



Get Cooking: **BREADMAKING**

PUMPKIN KNOT ROLLS

Total Time: ~2 1/2-3 hours

Makes: 2 dozen

INGREDIENTS

- 1 tablespoon + 1/3 teaspoon Instant Yeast
- 6 cups bread flour OR 3 cups bread flour & 3 cups whole wheat flour (or other grain)
- 1-1/2 teaspoon salt
- 1 cup warm 2% milk (110F to 115F)
- 1/3 cup butter, softened
- 1/2 cup sugar
- 1 cup canned pumpkin
- 3 large eggs, room temperature, divided use
- 1 tablespoon cold water
- Sesame or poppy seeds, optional



DIRECTIONS

1. In a large bowl, add flour, salt, and instant yeast and whisk together until blended.
2. In another bowl add warmed milk, butter, sugar, pumpkin, and 2 eggs and mix together until smooth.
3. Add the milk mixture to the flour mixture bowl and mix until all is roughly incorporated. Knead in the bowl by hand until dough starts to hold more of a shape. If dough is dry, add a tablespoon of warm water at a time. Be mindful not to add too much flour to the surface or dough as this will dry out the dough.
4. Knead by hand for about 10 minutes or with mixer with dough hook for 7-10 minutes until dough passes window-pane test. Once kneaded, shape dough into a ball and place in a lightly greased bowl. Cover and let rise in a warm place until doubled, about 1 hour if the room is around 75F.
5. Punch dough down. Turn onto a lightly floured surface; divide into 12 portions. Roll each portion into a 10-inch rope; tie into a knot and tuck ends under. Place 2 inches apart on greased or parchment paper covered baking sheet. Cover and let rise until doubled, about 30 minutes.
6. In a small bowl, beat cold water and remaining egg. Brush over rolls. Sprinkle with sesame or poppy seeds if desired. Bake at 350F for 15-17 minutes or until golden brown. Remove from pans to wire racks.



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ROSEMARY, GARLIC, & TOMATO FOCACCIA

Total Time: ~2 hours
Makes: 1 large focaccia

INGREDIENTS

- ½ cup (120 ml) extra-virgin olive oil
- 2 garlic cloves, finely minced
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried
- ¼ teaspoon fresh ground black pepper
- 1 cup (235 ml) warm water
- 1 ¾ teaspoons Instant yeast
- ¼ teaspoon honey
- 2 ½ cups (315 grams) all-purpose flour or bread flour
- ½ teaspoon fine salt
- Cherry tomatoes (10 to 12)
- 1 bunch of parsley

DIRECTIONS

1. In a cold medium skillet, combine olive oil, minced garlic, thyme, rosemary, and the black pepper. Place the pan over low heat and cook, stirring occasionally, 5 to 10 minutes or until aromatic, but before the garlic browns. Set aside.
2. In a large bowl, combine all the flour, instant yeast, and salt. Mix together.
3. In a separate small bowl, stir together warm water (around 95-110°F) and honey.
4. Pour water-honey mixture and ¼ cup of the infused garlic-olive oil mixture into the bowl with the flour mixture.
5. Mix all together making sure flour absorbs as much moisture as it can before transferring to a floured surface and knead 10 to 15 times until smooth. Use bench scraper here if needed to prevent excess use of flour.
6. Transfer the dough to a large oiled bowl, cover with a warm, damp towel and let rise for 1 hour. (It's best to let the dough rise in a warmer area of your kitchen).



7. After 1 hour, heat the oven to 450°F.
8. Use two tablespoons of the remaining garlic-olive oil mixture to oil a 9-inch by 13-inch rimmed baking sheet.
9. Transfer the dough to the baking sheet then press it down into the pan. Use your fingers to dimple the dough then drizzle the top with the remaining 2 tablespoons of the garlic-olive oil mixture. Let the dough rise for 20 minutes until it puffs slightly and while it is rising you can decorate your dough, carefully, with your choice of ingredients. After decorating and rising, press in some extra dimples to give the dough that focaccia look.
10. Bake until golden brown, 15 to 20 minutes. Cool baked focaccia bread on a wire rack.

REFRIGERATE: Wrap it tightly in plastic wrap, then in foil. Keeps for 2-3 days.

FREEZE: Wrap in plastic, then foil. Keeps for about a month.



Get Cooking: BREADMAKING

BASIC HOMEMADE BREAD

INGREDIENTS

Total Time: ~2 1/2-3 hours

Makes: 1 - 9x5 inch loaf

- 2 teaspoons Instant Yeast
- 1 cup (250mL) warm water (95°F-110°F)
- 1 tablespoon honey (or sugar or maple syrup)
- 4 1/3 cups (550g) bread flour or all-purpose flour, or mixture of flours
- 1/3 cup (80mL) lukewarm water
- 1 1/4 teaspoon fine salt
- 2 tablespoons honey (or sugar or maple syrup)
- 2 tablespoons unsalted butter, melted



DIRECTIONS

1. In a small bowl, combine 1 1/3 cups of warmed water and 3 tablespoons of honey. Mix with a spoon to dissolve honey.
2. In another large bowl add instant yeast, flour(s), salt, and melted unsalted butter and mix together.
3. Add water-honey mixture to the flour blend and using a dough whisk, spatula, or your hands mix the ingredients to form a rough dough.
4. Once a rough dough has formed, pour dough onto a clean counter to begin kneading. Alternatively, you can knead using a machine with a hook attached, and knead the dough on low speed for about 2-5 minutes, until the dough comes together to form a ball.
5. Knead by hand until dough becomes smooth and elastic-- about 10-15 minutes or by machine for 7-10 minutes on 3 speed. While kneading be sure to check if dough is too wet or too dry.
 - a. If the dough is sticking to the sides of the bowl if using a machine, then it's too wet, so add a little extra flour (a dusting at a time), to get the right texture. To check if it's at the right consistency – lift the kneading hook from the bowl, and check if the dough only sticks to the bottom of the bowl. If yes, then the moisture is perfect. If the dough isn't sticking to the bottom of the bowl however, you may need to add a little extra water (just 1/2 tsp at a time), to get the right consistency. The dough should be smooth, a little soft and a little tacky to the touch.
6. Once the dough is kneaded, form into a smooth ball. Then place it in a lightly oiled bowl and cover with plastic wrap. Let the dough proof for about 1 hour until it has doubled in size.
7. While the dough is proofing, prepare the bread loaf pan. Butter or grease, 1 – 9 x 5 inch loaf pan and set aside, until the dough is ready.
8. Turn the proofed dough out onto a lightly floured work surface. Gently press the dough into an evenly thick rectangle. The short side of this rectangle should be roughly about 8 – 8.5 inches (i.e. slightly shorter than the length of your bread loaf pan).
9. Next, tightly roll up the short side, along the length of the dough rectangle. Make sure to pinch/press the edge of the dough as you go, while rolling it up.
10. Once the dough is rolled up, pinch the seams to seal it, and tuck in the two sides and pinch these seams as well. Make sure all the seams are on one side (this will be the bottom) and the other side is smooth and seam-free (this will be the top).
11. Transfer this into the prepared loaf pan, seam side down, and press the dough into the pan. Make sure it's evenly placed into the bottom of the pan. Loosely cover the loaf pan with plastic wrap and let it proof again in a warm place, for about 45 minutes – 1 hour.
12. The top of the dough should rise about 1 inch above the rim of your bread loaf pan (when looking from the side), and when you leave an indentation in the dough with your finger, the indentation should remain, and not bounce back.



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BASIC HOMEMADE BREAD

Total Time: ~2 1/2-3 hours

Makes: 1 - 9x5 inch loaf

DIRECTIONS (CONT.)

13. Preheat oven to 375°F, during the last 30 minutes of the second proofing time. It's best for the oven to be preheated to the right temperature for at least 20 minutes, before baking the bread.
14. When the bread loaf is ready and the oven has preheated, place the loaf pan in the middle of the oven, and bake for 45 minutes. It's done when it sounds hollow when the bread is tapped on top, OR when the internal temperature has reached 180°F.
15. Remove the pan from the oven, and keep it in a warm place (away from drafts) to cool. After about 10 minutes, remove the bread from the pan and keep it on a wire rack to cool down completely. The bread is now ready to be served.

*Optional – brush melted butter on the top while it's hot to add more buttery flavor.

**Keep the loaf in a bread box at room temperature for up to 4 – 5 days, or slice and keep in the freezer for up to 1 month.

ADDITIONAL WEBSITES WITH BREAD RECIPES:

- Oklahoma Wheat Commission, Best of Wheat Cookbooks: <https://www.okwheat.org/best-of-wheat-cookbooks/>
- King Arthur Baking: <https://www.kingarthurbaking.com/recipes>
- Butter with a Side of Bread: <https://butterwithasideofbread.com/>
- Home Baking Association: <http://homebaking.org/>