

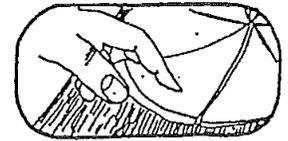
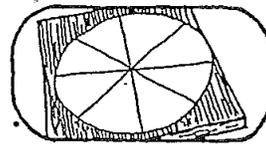


Bread Shaping For Fun

The Edible Art

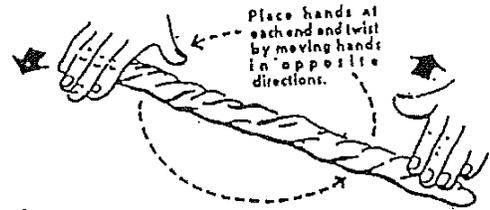
Flip 'em Rolls

1. Roll 1 pound of dough into a 13- to 14- inch circle about 1/4 inch thick.
2. Using a pizza cutter, cut circle into 12 equal wedge-shaped pieces.
3. Pick up each triangle at the wide edge and flip the dough toward you to form a crescent-shaped roll.
4. Pinch the point to the roll to prevent unrolling and lay point side down on a lightly greased baking sheet.
5. Curve end of each roll on baking sheet to make crescent shape.
6. Cover and let rise until almost double in size.
7. Bake at 400 °F for 12-13 minutes or until golden.



Breadsticks

1. Use on piece of dough. (2 ounces)
2. Form a rope of dough about 12 inches long. Place your hands at each end and twist by moving your hands in the opposite direction until the rope is about 14-16 inches long.
3. Pick up the twisted rope holding the ends. It should automatically twist together. Pinch the ends together to seal.
4. Place on parchment-lined or lightly-greased baking sheet.
5. If desired, lightly mist breadsticks with water and sprinkle on sesame seeds, poppy seeds, Italian seasoning, grated Parmesan cheese or brush with egg wash.
6. Cover and let rise until breadsticks are almost double in size.
7. Bake at 400 °F for 12-15 minutes until golden.



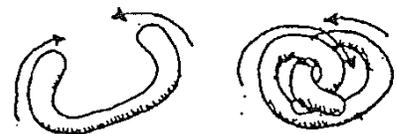
Rosettes

1. Roll 1 pound of dough into a 6 x 12-inch rectangle 1/2-inch thick.
2. Starting from 6-inch side, cut into 1-inch-wide strips.
3. Roll into 14-inch ropes.
4. Tie in a loose knot, leaving two long ends.
5. Tuck one end under the roll and pinch to seal. Bring the other end up and over the roll and pinch to seal on the underneath side.
6. Place on greased baking sheet about 2 inches apart leaving a small opening in the center of the rosette. Cover and let rise until double.
7. Bake at 375 °F for 13-14 minutes.



Pretzels

1. Roll dough pieces into ropes about the size of a pencil.
2. Shape into pretzels by making a circle, bringing ends together, twisting twice and pressing ends onto bottom curve of circle.
3. Place on lightly greased baking sheets and shape to resemble hearts.
4. Brush with egg wash (1 egg and 1 Tbsp. water) and sprinkle with sesame or poppy seeds.
5. Bake at 400 °F for 16-18 minutes or until golden.



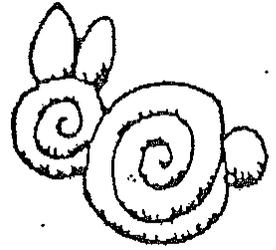
Twist Bunnies

1. Roll out a 2-ounce piece of dough into a 14-inch rope.
2. Form a loop and twist, leaving ends of ropes extended to form ears.
3. Pinch tip of ear to form a point.
4. For tail, place a small ball of dough in center of loop.
5. Cover and let rise until almost double.
6. Bake at 375°F for 12-15 minutes.



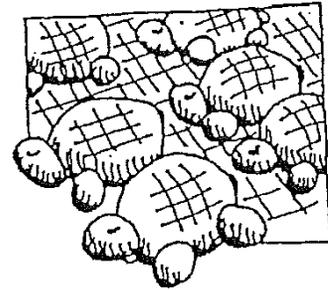
Curlicue Bunnies

1. Using a 10-inch rope of dough for the body and a 5-inch rope for the head and working on a lightly greased baking sheet, make a loose swirl of the rope for the body.
2. Swirl the rope for the head and place close to the body.
3. For ears, pinch off 1-inch strips and roll between hands until smooth and cigar-shaped.
4. Place ears on head.
5. Pinch off a tiny piece of dough and roll into a ball for the tail.
6. Cover and let rise until almost double.
7. Bake at 375 °F for 12-15 minutes or until golden.



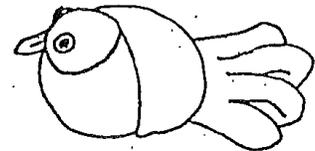
Tortoises

1. Form a piece of dough about the size of a large egg into a smooth ball.
2. Place on a lightly greased baking sheet and flatten slightly with hand.
3. Add small piece of dough for head, four smaller pieces for legs and an even smaller piece for tail.
4. Pinch end of tail and legs to form a point. Press well to seal into position on body.
5. With scissors, clip into dough to form eyes.
6. With scissors, clip head to form mouth.
7. With sharp knife, make shallow cuts lengthwise and crosswise to form tortoise's shell markings.



Rocking Robins

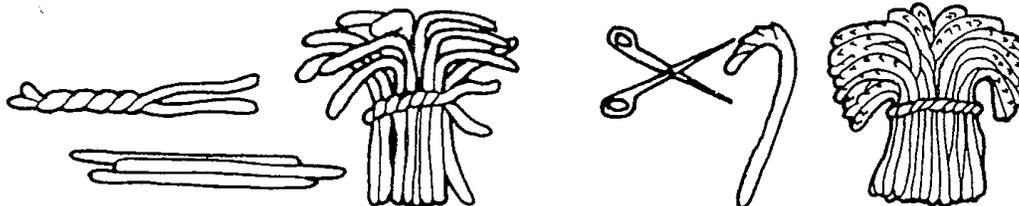
1. Roll a 2 ounce piece of dough into a 10-inch rope.
2. Make a loop. Put one end of the dough through the center. The long end of the knot will be the Robin's tail, the other will be his head.
3. Place the robins on a parchment-lined or lightly-greased baking sheet.
4. With scissors, cut 4 slashes in the widest end and spread to form tail feathers.
5. Form the other end to resemble a head. With scissors, cut an opening for the beak and place a slivered almond inside.
6. Brush with egg wash. With scissors, clip holes in dough and place currants in for eyes.



Sheaf of Wheat

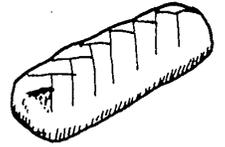
1. Using 1 1/2 pounds of dough, divide into 18 equal pieces.
2. Roll two of the pieces into 12-inch ropes, twist together and set aside. Roll 8 of the pieces into uniform 18-inch ropes and the remaining eight pieces into 15-inch ropes. Cover to avoid drying out.
3. On a lightly-greased baking sheet, place on 18-inch rope lengthwise in the center. Bend top to the left to create a curve. Place a second 18-inch rope beside the first rope, bending its top to the right. Repeat procedure, using each of the remaining 18-inch ropes.
4. Place on 15-inch rope on each side of the sheaf, bending top. Place remaining 15-inch ropes on top of the bottom layer, placing ropes so they cover the space between the bottom ropes.
5. Arrange reserved twist across center of sheaf, extending 1-inch past sheaf. Cut off extra length and tuck under sheaf.
6. Cover and let rise until almost double. With scissors, carefully make diagonal snips along bent "heads" of wheat.
7. Beat one egg with 1 tablespoon water and carefully brush thoroughly over all the surface of the sheaf.
8. Bake at 350 °F 20 to 25 minutes or until golden. If outer edges bake faster, tent with aluminum foil for the last few minutes.

Note: If you wish to dry out the sheaf so it will keep longer, lower oven temperature to 250°F and bake an additional 30 minutes.



Braid with Filling

1. Before shaping dough, prepare your favorite fruit filling and let cool. Canned pie filling may be used,
2. Roll 1 pound of dough into an 8 x 16-inch rectangle and place on greased baking sheet.
3. Spread 1 cup filling onto center third of rectangle. Make cuts in dough along each side of filling 1 inch apart.
4. Fold strips at an angle over filling, alternating side-to-side.
5. Cover and let rise until double.
6. Bake in preheated 350 °F oven 20 to 30 minutes until done.

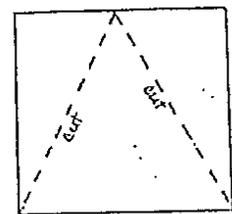
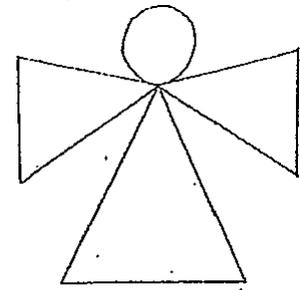


Snowflakes

1. Prepare recipe in bread machine on dough cycle. On lightly-floured work space, divide dough into 8 equal pieces. Dough handles best when cold. Refrigerate for at least 2 hours.
2. Roll each piece into a 6-inch square or circle.
3. Lightly re-flour work place. Flip dough to flour both sides. Fold in half, but do not press together. Re-flour and fold dough over a second time.
4. Make scissor cuts along the outside edges, snipping left and right to cut small pieces out.
5. Lay the snowflake onto lightly greased baking sheet and gently unfold it.
6. Bake at 375 °F for 10-12 minutes or until golden.
7. When cool, sprinkle snowflakes lightly with powdered sugar.

Holiday Angels

1. To make 6 angels use 1 pound of dough.
2. Set aside 1/4 of the dough (about 4 ounces).
3. Roll the remaining dough into an 8 x 12-inch rectangle.
4. Cut in half lengthwise, then crosswise to form six 4-inch squares.
5. Cut each square from the bottom corners diagonally to the top center.
6. Place on a parchment-lined or lightly-greased baking sheet, separating the dough pieces to from the wings and body.
7. Shape the reserved dough into 6 balls, flattening slightly. Place on the angel to form the head.
8. Half 6 rains or use whole currants for the eyes. With scissors, clip a small hole and press raisins or currants into the head to form the eyes.
9. Cover the angels and let them rise until almost double in size.
10. Bake at 375 °F for 15-20 minutes or until golden brown.



Kansas Wheat Commission
1990 Kimball Avenue
Manhattan, KS 66502
www.americasbreadbasket.com
www.kansaswheat.org
1-866-75WHEAT



/kansaswheat



@kansaswheat

K A N S A S W H E A T C O M M I S S I O N

Kansas grown. Kansas good.