a flour surface and knead until smooth and elastic, approximately 2 to 3 minutes. Put in greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled.

Punch dough down. Turn onto a lightly floured surface; divide into thirds. Roll one portion into a 12-inch circle and transfer to a greased pizza pan. Brush with some of the remaining butter.

Combine sugar, cinnamon, maple flavoring and nuts. Sprinkle 1/3 of the filling over buttered dough. Roll out second portion of dough into a 12 inch circle and place over filling. Brush with butter and sprinkle with 1/3 of the remaining filling. Repeat with remaining dough, butter and filling.

Pinch dough around outer edge to seal. Place a small glass in the center. Cut from the outside edge just to the glass, forming 16 wedges. Remove the glass and twist each wedge five or six times and tuck edges under. Cover and let rise until doubled, about 30 to 45 minutes.

Bake at 350 degrees for 20 to 25 minutes or until golden brown. Remove from pan to a wire rack to cool. Combine glaze ingredients and drizzle over the warm coffee cake.

*Sr. Division Sweet Breads
 Travis Bowman, Ellis County*





Onion Cheese Herb Bread

1 ¼ C. water
¼ C. oil
½ C. sugar
2 tsp. salt
1 Tbsp. Italian seasoning
½ C. grated Parmesan cheese
4 C. bread flour
1 Tbsp. dry yeast
2 Tbsp. dry onion soup mix

Pour liquid ingredients into bread machine pan. Add flour and remaining dry ingredients. Follow directions for bread machine for baking.

*Jr. Division Bread Machine
Brenna Morris, Dewey County*





White Bread

1 ½ Pound Bread Machine White Bread
1 C. and 1 Tbsp. water (80- 90 degrees)
2 2/3 C. bread flour
2 Tbsp. dry milk
1 ½ Tbsp. sugar
1 ½ tsp. salt
2 Tbsp. butter, unsalted
1 pkg. dry yeast

Put ingredients in the order listed in bread machine guide, except the butter. Divide the butter up and put in each corner of the machine. Set on white bread setting and your choice of darkness and crust.

*Sr Division Bread Machine
Maureen Azizian, Cleveland County*





White Yeast Bread

1 pkg. dry yeast
¼ C. lukewarm water
1/3 C. shortening
¼ C. sugar
1/8 tsp. salt
½ C. boiling water
1 egg, beaten
3 ½ C. sifted flour

Dissolve dry yeast in lukewarm water and let stand for 3 minutes. In a mixing bowl, place shortening, sugar, salt and boiling water and stir until shortening dissolves. Let cool.

Blend yeast and shortening mixture well then add the egg and beat well. Gradually add flour and beat constantly. Place dough in a greased bowl and cover with a cloth to let rise for 1 hour or until doubled in size. Then, shape into desired shape and let rise 1 hour. Bake on a greased pan at 425 degrees for 12 to 15 minutes.

*Jr. Division Specialty Shapes
Sean Redburn, Rogers County*





Potato White Bread

2 Tbsp. yeast
1 tsp. sugar
1 C. warm water
¼ C. instant potato flakes
6 C. flour
2 tsp. salt
2 Tbsp. sugar
6 Tbsp. butter
2 eggs
1 ½ C. cold buttermilk

Mix yeast, sugar and warm water and let stand for 10 minutes then add instant potato flakes. Next, mix together eggs and cold buttermilk and whisk together. Combine both liquid mixtures and set aside.

In a food processor, combine flour, salt, sugar and butter. Run processor for approximately 30 seconds. Add the liquid mixture to flour mixture while machine is running and process until the dough leaves the sides of the bowl.

Round the dough in a greased bowl and let rise until doubled. Punch down and let rest 15 minutes.

Shape into three loaves and let rise approximately one inch above the sides of their 9x5 pans. Slash the tops of each loaf and sprinkle with flour before baking. Bake at 350 degrees for 20-25 minutes.

*2007 Sr. Division Grand Champion- White Bread
Mary Ellen Wooderson, Kay County*





Cherry Braid

2 pkg. active, dry yeast
½ C. warm water
½ C. sugar
1 C. warm milk
2 Tbsp. shortening

FILLING:
1 can cherry pie filling
* one may add any desired
canned pie filling.
Sugar to taste

Combine filling ingredients, mash together and set aside.

Dissolve yeast in water and sprinkle with one teaspoon sugar. On stove, warm milk, shortening, sugar and salt until shortening dissolves and then cool to lukewarm. Add one cup flour, eggs and yeast to milk mixture.

Beat until smooth and slowly add remaining flour until a stiff dough is formed. Knead until smooth and elastic or for about 10 minutes. Put into a covered bowl and let rise until doubled. After it doubles, roll dough into two equal rectangles, divide into strips for braiding and add filling.*

Braid as desired and let rise again until doubled. Bake at 350 degrees for 30- 40 minutes.

*2007 Jr. Division Grand Champion - Sweet Breads
Jaycie Conaway, Major County*





Conversions

For most home cooks, an extra ounce or two of an ingredient won't make much of a difference. Once you start working with larger quantities, however, precision counts: an incorrect measurement can throw off a ratio and ruin a recipe. Proper ingredient measurements are especially important in baking.

U.S. Volume Equivalents:

- 1 1/2 teaspoons = 1/2 tablespoon
- 3 teaspoons = 1 tablespoon
- 2 tablespoons = 1 ounce = 1/8 cup
- 1/4 cup = 4 tablespoons
- 1/3 cup = 5-1/3 tablespoons
- 1/2 cup = 8 tablespoons
- 8 ounces (16 tablespoons) = 1 cup
- 2 cups = 1 pint = 1/2 quart = 16 ounces
- 2 pints = 1 quart = 4 cups = 32 ounces
- 4 quarts = 1 gallon = 16 cups = 128 ounces

Miscellaneous Equivalents:

- 1 pinch = 1/8 teaspoon or less
- 1 teaspoon = 60 drops





Notes





Whole Grain Benefits

WHAT COUNTS AS ONE OUNCE?

- 1 slice of bread
- 1 cup ready-to-eat cereal
- ½ bun or pita
- 5 whole wheat crackers
- 1 pancake or waffle, 4½”
- ½ English muffin
- ½ cup cooked cereal
- 3 fig bar cookies
- 1 small flour tortilla
- ½ cup cooked pasta

Whole grain and enriched grain foods provide a concentrated source of natural antioxidants, which are thought to protect against heart disease and cancer. What you eat can make a big difference to your health! Whether you want to lose weight or just be healthier, the key is to make small changes one step at a time that lead to a long-term lifestyle change in the way you look at eating and exercise.

For information on Oklahoma’s Wheat Producers and Past “Oklahoma’s Best Bread” recipes visit www.wheat.state.ok.us.

For more information on the value of Wheat Foods in a Healthy Diet visit www.wheatfoods.org.

For more information about how grain foods fit into the new food pyramid guidelines for healthy living visit www.mypyramid.gov.

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Anatomy of MyPyramid

One size doesn't fit all

USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The symbol has been designed to be simple. It has been developed to remind consumers to make healthy food choices and to be active every day. The different parts of the symbol are described below.

Activity

Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

Moderation

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

Personalization

Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of food to eat each day at MyPyramid.gov.

Proportionality

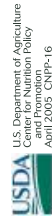
Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check the Web site for how much is right for you.

Variety

Variety is symbolized by the 6 color bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

Gradual Improvement

Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.



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