

# Savoring The Wholesome Goodness Of Whole-Grain Breads

(NAPSA)—The pleasures of cooking and baking were ever so evident at this year's county and state fairs. The Iowa State Fair, for instance, had a record number of entries in its food department: over 11,500 breads, cakes, pies, and more.

Entries using whole grains were also higher than usual. This may have been due, in part, to the special contest sponsored by RED STAR Yeast: Rise to the RED STAR with Whole Grain Breads.

"I love to bake bread with whole grains because they are much healthier than breads made with refined flours," said one contest winner from the Wisconsin State Fair.

To help bakers learn the fundamentals of using whole grains, RED STAR Yeast home economists provided demonstrations at many state fairs. According to Glenna Vance, manager, consumer public relations, RED STAR Yeast, these demonstrations were well-attended.

"People are realizing the health benefits gained from eating breads made with whole-grain flours," she said. "Knowing how to bake whole-grain breads is a luxury in a healthful lifestyle."

Here's one winning recipe from the Iowa State Fair:

## Cornmeal Honey Herb Bread

*Makes 2 loaves*

- 2 packets RED STAR active dry yeast
- ½ cup warm water (110° to 115°F)
- 1 tsp. honey
- 1 cup water
- 1 cup evaporated milk
- 2 beaten eggs (room temperature)
- ½ cup honey
- ½ cup oil
- 1 Tbsp. salt
- 4 cups whole wheat flour
- 4½ to 5 cups all-purpose flour
- 1½ cups yellow cornmeal
- 2 Tbsp. poppy seeds



Breads made with whole grains, such as this Cornmeal Honey Herb Bread, are a healthful option for bakers.

- 1 tsp. each celery seeds, sage and basil
- ½ tsp. dried dill weed
- 1 beaten egg white
- 1 Tbsp. water
- 2 Tbsp. sesame seeds

Soften yeast in mixture of ½ cup water and 1 tsp. honey for 5 minutes. In large mixing bowl combine 1 cup water, evaporated milk and yeast mixture. Add beaten eggs, ½ cup honey, oil and salt; mix well. Stir in whole wheat flour and 2 cups all-purpose flour, cornmeal, poppy seeds, celery seeds, sage, basil and dill weed. Stir in as much of the remaining all-purpose flour as you can with a spoon.

Turn dough onto lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6-8 minutes). Place in lightly greased bowl; turn to grease

surface. Cover; let rise in warm place until double (about 1¾ hours).

Punch down; turn onto lightly floured surface. Divide dough in half. Shape each half into a ball. Cover; let rest 10 minutes. Shape into loaves; place in two greased 9x5x3-inch loaf pans. Cover; let rise until indentation remains after lightly touching side of loaf (about 40 minutes).

Brush tops of loaves with mixture of beaten egg white and 1 Tbsp. water. Sprinkle with sesame seeds. Bake in preheated 375°F oven for 45 minutes. (Cover with foil during the last 15 minutes of baking to prevent over-browning). Remove from pans. Cool on wire rack before slicing.

For more whole grain bread recipes, call RED STAR Yeast at 1-800-445-4746 or visit the Web site at [www.redstaryeast.com](http://www.redstaryeast.com).