



King Arthur Flour® Youth Yeast Bread Baking Competition For Participants 5-18 years old.

No-Knead 100% Whole Wheat Bread

Exhibitor must bring the open bag of King Arthur Flour or submit a UPC label from the flour bag when submitting their entry. King Arthur Flour provides the following prizes. 1st place: \$50 gift certificate to their Baker's Catalogue, 2nd place: \$25 gift certificate to their Baker's Catalogue, 3rd place: Brownie Pan. (Ages 5-7 can enter but will be eligible for a participation ribbon only, no cash awards)

Ingredients:

1 cup lukewarm water	¼ cup orange juice
¼ cup melted butter	3 tablespoons molasses
2 teaspoons instant yeast	¼ cup nonfat dry milk
1¼ teaspoons salt	3 cups King Arthur white whole wheat flour

Heavily grease an 8½" x 4½" loaf pan. This loaf tends to stick, so be sure to grease the pan thoroughly with non-stick vegetable oil spray.

Combine all ingredients in a large bowl. With an electric mixer on high, beat the mixture vigorously for about 3 minutes. You should have a very sticky dough. It won't be pourable or kneadable. Scoop it into the prepared pan.

Cover the pan with lightly greased plastic wrap, and let it rise for 60-90 minutes; it should just about rise to the rim of the pan perhaps just barely cresting over the rim. While the dough is rising, preheat the oven to 350°F.

Uncover the bread, and bake it for about 40 – 45 minutes, tenting it with aluminum foil after 20 minutes. The bread is done when it's golden brown on top, and an instant-read thermometer inserted into the center registers between 190°F and 195°F. Remove it from the oven, and after 5 minutes turn it out onto a rack. Brush with melted butter; this will keep the crust soft. Cool the bread completely before cutting.

Submit one loaf in a zip-type plastic food storage bag. Bring to Stratham Fair's Lynn Garland Exhibit Hall, Wednesday, July 20th, between 3-5 p.m.

To Enter: Participants enter through the 4-H Exhibit department. Send your name, age, and address to: Stratham Fair Baking Contest c/o Rockingham County 4-H, UNH Cooperative Extension, 113 North Rd, Brentwood, NH, 03833; For question call (603) 679-5616; or email anne.atwater@unh.edu. Visit 4H at: <http://bit.ly/RockCty4H>