



THE WONDERS
of WHEAT

BREAKTHROUGH CULINARY IDEAS
FOR FOODSERVICE PROFESSIONALS



WELCOME TO
THE WONDERS
of **WHEAT**

In these pages discover how wheat is transforming menus nationwide, from the reinvention of "classic" dishes to serving as the base for new, cutting-edge creations. Here you'll also find wheat basics, a breakdown of the different classes of wheat grown in the United States, how wheat is milled to create different flours, and the best uses of those flours in various applications.



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today's WHEAT

EVER NOTICE HOW MANY OF OUR FAVORITE, MOST SATISFYING FOODS HAVE ONE INGREDIENT IN COMMON? WHEAT.

It's an affordable ingredient that can be transformed into a myriad of menu items that customers desire. Wheat foods are craveable and beloved. The crowd-pleasing taste of wheat has endless innovation possibilities—soul-satisfying, inspired culinary creations that will keep guests wanting more.

Here, you'll find inspiration for your menu—foods rooted in time-tested heritage traditions and techniques with a modern interpretation to contemporize and revitalize for today's tastes and needs.

what is WHEAT

AND HOW IS IT GROWN?

WHEAT IS A GRASS THAT IS CULTIVATED FOR ITS SEED—AN ANCIENT CEREAL GRAIN THAT IS A WORLDWIDE STAPLE FOOD.

Wheat is the principal food grain produced in the United States. In 2022/23, U.S. farmers are estimated to have produced a total of 1.65 billion bushels of wheat from a harvested area of 35.5 million acres. Wheat is grown across the U.S. in more than 40 states, and those amber waves of grain are mainly concentrated in the Wheat Belt, which covers a large swathe of the U.S. central plains.

Most U.S. wheat is grown on family farms. It is common for farmers to rotate their plantings between different crops in a field to break disease and pest cycles and preserve soil health. In some drier regions, growers plant crops in a field for two years, then the land is left fallow for a year to build moisture for the next crop year. Wheat is one of the most sustainable crops; it's water efficient and nitrogen efficient with a low carbon footprint compared to other crops.

Wheat is one of the most versatile plants on planet Earth, and it's a versatile ingredient in the kitchen too. Wheat foods can be savory or sweet, simple or complicated.




WHEAT 101

CLASSES OF WHEAT


Wheat is classified primarily by growing season. **Winter wheat** is planted in the fall and harvested in the spring. 70% of wheat grown in the U.S. is winter wheat. **Spring wheat** is planted in northern climates in the spring and harvested in late summer/early fall. Beyond the growing season, wheat is further categorized **according to color** (white/red), **hardness** (soft/hard), and **shape** of its kernel. The result is six classes of wheat.

Classes of Wheat


HARD RED WINTER

 Versatile, with excellent milling and baking characteristics for pan bread, Hard Red Winter is also a choice wheat for Asian noodles, hard rolls, flatbreads, general-purpose flour, and cereal.


SOFT WHITE

 A low-moisture wheat with high extraction rates, providing a whiter product for exquisite cakes, pastries, and Asian-style noodles, Soft White is also ideally suited to Middle Eastern flatbreads.


HARD RED SPRING

 The aristocrat of wheat when it comes to “designer” wheat foods like hearth breads, rolls, croissants, bagels, and pizza crust, Hard Red Spring is also a valued improver in flour blends.


HARD WHITE

 The newest class of U.S. wheat, Hard White receives enthusiastic reviews when used for Asian noodles, whole wheat or high-extraction applications, pan breads, and flatbreads.

SOFT RED WINTER

 A versatile weak-gluten wheat with excellent milling and baking characteristics, Soft Red Winter is suited for cookies, crackers, pretzels, pastries, and flatbreads.

DURUM

 The hardest wheat, Durum has a rich amber color and high gluten content, ideal for pasta, couscous, and Mediterranean breads.

Keep in mind that the harder the wheat, the higher the protein content in the flour. Soft, low-protein wheats are used for cakes, pastries, cookies, crackers, and muffins, while hard, high-protein wheats make excellent goods requiring size, like breads and rolls.





MILLING

101

TURNING WHEAT INTO FLOUR

Flour is the product obtained by milling wheat kernels or “berries.”

Milling originated many thousands of years ago as simply grinding wheat kernels between two stones. It has evolved into thoughtful, modern processes that efficiently isolate the three distinct parts of a wheat kernel: **bran**, the outer covering of the grain; **germ**, the embryo contained inside the kernel; and **endosperm**, the part of the kernel that makes white flour. During milling, the three parts are separated and recombined accordingly to achieve different types of flours.



A FLOUR *for* EVERY APPLICATION

From the six classes of wheat, many different flours are milled. Each flour or flour blend has distinct characteristics that lend themselves to different cooking and baking applications. **Wheat protein content** is a key factor determining what a flour is useful for. The greater the protein content, the more elastic the dough will be.

Many of the flours listed here can easily be procured, opening the door to reimagine new classics for your menu.

Putting Wheat to Work

WHEAT FLOURS

ALL-PURPOSE FLOUR

This flour is the most widely used of all flours. It comes from the finely ground part of the wheat kernel called the endosperm, which gets separated from the bran and germ during the milling process. It is typically made from a blend of hard and soft wheat. The protein content varies from 10% to 12%, which makes it suitable for many types of recipes. All white flour sold in the United States is enriched (over 95%). There is no change in taste, texture, color, baking quality, or caloric value of enriched flour.

Use universally for a wide range of baked products—yeast breads, cakes, cookies, and pastries.

DURUM FLOUR

Durum flour is made from durum wheat; it carries a high protein content around 12% to 14%. Durum flour is often blended with other flour for different end uses like artisan Italian bread and pizza. It is usually enriched with four B vitamins and iron.

BREAD FLOUR

Bread flour is milled primarily for commercial baking use. While similar to all-purpose flour, it has a higher gluten content. Protein varies from approximately 10.5% to 12.5%. Bread flour is ideal for making yeast-based baked goods like bread, pizza, and bagels, where strong, elastic dough

is needed for its chewy texture and to help it rise by trapping more air during the baking process.

Use for making yeast breads.

**STONE GROUND FLOUR

This is a type of whole wheat flour that uses a stone mill in the process. There is no nutritional difference compared to conventionally milled flour.

Try this flour for delightfully textured artisan bread.

COUSCOUS

Couscous, a staple of North African cooking, is now widely available in packaged form. Couscous is yellow granules of semolina made from durum wheat, the ideal pasta wheat, which are precooked and then dried.

The word can mean the pasta itself, as well as North African stews (tagines) traditionally served over it.

*CAKE FLOUR

This is a fine-textured, almost silky flour milled from soft wheat and has a low protein content (7%–9%). Cake flour has a higher percentage of starch and less protein than bread flour, which keeps cakes and pastries tender and delicate.

Use for all types of baked goods like cakes, cookies, crackers, quick breads, and some types of pastry

(banana bread, biscuits, scones), breakfast items (waffles, pancakes), pretzels, and tortillas.

SELF-RISING FLOUR

This is a type of all-purpose flour that has salt and a leavening agent added. The typical protein content ranges from around 8% to 10%, and this flour is used to simplify baking, particularly in recipes that require a light and tender texture.

Use in biscuits and quick breads or even cookies, but it isn't recommended for yeast breads.

SEMOLINA

This is the coarsely ground endosperm of durum wheat. Durum is the hardest variety of the six classes of wheat and has the highest protein content of all wheat. Typical protein content ranges from 12% to 14%; it has a pale-yellow color contributing to the golden hue of pasta and other products made from it.

Use for making high-quality pasta, couscous, bread, and porridge.

**WHOLE WHEAT FLOUR

This flour is milled from the entire kernel of wheat. Whole wheat flour is more nutrient-dense than refined flour because it includes all parts of the grain, containing more fiber, vitamins, and minerals. The presence of bran

reduces gluten development; therefore, items baked with whole wheat flour tend to be heavier and denser than those made from enriched flour.

Use this versatile flour for cookies, muffins, rustic rolls, and quick breads.

*PASTRY FLOUR

This type of flour has properties that fall between all-purpose flour and cake flour. This makes it a softer and more delicate flour but has a slightly higher protein content than cake flour and less starch. Typical protein range is from 9% to 10.5%.

Best for making its namesake—pastry—but can be used for cookies, cakes, crackers, and similarly baked products.

HIGH-GLUTEN FLOUR

This has a high protein content (12.5% to 14.5%) and is usually milled from hard spring wheat. This makes it one of the stronger flours available, capable of producing a lot of gluten when mixed with water. It is used primarily to mix in with other non-wheat or low-protein wheat flours to produce a stronger dough structure. Gluten improves baking quality and produces a high-protein bread.

Use for breads that require long fermentation like no-kneads. If you want a toothsome quality, this flour makes dense, chewy breads like bagels, crusty rolls, artisan hearth breads, and pizza crusts.

**Both cake and pastry flours have a soft, satiny, very fine texture and are available in either enriched or whole wheat form. Whole wheat will yield a more dense product.*

***Whole wheat and stone ground flours can be used interchangeably. They are produced by either grinding the entire kernel of wheat or combining the white flour, germ, and bran that have been separated during the milling process. The only difference is in the coarseness of the flour, which may differ from one flour company to another.*



OTHER WHEAT PRODUCTS

WHEAT GERM

Germ is the inner part (known as the heart) of the wheat kernel. It is very rich in vitamins and minerals. Because it contains oil, it is the component of whole wheat flour that makes it more susceptible to rancidity.

Add to a variety of baked goods to improve their nutritional value.

CRACKED WHEAT

Cracked wheat, also known as kibbled wheat, is made by cracking the entire wheat kernel into small pieces. It is not precooked.

Add to baked goods for a crunchy texture and nutty flavor.

CRUSHED WHEAT

Crushed wheat is also a standard whole wheat product. Crushed wheat is made when the milling process first tempers cleaned wheat to a higher moisture level. This softens the kernels before they pass through a set of smooth rollers. The wheat berries are literally flattened, and very little flour is released.

Use as a breading for foods like chicken, fish, or zucchini, or make a hot breakfast cereal.

BULGUR

Bulgur is made by soaking and cooking the whole wheat kernel, drying it, and then removing a small fraction of the bran and cracking the remaining kernel into small pieces. It is often referred to as parcooked.

Reconstitute bulgur and add to baked products, salads, or desserts, or use as a meat extender.

BRAN

Bran is the outer layer of the wheat kernel. While noted for its high fiber content, it also is rich in phytochemicals that contribute to good health.

Add bran to baked products.

ROLLED WHEAT

Rolled wheat is similar to crushed wheat but thinner and smaller. It is not tempered as long as crushed wheat, and the wheat berries are cracked before being rolled. Due to the initial cracking, a little more flour is released.

Try using in multigrain and specialty breads.

FARINA

Farina is coarsely ground endosperm of hard wheat varieties, but not durum.

It is a prime ingredient for hot breakfast cereals. It can also be used to make pasta.





the power of FLOUR

THE DELICIOUS AND PLANT-POWERED
NUTRITIOUS STARS OF YOUR MENU

They might be seen as an indulgence to some, but wheat foods can play a vital role as part of a balanced diet. Foods made with **whole wheat flour** can deliver significant health benefits, such as lower cholesterol levels, improved metabolism, weight management, and blood sugar regulation. Foods made from **enriched wheat flour** are fortified with folate and essential vitamins and minerals, contributing to an affordable higher-quality diet. Wheat is full of energy-giving protein, hunger-satisfying fiber, can-do carbohydrates, and a slew of vitamins and minerals.

Wheat creates so many feel-good dishes loved by most everyone. Wheat is a real, authentic ingredient that creates real, authentic foods. Wheat foods are the stars of every daypart, from breakfast in the morning to dessert in the evening and every time in between, featured in delicious entrées, pastas, and—of course—breads and baked goods. It's time to start harnessing the power of flour for tremendous menu versatility and guest excitement!



28 oz dough

ARTISAN FLAVOR MAGIC

This simple but magical dough recipe is the secret to great-tasting bread and pizza dough. In French, it's called "pâte fermentée" (also referred to as PF or "old dough"), and is a professional bakers' technique for delivering all of the flavor of an extra long fermentation, in a more convenient and speedy way. Simply thaw the pâte fermentée overnight in the refrigerator and add at the beginning of the mix (at 20 baker's %) to your bread or pizza dough. Taste the magic!

Chef: David Berenson

Active Time: 1.5 hours

Total Time: 5.5 hours

EQUIPMENT

Stand mixer

INGREDIENTS

1000 g / 7 cups	Flour, bread
5 g / 1 ¼ tsp	Yeast, instant
10 g / 2 tsp	Salt
600 ml / 2 ½ cups	Water, 75°F

PREPARATION

1. Add the flour, yeast, salt, and water to the bowl of a stand mixer. Using a dough hook, mix on low until the ingredients are homogenous. Check the final temperature of the dough; the targeted finished dough temperature should be between 75–78°F.
2. Transfer mixture to a loosely covered container and cold bulk ferment in the refrigerator overnight.
3. Divide into 200-gram portions (or as desired) round or shape. Put in plastic bag and freeze until needed.

CHEF NOTES: Yield / Servings: approximately 800 grams; servings depend on application—use at +/- 20 baker's % of dough depending on application.

“ FROM THE CHEF

This can be used for pizza dough, bread dough, rolls, focaccia—the possibilities are endless. It's about bringing the flavor of long fermentation to your favorite yeast-leavened recipes.

55 oz dough

ARTISAN FLAVOR MAGIC

SEMOLINA SESAME EPI

Artisan Flavor Magic in application as a sesame epi (wheat shaped baguette form) using durum semolina.

INGREDIENTS

420 g / 2 ½ cups
294 ml / 1 ¼ cups
2 g / ½ tsp
6 g / 1 tsp
8 g / 2 tsp
84 g / -

15 g / 1 T

Flour, durum semolina
Water, 75°F
Yeast, instant
Sugar, granulated
Salt
Artisan Flavor Magic (pâte fermentée), thawed in refrigerator overnight
Olive oil, extra virgin

PREPARATION

1. In stand mixer, combine semolina flour and water and blend until a shaggy mass is formed (this is an autolyse).
2. Let the autolyse rest covered for 1 hour.
3. In stand mixer bowl, add remaining ingredients (except for oil) to the autolyse and mix with dough hook (as for bread dough) for +/- 5 minutes until smooth and elastic.
4. Add oil and mix until fully combined, around 2 minutes. The targeted finished dough temperature is 75°F.

5. Bulk ferment at ambient for a total of 4 hours, with stretch and folds at hours 1, 2, and 3.
6. Divide dough into 250-gram pieces, pre-shape as for baguette, and rest covered 15 minutes.
7. Preheat oven with pizza stone(s) to 425°F.
8. Shape as for baguette, and roll one side of each baguette onto a water-wetted towel to moisten. Place wet side onto bed of white sesame to coat, then on parchment on an inverted ½ sheet pan. Cover and proof in a warm spot approximately 1 hour and/or until properly proofed.
9. Cut as for epi.
10. Steam oven and slide parchment with cut epi from the back of sheet pan to the preheated stone/oven and bake for 10 minutes. Reduce heat to 390°F for an additional 10-15 minutes until golden brown and done.

YIELD: 878 g / 55 oz dough = 3 x 250-gram epi + scrap

1 sandwich

“ FROM THE CHEF

For extra tangy biscuits, substitute the milk for whole cultured buttermilk when making the tangzhong in step 1.



BBQ

BISCUIT BUNZ

An all-around star in the kitchen, these buns are made from tender (but not crumbly) wheat and buttermilk batter that can be used for burgers, BBQ, and sandwiches of all kinds. BBQ Biscuit Bunz feature smoky pulled chicken, creamy slaw, and zesty pickles for a crave-worthy entrée.

Chef: SyEnna Hackbarth

Active Time: 1 hour

Total Time: 3 hours

EQUIPMENT

Rolling pin

Round cookie cutter (3 5/8")

INGREDIENTS

140 g / 1 ea	Biscuit Bun (recipe on page 51)
175 g / 1/2 cup	Chicken, pulled, BBQ
50 g / 1/4 cup	Slaw, creamy
20 g / 4 ea	Pickles, dill, chips

PREPARATION

1. Split the Biscuit Bun in half, following the natural separation.
2. Place the pulled BBQ chicken on the bottom half of the bun.
3. Top the chicken with the creamy slaw, followed by the dill pickle chips.
4. Place the top of the Biscuit Bun on the sandwich.
5. Serve immediately.

CHEF NOTES: For added texture, toast the Biscuit Bun prior to building the sandwich.

BING

BING BING!

A modern take on China's favorite street food (jian bing): soft wheat flour-based crepe batter, spread with an egg and toasted sesame seeds while cooking, then filled with seasoned ground pork, green onion, cilantro, and a crispy wheat "cracker," and finished with hoisin and chili crisp. Fold and cut in half for a flavor explosion of either sit-down or on-the-go hand-to-mouth eating.

Chef: David Berenson
Active Time: 1 hour
Total Time: 2 hours

EQUIPMENT

Crepe griddle with crepe spreader and turner

INGREDIENTS

150 g / ⅓ cup	Bing Crepe Batter (recipe on page 52)
1 ea	Egg, lightly whisked
1.5 g / ½ tsp	Black sesame seeds
5 g / 2 T	Cilantro, fresh, chopped
2.5 g / 1 T	Green onion, green only, bias cut
35 g / 1 ½ T	Bing Sauce (recipe on page 53)
80 g / ½ cup	Chinese Ground Pork, hot/warm (recipe on page 52)
18 g / 3 ea	Crispy Crackers (Bao Cui - recipe on page 53)

PREPARATION

1. Preheat griddle slightly, then unplug or turn off and let temperature fall to approximately 195°F.
2. Very lightly grease griddle with cooking oil spray and ladle batter onto griddle. Working quickly with the crepe spreader, shape into a thin, even, full 12" round.
3. Working quickly, pour the lightly mixed raw egg onto the crepe and spread it over the surface evenly. Sprinkle with the black sesame seeds and half of the cilantro and green onion.
4. When the egg is mostly set, using the turner, flip the crepe and spread the newly exposed top with the bing sauce to within approximately 2" of the edge.
5. Top with the pork, followed by the remaining cilantro and green onion. Place 3 crackers in a row in a line down the center of the crepe.
6. Crack the crackers to ease them into the filling, then fold the crepe around the fillings: bottom up, ends in, fold over.
7. Cut in half and stack the halves cut sides out, wrap in serving paper, and serve (can also go in a small bag with the cut sides up).



1 toast plate

BLACK TAHINI

FOCACCIA TOAST

This elevated version of avocado toast can be served in high-end applications, with its stunning presentation and a depth of flavor that tahini and sesame lend to the bread. This one is topped with Lemon Avocado Hummus, fresh avocados, whipped goat and feta cheeses, fried chickpeas, and fresh garden vegetables.

Chef: Ian Ramirez
Active Time: 15 minutes
Total Time: 1.5 hours

EQUIPMENT

Mixer with dough hook

INGREDIENTS

78 g / 2 ¾ oz	Black Sesame Focaccia Bread, slice, toasted (recipe on page 53)
53 g / 1.9 oz	Lemon Avocado Hummus (recipe on page 54)
33 g / 3-4 ea	Avocado chunks, fresh, 1" cubed
19 g / 6-7 ea	Cherry or grape tomatoes, sliced
24 g / 1 ½ T	Goat Feta Whip (recipe on page 54)
5 g / 4-6 ea	Radishes, thinly sliced
6 g / 8-10 ea	Chickpeas, crispy fried
5 g / ½ oz	Sweet bell peppers, sliced
1 g / 4-5 ea	Greens or microgreens for garnish

PREPARATION

1. Place toasted focaccia on a plate.
2. Spread avocado hummus on toasted focaccia.
3. Top with 3-4 chunks of avocado.
4. Place tomato slices next.
5. Cut the tip of the pastry bag with the Goat Feta Whip. Squeeze about 6-7 dots throughout.
6. Top with 4-6 radish slices.
7. Add 8-10 chickpeas and bell pepper atop.
8. Garnish with microgreens.

12 bars

BLOOD ORANGE

CRUMBLE BARS

These dessert bars have a perfectly sweet and tart blood orange curd filling, sandwiched between layers of buttery streusel crumble, made perfect with soft red wheat flour. Checks every box: crunchy, smooth, tart, and sweet.

Chef: Jennifer Mesinger

Active Time: 1 hour

Total Time: 2 hours

EQUIPMENT

Stand mixer

INGREDIENTS

226 g / 8 oz

107 g / ½ cup

313 g / 2 ½ cups

0.26 g / ½ T

1.5 g / 1 tsp

3078.75 g /

108.6 oz

As needed

Butter, unsalted

Sugar, granulated

Flour, soft red wheat

Salt, kosher

Paste, vanilla

Blood Orange Curd Filling

(recipe on page 54)

Sugar, powdered

PREPARATION

1. In the bowl of a stand mixer cream the butter and sugar until light, fluffy, and pale in color with the paddle attachment.
2. In a separate bowl, mix the flour and salt.
3. Add the vanilla and dry ingredients to the bowl of a stand mixer. Mix on low speed until the mixture just starts to come together.

4. Remove and reserve one cup of the mixture and set aside; this will be your streusel topping.
5. Press the remaining mixture into an unlined ¼ sheet pan (13" x 9").
6. Bake at 325°F for 15 minutes.
7. Remove crust from oven and set aside to cool. Make the curd filling.
8. Pour filling into cooled crust and gently place in the oven.
9. Bake for 20 minutes at 325°F. Remove from the oven, and dot with the reserved streusel.
10. Return to the oven and continue to bake for another 20 minutes, or until set.
11. Remove the bars from the oven and leave to cool at room temperature or overnight in the refrigerator.
12. After cooled, sprinkle with powdered sugar.

CHEF NOTES: Rotate in oven if you are not using convection. Let rest overnight in fridge for best results and ease in cutting.

“ FROM THE CHEF

Serve them day of if they are chilled, but you can also rest them overnight in the fridge.



1 waffle

CHILI VERDE

BUBBLE WAFFLE

Instead of a traditional sweet item, the additions of smoked pork, green chili, and cheese take this waffle from ordinary to savory and craveable. The Chili Verde Bubble Waffle works across multiple dayparts with a soft egg scramble and fresh avocado.

Chef: SyEnna Hackbarth

Active Time: 1 hour

Total Time: 2 hours

EQUIPMENT

Bubble waffle Iron

Pastry brush

INGREDIENTS

180 g / 1 ea

40 g / ¼ ea

55 g / ½ cup

30 g / 2 T

3 g / 1 T

Bubble Waffle (recipe on page 55)

Avocado, fresh, sliced

Eggs, scrambled, soft

Salsa verde

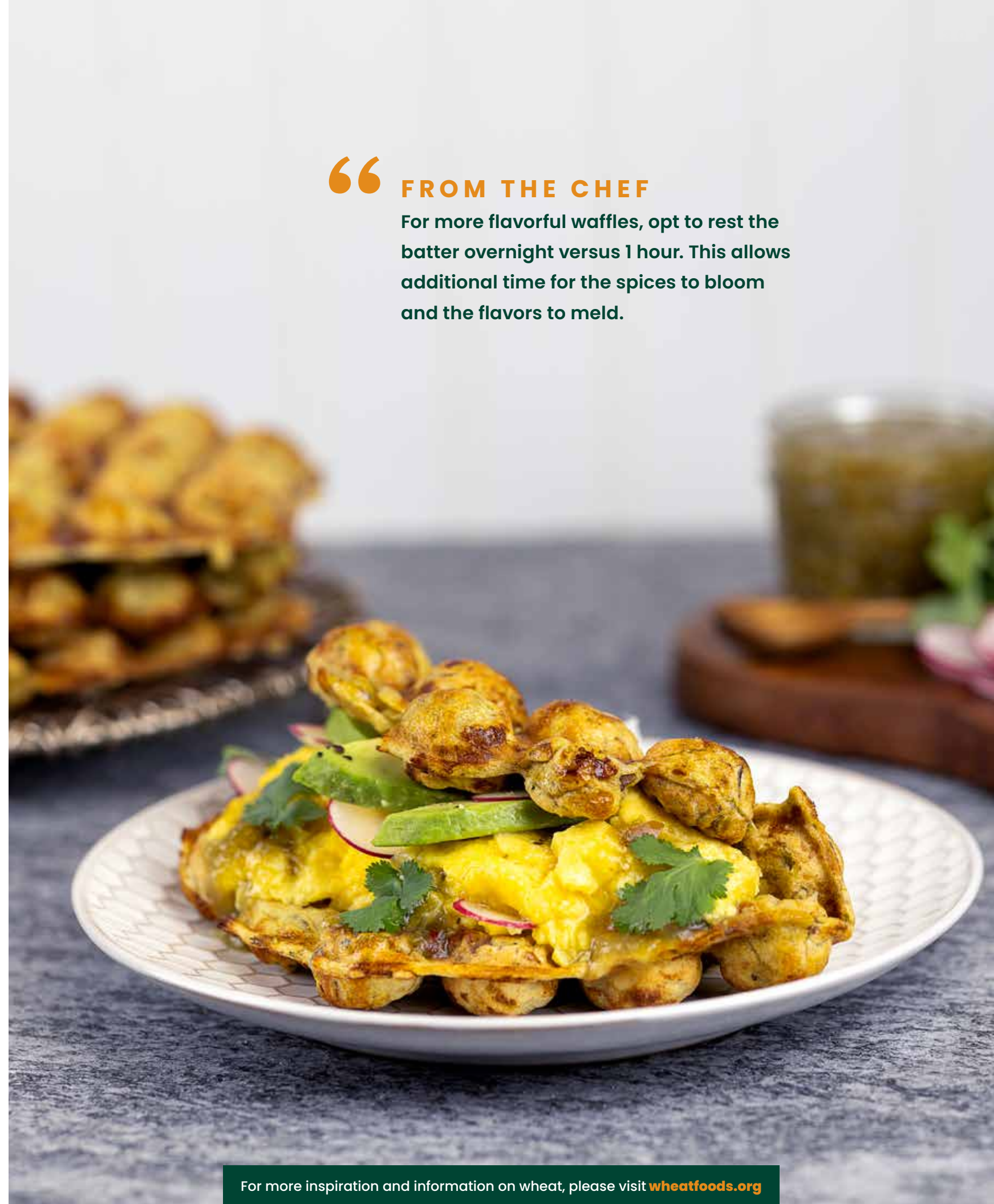
Cilantro, fresh, leaves

PREPARATION

1. Shape Bubble Waffle into a folded half-moon or cone shape.
2. Line the inside of the waffle with a fan of fresh avocado.
3. Place the soft scrambled eggs on top of the avocado. Top with chili verde salsa and garnish with fresh cilantro leaves.
4. Serve immediately.

“ FROM THE CHEF

For more flavorful waffles, opt to rest the batter overnight versus 1 hour. This allows additional time for the spices to bloom and the flavors to meld.



12 crisps

CROISCOOKIES

A delightful new way to experience a classic! Croissants are transformed into cookies with a brush of simple syrup and a sprinkle of sugar. These laminated, buttery, caramelized crisps can be treats on their own or fun accompaniments to desserts, ice creams, and coffee breaks.

Chef: Jennifer Mesinger
Active Time: 2 hours
Total Time: 36 hours

EQUIPMENT

Mixer with dough hook
Proofing box
Rolling pin or sheeter

INGREDIENTS

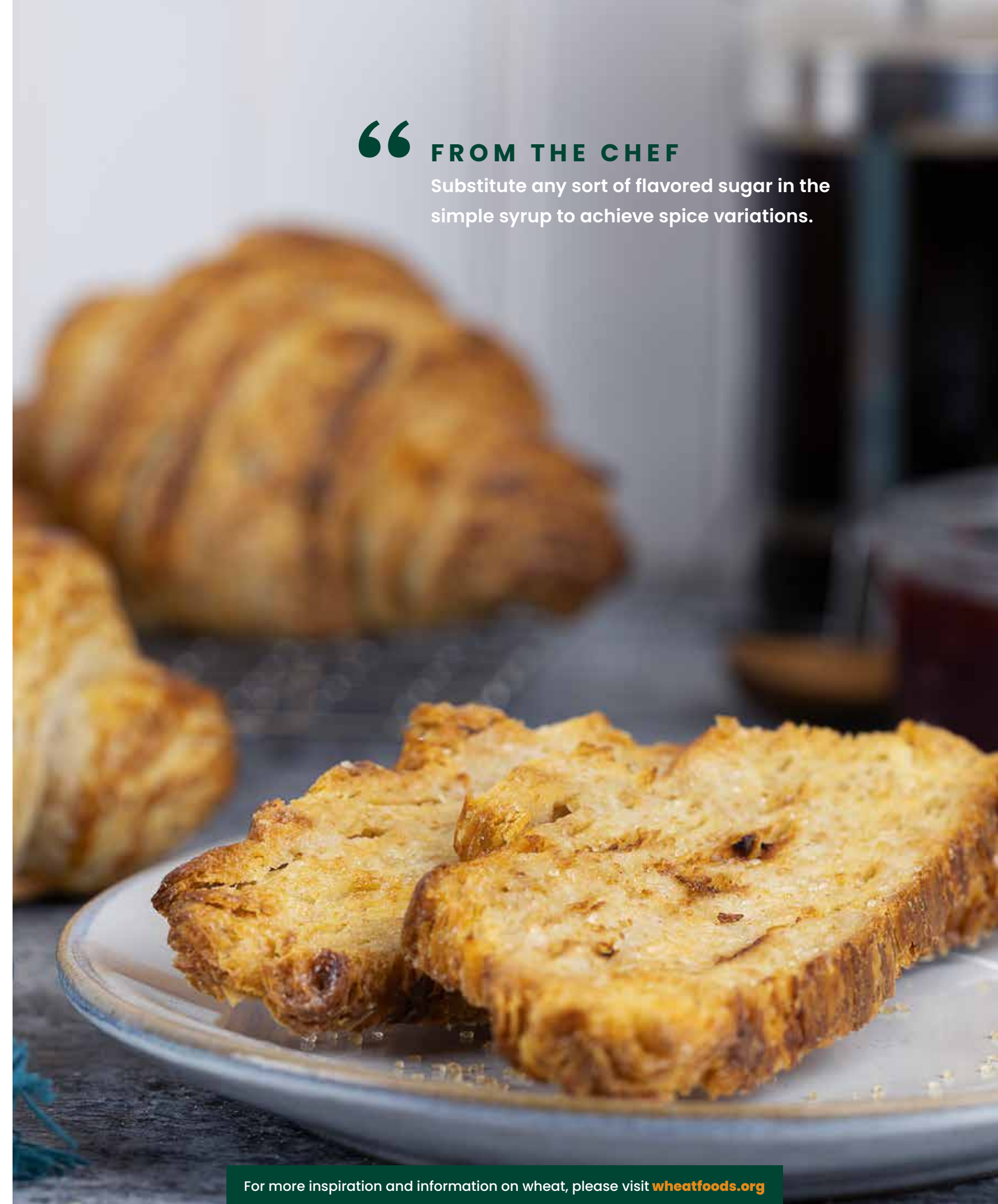
1 ea	Croissant (recipe on page 55)
212 g / ½ cup	Sugar, granulated
100 g / ½ cup	Syrup, simple (recipe on page 56)

PREPARATION

1. Freeze croissant until firm.
2. Slice into 5 slices against the grain.
3. Preheat oven to 350°F. Spray baking sheet lined with parchment with nonstick spray.
4. Place the sliced croissant pieces on parchment. Brush with simple syrup and sprinkle with sugar. Top croissant pieces with another piece of parchment and roll with rolling pin, pressing the croissants until flattened.
5. Bake for approximately 10 minutes. Turn over and bake another 10 minutes or until lightly caramelized.
6. Cool and store for up to a week.

“ FROM THE CHEF

Substitute any sort of flavored sugar in the simple syrup to achieve spice variations.



4 fougasses

FOUGASSE

WITH CARAMELIZED ONION, TOASTED WALNUT, AND FRESH ROSEMARY

Here is a complex, rustic, and flavorful version of the Provençal classic; a portion of durum semolina adds extra flavor and color. Studded with deeply caramelized onions, toasted walnut pieces, and fresh rosemary, this long-ferment flatbread is a crust lover's dream, due to its unique shape. Serve as part of a charcuterie presentation, with pasta, or as a table bread.

Chef: David Berenson
Active Time: 1.5 hours
Total Time: 18 hours

EQUIPMENT

Stand mixer

INGREDIENTS

466 g / 16 oz	Poolish (recipe on page 57)
360 g / 3 cups	Flour, bread, hard red wheat
226 g / 1 cup	Flour, durum semolina
310 g / 11 oz	Water, 75°F
9.5 g / 1 T	Yeast, instant dry
15 g / 1 T	Sugar, granulated
15 g / 1 T	Salt, kosher
40 g / 3 T	Roasted walnut oil
65 g / ½ cup	Walnut pieces, toasted
98 g / ½ cup	Caramelized onion, coarsely chopped, dark
7 g / 2 T	Rosemary, fresh, chopped

PREPARATION

1. In a stand mixer with a dough hook, blend poolish, flours, and water on low speed until a shaggy mass is formed. Autolyse at room temperature for 45 minutes.
2. Add the yeast, sugar, and salt and mix on medium speed for ~5 minutes or until a smooth and elastic dough has formed. Rest dough for 10 minutes.
3. Add oil, walnuts, onions, and rosemary and mix on low until fully combined. Do not overmix. The targeted finished dough temperature should be 75°F.
4. Cover the dough and bulk ferment at ambient temperature for 90 minutes, with stretch and folds at 30-minute intervals, letting rest an additional 15 minutes after the last fold.
5. Scale dough into 350-gram pieces and pre-shape into flattened ovals about 1" thick. Cover and let bench rest for 15 minutes.
6. Roll into rough oblongs about ½" thick and cut as for fougasse.
7. Place cut fougasse onto an inverted ½ sheet pan covered with a floured piece of parchment, opening the cuts made during shaping. Cover and proof for approximately 1 hour.
8. Steam a preheated 450°F oven lined with a pizza stone and slide the parchment onto the stone. After 5 minutes of baking, reduce heat to 400°F and bake approximately 20 additional minutes until done.
9. Remove from the oven, brush lightly with walnut oil, and cool on a rack.



1 taco plate

NATIVE

FRY BREAD TACOS

This fry bread taco is a nod to indigenous Native American culture fused with South American flavors. The soft fry bread is a perfect vessel to use as a taco and pairs well with bison, salmon, chicken, or beef. Here, beans and steak are topped with squash, radishes, and a smooth avocado crema.

Chef: Ian Ramirez
Active Time: 5 minutes
Total Time: 1 ½ hours

INGREDIENTS

2 ea	Fry Bread, freshly fried (recipe on page 57)
74 g / ¼ cup	Refried beans
85 g / 3 oz	Skirt steak, grilled, sliced
66 g / ¼ cup	Butternut Squash and Poblano Salsa (recipe on page 57)
36 g / 1 ¼ oz	Chayote squash, julienned
16 g / ½ oz	Radishes, thinly sliced
27 g / 1 ½ T	Avocado Crema (recipe on page 58)
16 g / 2 T	Cotija cheese, crumbled
6 ea	Cilantro leaves

PREPARATION

1. Lay out freshly fried fry bread.
2. Spread the refried beans evenly among the 2 tacos.
3. Divide the sliced skirt steak evenly between tacos.
4. Top with salsa, chayote, radishes, crema, and cotija. Garnish with cilantro leaves. Serve immediately.

18 slices

GOOD GUT

WHOLE GRAIN TOAST

This hearty, versatile whole grain sandwich bread has extra added fiber and seeds for great nutrition and digestion. It can be served in a variety of applications like savory sandwiches or toast, for example layered here with avocado, whipped ricotta, lemon, herbs, and olive oil.

Chef: SyEnna Hackbarth
Active Time: 1 hour
Total Time: 24 hours

EQUIPMENT

Bulk fermentation bin
Pullman loaf pan (4" x 4" x 9")

INGREDIENTS

60 g / 1 slice	Good Gut Whole Grain Sandwich Bread, lightly toasted (recipe on page 58)
80 g / ½ ea	Avocado, mashed
110 g / ½ cup	Ricotta, whipped
4 g / 1 tsp	Olive oil, extra virgin
0.5 g / ¼ tsp	Lemon zest
0.5 g / ¼ tsp	Sumac
1.5 g / ¼ tsp	Salt, Maldon
0.5 g / 1 tsp	Mint, fresh, micro

PREPARATION

1. Evenly spread the avocado mash on top of the toasted bread slice.
2. Layer the whipped ricotta on top of the avocado mash.
3. Drizzle the ricotta with the olive oil.
4. Sprinkle the lemon zest, sumac, and salt onto the ricotta.
5. Garnish the toast with micro mint.
6. Serve immediately.

CHEF NOTES: Feel free to substitute the finishing herbs and spices to match your taste.

“ FROM THE CHEF

Use an infused extra virgin olive oil in your dough for additional flavor. Garlic, chili, and rosemary infused extra virgin olive oils are a great choice.



“ FROM THE CHEF

Additions such as crumbled bacon can be added to the batter, just ensure they are lightly dusted with pastry flour prior to folding in.

1 pancake

HONEY CHEESE SOUFFLÉ PANCAKES

Soufflé pancakes are soft, pillowy rounds that are a fluffy, airy, melt-in-your-mouth take on the traditional diner-style pancake. These pancakes are elevated with crispy bits of toasted cheese dispersed throughout and drizzled with honey.

Chef: SyEnna Hackbarth

Active Time: 30 minutes

Total Time: 1 hour

EQUIPMENT

Stand mixer

Ring molds (3.15" x 1.6")

INGREDIENTS

60 g / 1 ea	Soufflé Pancake (recipe on page 59)
3.5 g / ½ tsp	Honey
1.5 g / 1 tsp	Cheddar Crisps (recipe on page 60)
1.5 g / 1 tsp	Parmesan Crisps (recipe on page 61)
7 g / 1 tsp	Honeycomb, ½" cubes

PREPARATION

1. Place the pancake on a serving vessel.
2. Drizzle with honey.
3. Dust with cheddar and parmesan crisps.
4. Garnish with honeycomb pieces.
5. Serve immediately.

1 bowl

“ FROM THE CHEF

Resembling lasagna noodles in its ruffled edge but in a narrower width for ease of eating, sauce holding, and visual appeal. Operators will value the forgiving nature of this robust pasta shape.

WILD MUSHROOM MAFALDINE

Wild Mushroom Mafaldine is a hearty, traditional pasta with a ruffled edge that is designed to grab sauces, tossed with delicious sautéed wild mushrooms, fresh herbs, and arugula in a light, creamy lemon-garlic sauce. The freshly made pasta with its springy, toothsome bite can be made up to 2 days ahead.

Chef: Daniel Carpenter

Active Time: 1.5 hours

Total Time: 2 hours

EQUIPMENT

Pasta extruder, with mafaldine die

INGREDIENTS

42 g / 3 T

28 g / 2 T

310 g / 6 cups

28 g / 2 T

0.66 g / ¼ tsp

1.5 g / 1 tsp

160 g / 1½ cups

55 g / 2 T

106 g / ½ cup

100 g / ½ cup

3.5 g / 1 T

3.5 g / 1 T

18 g / ¼ cup

4 g / 1 tsp

2 g / 1 tsp

1 g / 1 T

Olive oil, extra virgin

Garlic, whole cloves smashed

Wild mushrooms, mixed and very coarsely chopped or sliced to preserve the identity of each type

Garlic, whole cloves grated on a microplane

Pepper, Aleppo, ground

Salt, coarse kosher

Mafaldine Pasta (recipe on page 43)

Butter

Vegetable stock

Cream, heavy

Thyme, fresh, whole minced

Marjoram, fresh, whole minced

Arugula, fresh

Juice, freshly squeezed lemon

Micro arugula

Parmigiano-Reggiano, freshly grated

PREPARATION

1. Bring a medium stockpot of salted water (1 tablespoon of kosher salt per gallon of water) to a boil and hold covered at a simmer while preparing the rest of the dish.
2. Heat a large sauté pan over low heat and add the olive oil and smashed garlic, making certain that the cloves do not brown. Leave the garlic to infuse in the oil for 5-7 minutes being sure to adjust the heat as needed to prevent scorching.
3. Remove and discard the smashed garlic and increase the heat on the pan to high. Allow the oil to come to temperature for roughly 15-30 seconds and quickly add the mushroom mixture and grated garlic. Arrange the vegetables in a single layer, making certain not to overcrowd, and season with the Aleppo and salt.
4. Pan-roast the mushroom mixture, making certain to handle carefully to avoid breakage. When the mushrooms are ~90% cooked through, bring the water to a rolling boil and place the mafaldine into the pot, stirring gently to prevent sticking.

5. Add the butter to the mushroom mixture and allow it to melt and brown very slightly, approximately 1 minute. Deglaze with the vegetable stock and add the cream, thyme, marjoram, and fresh arugula to wilt.
6. When the sauce comes together and is a creamy, velvety texture, squeeze the lemon juice and add the pasta straight from the cooking pot. Do not be concerned if you add some of the cooking water, as it will contribute to the sauce.
7. Allow this mixture to cook briefly, tossing gently and adding pasta cooking water if needed to loosen.
8. Serve immediately, swirling to create a visually appealing nest of pasta and mushrooms, topping with micro arugula and grated Parmigiano-Reggiano cheese.

YIELD: 1 pasta bowl

MAFALDINE SUB RECIPE



MAFALDINE PASTA

INGREDIENTS

400 g / 2 ½ cups Flour, semolina
400 g / 2 ½ cups Flour, all-purpose
400 g / 1 ¾ cups Egg, whole

PREPARATION

1. Combine the flours in a stand mixer and lightly beat the egg in a separate cup.
2. Using a dough hook on low speed, slowly drizzle in the egg mixture, making certain not to allow the flour to escape the bowl as it mixes. Allow to combine for 1 minute until the mix is uniform; it will appear to be a bit dry.

3. Wrap in plastic wrap and allow to rest at room temperature for 30 minutes.
4. Set up your extruder (mixer + nonstick mafaldine attachment) and prepare to form noodles.
5. When the dough has rested, place small balls (walnut-sized) into the hopper of the extruder attachment and turn the mixer on to activate the power takeoff that energizes the extruder.
6. Allow noodles to form, pressing the dough in the extruder and cutting them when they touch the surface below, roughly 6". Set the noodles on a parchment-lined rimmed baking tray and pack them in two-serving increments in zippered plastic bags or deli containers for near-term use. Refrigerate immediately.
7. If you plan to dry the noodles, do so in a dehydrator set at 135°F until they are dried through and snap under pressure.

CHEF NOTES: Failing to fully dehydrate the pasta could create a food safety concern, so this is a key consideration. If you are concerned about the noodles curling, flip them periodically while they still are pliable to achieve a flat look. Otherwise, they likely will curl, which creates a unique (arguably attractive) appearance.

YIELD: 1230 g / 43 oz wt / 8 servings

SHELF LIFE: 2 days refrigerated



1 sandwich

“ FROM THE CHEF

Delicate winter red brioche combined with warm, rich mascarpone and Nutella creates a truly memorable dessert offering.

NUTELLA AND MASCARPONE GRILLED CHEESE BRÛLÉE

Nutella and Mascarpone Grilled Cheese Brûlée is a winner across multiple dayparts. This “dessert grilled cheese sammy” features chocolate hazelnut spread and mascarpone between tender sliced brioche, griddled and brûléed for a special crunchy treat, and served with a zippy Apricot-Strawberry Compote for dipping.

Chef: Daniel Carpenter

Active Time: 1.5 hours

Total Time: 8 hours

EQUIPMENT

Pullman loaf pans (13" x 4" x 4")

Stand mixer

Butane torch or salamander

Fine sieve

Blender

INGREDIENTS

2 ea slices	Hard Red Brioche (recipe on page 61)
28 g / 2 T	Mascarpone cheese
28 g / 2 T	Chocolate hazelnut spread (Nutella)
14 g / 1 T	Butter, unsalted, room temperature
14 g / 1 T	Sugar, turbinado
28 g / 2 T	Apricot-Strawberry Compote (recipe on page 62)
2 g / ½ tsp	Sugar, powdered

PREPARATION

1. Heat a nonstick skillet, cast-iron skillet, or plancha over medium heat.
2. Thinly slice (3/8") two slices of Hard Red Brioche and spread mascarpone on one slice and Nutella on the other. Close sandwich and butter the exterior of each slice.
3. Place sandwich on cooking surface and brown, flipping frequently to make certain not to scorch the butter. Remove from the heat and allow to rest briefly, approximately 1 minute. Carefully cut grilled cheese diagonally with a very sharp knife, making certain not to lose any of the filling.
4. Sprinkle one side of each half of the sandwich with one-half of the turbinado. Ignite the torch (or make certain that the salamander is up to temperature) and brown lightly on one side only, adding turbinado as needed to replicate the surface of a caramelized crème brûlée dessert.
5. Spread a heaping spoonful of Apricot-Strawberry Compote on the plate, arrange the cut halves one standing and one flat, and dust with powdered sugar. Serve immediately.

10 buns

SPICY

PECAN BUNS

These Spicy Pecan Buns are kicked-up and knocked-out-of-the-park sticky buns! Not your average sweet bun, these are made with a tender brioche and laced with candied jalapeños and a kick of cayenne in the Hot Honey Goo for the perfect adventurous combination of sweet and heat.

Chef: Jennifer Mesinger

Active Time: 1.5 hours

Total Time: 12 hours

EQUIPMENT

Mixer with dough hook

Proofing box

9" x 13" baking pan

INGREDIENTS

1351 g / 48 oz wt	Soft Red Wheat Brioche (recipe on page 62)
104 g / 4 oz wt	Syrup, jalapeño (recipe on page 63)
55 g / ¼ cup	Sugar, light brown
50 g / ¼ cup	Sugar, white
0.6 g / ½ tsp	Cinnamon, ground
150 g / 1 ½ cups	Pecans, coarsely chopped
100 g / ½ cup	Candied Jalapeños, slices (¼") (recipe on page 63)
795 g / 28 oz	Hot Honey Goo (recipe on page 63)
As needed	Sea salt

PREPARATION

1. Roll prepared brioche (from prior day) on floured work surface into a 16" x 12" rectangle.
2. Brush with ½ cup of the reserved jalapeño syrup.
3. Top with brown sugar, white sugar, cinnamon, ½ cup of the pecans, and Candied Jalapeños.
4. Roll into a tight roll and cut into 10 equal pieces.
5. Pour Hot Honey Goo mixture into the bottom of the baking pan and spread around to create an even layer. Evenly sprinkle with the remaining 1 cup of pecans.
6. Gently place the rolled bun dough on top of the Hot Honey Goo and pecan layer.
7. Lightly cover and let proof 2 hours until the dough is puffy.
8. Bake in 350°F oven for 35-45 minutes until golden. Remove from the oven and leave to cool for 20 minutes.
9. Invert buns onto a serving platter, spoon extra goo over buns, and sprinkle with sea salt.

“

FROM THE CHEF

Swap the candied jalapeños for anything seasonal—sweet or savory.



1 plate

SPICY WHEAT CAKE NOODLE

TTEOKBOKKI

Tteokbokki is a craveable, spicy noodle dish typically served with soft boiled eggs, fish cakes, kimchi, green onion, or other vegetable variations. This version of the wildly popular Korean street food delight features fresh wheat-based noodles that are perfectly chewy for this application. This umami-rich dish has a slow heat that makes you want to keep eating until the last bite.

Chef: Ian Ramirez
Active Time: 15 minutes
Total Time: 15 minutes

INGREDIENTS

60 g / 3 T	Gochujang
7 g / 1 T	Gochugaru
18 g / 1 T	Soy sauce
21 g / 1½ T	Sugar, raw (or brown sugar)
473 g / 2 cups	Dashi (recipe on page 64)
4 g / 1 tsp	Garlic, chopped
100 g / 3.5 oz	Korean fish cakes, sliced
350 g / 12 oz	Wheat Cake Noodles, cooked (recipe on page 63)
1 ea	Egg, soft boiled 7-minute
10 g / 2½ T	Green onions, sliced
5 g / ½ T	Toasted Korean sesame seeds
As desired	Oil, sesame

PREPARATION

1. Make pepper paste by mixing together the gochujang, gochugaru, soy sauce, and raw sugar. Set aside.
2. In a medium to large saucepan, pour in dashi and garlic. Bring to a rolling boil.
3. Add the pepper paste to the dashi broth. Mix thoroughly and let cook for about 2 minutes.
4. Add the Korean fish cakes and Wheat Cake Noodles to the broth and reduce to a simmer. Cook for 3–5 minutes, or until the noodles have soaked up most of the broth, are tender, and the sauce has thickened. Stir often.
5. Add the soft-boiled egg and cook for an additional 1 minute to heat the egg.
6. Place in a bowl, and garnish with sliced green onions and toasted Korean sesame seeds.
7. Optional, drizzle sesame oil atop noodles.

Sub RECIPES

BBQ BISCUIT BUNZ SUB RECIPE



BISCUIT BUNZ

INGREDIENTS

300 g / 1 ½ cups	Milk, whole
60 g / ½ cup	Flour, pastry
250 g / 1 cup	Buttermilk, whole cultured, cold
20 g / 4 tsp	Sour cream, full fat, cold
28 g / 4 tsp	Honey
540 g / 4 ½ cups	Flour, pastry
28 g / 2 T	Baking powder
6 g / 1 tsp	Baking soda
12.5 g / 2 ½ tsp	Salt, kosher
226 g / 1 cup	Butter, unsalted, cold, ¼" cubes
As needed	Flour, pastry (for dusting the work bench)
40 g / 2 T	Egg yolk
30 g / 2 T	Water, room temperature

PREPARATION

1. Add the milk and flour to a small saucepan. Place on a burner set to medium heat. Whisk continuously. Once the mixture reaches 150°F, remove the saucepan from the burner. Transfer the mixture to a medium-sized bowl.
2. To the bowl, add the buttermilk, sour cream, and honey. Whisk thoroughly to combine. Loosely cover the bowl with plastic wrap and transfer to the refrigerator. Leave to chill for a minimum of 30 minutes.

3. Sift the pastry flour, baking powder, baking soda, and salt into a large bowl. Add the butter to the bowl. Cut the butter into the flour using a dough blender, fork, or hands until a crumble-like texture has been achieved.
4. Create a well in the center of the flour and butter mixture. Remove the liquid mix from the refrigerator and pour it into the well. Gently fold the mixture together until a shaggy dough has formed.
5. Transfer the dough to a heavily floured work bench. Using floured hands, gently knead the dough until it just comes together and form it into a loose rectangular shape.
6. Using a floured rolling pin, roll the dough into a ½" thick rectangle. Fold one side into the center, then fold the other side on top, creating a trifold. Turn the dough horizontally. Once again roll the dough into a ½" thick rectangle. Repeat the trifold and turn the dough horizontally. For the last time, roll the dough into a ½" thick rectangle and complete the trifold.
7. Roll the trifolDED dough into a 16" x 32" rectangle. Using a 3 ⅝" round metal cutter, cut out 16 rounds of dough. Remove any scraps of dough and discard. Layer 2 rounds of dough on top of each other, creating a total of 8 bun-like stacks.
8. Place the 8 dough stacks onto a parchment-lined ½ sheet pan, ensuring there is at least 2" of space between each one. Loosely cover the sheet pan with

plastic wrap and transfer to the refrigerator. Leave to chill for 2 hours.

9. Preheat oven to 400°F with convection.
10. In a small bowl, whisk together the egg yolk and water until thoroughly combined.
11. Remove the sheet pan from the refrigerator and discard the plastic wrap. Gently brush the tops of the Biscuit Bunz with the egg yolk and water wash.
12. Place the sheet pan in the oven. Bake for 10 minutes. Rotate the pan and bake for an additional 10 minutes or until the tops are golden brown.
13. Remove the sheet pan from the oven and leave the Biscuit Bunz to rest at room temperature for a minimum of 10 minutes prior to use.
14. Serve immediately.

CHEF NOTES: Stacking the dough rounds prior to baking creates a natural separation in the product, much like a traditional bun. For extra tangy biscuits, substitute the milk for whole cultured buttermilk.

YIELD: 8 ea

SHELF LIFE: 2 days

BING BING BING! SUB RECIPES



BING CREPE BATTER

INGREDIENTS

180 g / 1 ½ cups	Flour, soft wheat
60 g / ½ cup	Flour, yellow mung bean (or fine corn flour)
40 g / 4 T	Cornstarch
5 g / 1 tsp	Five spice powder
7 g / 1 tsp	Salt, kosher
500 g / 17.6 oz	Water, room temperature

PREPARATION

1. Combine all the ingredients in a bowl and whisk until free of lumps (be sure not to overmix).
2. Leave the batter to rest for 15–20 minutes before use.
3. Refrigerate the batter if holding for more than an hour.

YIELD: 780 g / 28 oz (approx. 5 crepes)

SHELF LIFE: 18 hours



CHINESE GROUND PORK

INGREDIENTS

15 g / 1 T	Soy sauce
15 g / 1 T	Shaoxing wine
12 g / 1 ½ T	Cornstarch
454 g / 1 lb	Pork, fresh, ground
15 g / 1 T	Cooking oil
10 g / 1 tsp	Chili crisp
15 g / 1 T	Toasted sesame oil

PREPARATION

1. In a bowl, whisk together the soy sauce, wine, and cornstarch to form a smooth slurry.
2. Add the pork to the slurry and mix by hand to combine until incorporated (don't overwork).
3. Refrigerate and rest the pork for 30 minutes.
4. In a sauté pan lightly drizzled with cooking oil and set over medium-high heat, brown the pork until fully cooked (there should be no pink and the temperature should read 165°F).
5. Remove the pan from the heat and add the chili crisp and toasted sesame oil. Mix to combine. Reserve for assembly.

CHEF NOTES: Hold hot for use or heat to order.

YIELD: 500 g / 1.2 lbs (approx. 6 portions @ 80 g per portion)

SHELF LIFE: 2–3 days max

CRISPY CRACKERS (BAO CUI)

INGREDIENTS

38 pieces	Wonton wrappers, raw, wheat based
As needed	Water
As needed	Oil for deep frying

PREPARATION

- Brush one side of a wonton wrapper lightly with water and place a second wrapper on top to make a double layer.
- Cut two slits into the sandwiched wrapper. Repeat for all.
- Fry at 340°F until crispy. Transfer to a cooling rack to allow any excess oil to drain off. Repeat for all.
- Reserve for assembly.

YIELD: 18 crackers / 6 bing @ 3 per

SHELF LIFE: 3 days

BING SAUCE

INGREDIENTS

200 g / ¾ cup	Hoisin sauce
25 g / 1 T	Chinese broad bean paste
25 g / 1 T	Chili garlic sauce
12 g / 2 tsp	Crunchy garlic in chili oil

PREPARATION

- Combine all ingredients in a bowl and mix until thoroughly combined.
- Reserve for assembly.

YIELD: 257 g / 7 ½ oz

SHELF LIFE: 7 days

FOCACCIA TOAST SUB RECIPES

BLACK SESAME FOCACCIA BREAD

INGREDIENTS

7 g / ¼ oz	Yeast, active dry
680 g / 2 ¾ cups	Water
780 g / 6 cups	Flour, hard red spring
110 g / ½ cup	Olive oil, extra virgin
17 g / 2 T	Black sesame powder
174 g / ¾ cup	Black tahini
15 g / 1 T	Salt, kosher
25 g / 2 T	Olive oil, extra virgin
60 g / ¼ cup	Saltwater (16:1 salt to water solution by weight)
60 g / ¼ cup	Black tahini
9 g / 1 T	Black sesame seeds
18 g / 1 T	Salt, sea flake

PREPARATION

- Activate yeast in 113 grams of water to create a slurry.
- In the bowl of a stand mixer, combine the remaining water with the flour, olive oil, black sesame powder, and black tahini.
- Add the slurry to the bowl of the stand mixer and mix for 30 seconds on first speed with the dough hook attachment.
- Add the salt to the mixture and continue to mix for about 90 seconds on first speed.
- Increase the mixer to second speed and mix for 7–8 minutes.
- Remove dough from the mixer and place in a greased container with a lid. Be sure to leave enough room in the container for proofing.
- Proof dough until doubled in size. Perform 2 folds in the container. Remove from the container, split into two even portions, and place on 2 well-oiled ¼ sheet pans.

- Stretch out to corners and let rest for 5 minutes. It will most likely spring back a bit.
- Once rested, massage the dough back to the edges of the pan, being sure that it fills the pan. Let rest for 30 minutes.
- Drizzle with olive oil. Brush with saltwater and dimple with fingertips. Top with tahini, sesame seeds, and flake salt.
- Bake at 450°F for 18–20 minutes.

YIELD: 2 – 1/2 sheet pan loaves

SHELF LIFE: 1–2 days

GOAT FETA WHIP

INGREDIENTS

227 g / 8 oz	Goat cheese, plain
227 g / 8 oz	Feta cheese

PREPARATION

- Place cheese in a food processor and blend until smooth. Transfer to a disposable pastry bag.

YIELD: 454 g / 16 oz

SHELF LIFE: 7 days refrigerated

LEMON AVOCADO HUMMUS

INGREDIENTS

146 g / ½ cup	Lemon hummus
170 g / 6 oz	Avocado
7 g / 1 tsp	Salt, kosher

PREPARATION

- Place all ingredients in a food processor and blend until smooth. Reserve in a covered bowl.

YIELD: 316 g / 16 oz

SHELF LIFE: 3–4 days refrigerated

BLOOD ORANGE BAR SUB RECIPE

BLOOD ORANGE CURD FILLING

INGREDIENTS

116.8 g / ¾ cup	Flour, soft red wheat
2211.26 g / 3 ¾ cups	Sugar, granulated
411.06 g / 1 ¾ cups	Egg, whole
321.2 g / 1 ½ cups	Juice, freshly squeezed blood orange
12 g / 1 T	Zest, blood orange
5.6 g / ½ T	Citric acid

PREPARATION

- In a mixer with a whisk attachment, mix flour and sugar on low speed.
- With the mixer running, add the eggs one by one.
- Add the juice, zest, and citric acid.
- Scrape the bowl and mix once more until thoroughly combined.

YIELD: 3078.75 g / 108.6 oz

SHELF LIFE: Use immediately



BUBBLE WAFFLE SUB RECIPE



BUBBLE WAFFLE

INGREDIENTS

230 g / 1 cup	Water, room temperature
60 g / ¼ cup	Milk, evaporated
200 g / 4 ea	Eggs, whole
26 g / 2 T	Ghee, melted
80 g / ½ cup	Poblano peppers, roasted, ½" dice
80 g / ½ cup	Tomatillos, roasted, ½" dice
50 g / ¼ cup	Sugar, granulated
1.2 g / ½ tsp	Garlic powder
1.2 g / ½ tsp	Onion powder
1.4 g / ¼ tsp	Oregano, Mexican, dried
0.2 g / ⅛ tsp	Cumin, dried
300 g / 2 cups	Flour, soft red winter
20 g / 2 T	Cornstarch
15 g / 2 T	Tapioca starch
15 g / 1 T	Baking powder
20 g / 4 tsp	Salt, kosher
120 g / ½ cup	Green chili, roasted, medium heat, ½" dice
120 g / ½ cup	Pork, smoked, ½" dice
112 g / 1 cup	Cheddar cheese, sharp, finely grated
As needed	Vegetable oil (for the Bubble Waffle griddle)

PREPARATION

- In the pitcher of a blender, combine the water, evaporated milk, eggs, ghee, poblano pepper, tomatillo, sugar, garlic powder, onion powder, oregano, and cumin. Blend on medium speed until thoroughly combined.
- Add the flour, cornstarch, tapioca starch, baking powder, and salt to the pitcher of the blender. Blend on low speed until all the dry has been combined into the wet and a homogenous batter has formed.
- Transfer the batter to a medium-sized mixing bowl.

Add the green chili, smoked pork, and cheddar cheese. Mix to combine. Transfer to an airtight container and place in the refrigerator to rest for 1 hour.

- Preheat the electric bubble waffle iron to 375°F. Once up to temperature, brush lightly with vegetable oil.
- Remove the batter from the fridge and give it a quick mix. Pour ¼ cup of batter into the center of the bubble waffle iron. Close the lid and immediately flip the iron. Be sure to hold the pan together tightly to ensure no batter leaks out. Cook the waffle for 2 minutes. Flip the iron over to the original side and cook for an additional 1–2 minutes, or until nicely golden brown.
- Open the waffle iron and carefully remove the bubble waffle using a fork or chopsticks.
- Transfer the bubble waffle to a sheet pan lined with a cooling rack. Cool for 1 minute to ensure the exterior remains crisp. Serve immediately.
- Continue cooking off bubble waffles until all the batter has been used up.

CHEF NOTES: Do not serve the first waffle that you cook off—discard it, for the color will be pale and any browning that occurs will likely be highly uneven.

YIELD: 8 ea

SHELF LIFE: 30 minutes

CROISCOOKIES SUB RECIPES



CROISSANTS

INGREDIENTS

680 g / 5 ½ cups	Flour, bread
453 g / 3 ¾ cups	Flour, soft winter wheat
245 g / 2 ½ cups	Milk, whole, room temperature
70 g / 4 ½ T	Yeast, fresh
11.4 g / 2 tsp	Salt, kosher

85 g / 8 T
680 g / 3 cups

Sugar, brown
Butter, European
Egg for egg wash

PREPARATION

- Place flours, milk, yeast, salt, and sugar in a mixing bowl with the dough hook.
- Mix on medium speed until the dough is smooth, approximately 8 minutes.
- Spray proofing box with nonstick spray and put dough in. Let rest overnight.
- Place butter in between two sheets of parchment and pound with rolling pin to form a 10" x 16" rectangle.
- Remove the dough and roll into a 16" x 20" rectangle. Keep short end parallel to work surface. Place butter on upper ⅔ of the dough.
- Fold dough as you would a business letter, the bottom third up to the middle and the top edge down to the bottom.
- Enlarge the rectangle by rolling out the dough until it is ½" thick.
- Fold the left side of the rectangle to the middle. Fold the right side over to the left edge. Make sure edges line up evenly. Chill in freezer for 17 minutes.
- Repeat and chill another 17 minutes.
- Repeat and chill 24 minutes.
- Roll into a 12" x 24" rectangle. Trim the sides to form crisp edges.
- Cut 12 triangles out of the dough.
- Holding the base of one, stretch and roll from the widest to the shortest end, forming a croissant.
- Place finished croissants on parchment-lined baking sheet. Wrap and chill again overnight.
- Preheat oven to 400°F.
- Proof and let come to room temperature.

- Brush croissants with egg wash.
- Bake at 400°F for 10 minutes. Rotate and bake another 10 minutes.
- Remove from oven and cool at room temperature.

YIELD: 10 ea

SHELF LIFE: 1 day



SIMPLE SYRUP

INGREDIENTS

375 g / 1 ½ cups	Water
375 g / 1 ½ cups	Sugar, granulated

PREPARATION

- Combine sugar and water in a medium saucepan.
- Bring to the boil, cool immediately, and store covered at room temperature.

YIELD: 2 cups

SHELF LIFE: 30 days



FOUGASSE SUB RECIPE


POOLISH
INGREDIENTS

240 g / 2 cups	Flour, bread, hard red wheat
0.85 g / ¼ tsp	Yeast, instant dry
236 g / 1 cup	Water, room temperature

PREPARATION

1. Combine the ingredients in a stand mixer bowl with the paddle attachment.
2. Mix +/- 2 minutes on medium-low speed until fully combined into a thick batter. Cover and ferment at room temperature for 12-16 hours.

YIELD: 466 g / 16 oz

SHELF LIFE: N/A, prep for batch

FRY BREAD TACOS SUB RECIPES


FRY BREAD
INGREDIENTS

7 g / ¼ oz	Flour
680 g / 2 ½ cups	Baking powder
110 g / ½ cup	Salt
17 g / 2 T	Hot water (130°F)
174 g / ¾ cup	Oil (for frying)

PREPARATION

1. Mix all ingredients together until a shaggy dough forms. Let rest for 10 minutes.
2. Portion into 64-gram portions and hand-form into rolls. Press with a rolling pin and spread out into 5"-7" discs.

3. Refrigerate for 30 minutes.
4. Place in a 350°F deep fryer.
5. Turn after about 20 seconds and continue to fry for an additional 20-30 seconds or until it just starts turning golden brown. Do not over-fry to ensure the bread is pliable enough for a taco.
6. Remove from the fryer and place on paper towel to dry.

YIELD: 9 pieces

SHELF LIFE: Serve immediately. Freeze unfried for up to 3 months.


BUTTERNUT SQUASH AND POBLANO SALSA
INGREDIENTS

120 g / ¾ cup	Butternut squash, ¼" diced, tossed lightly in oil and roasted at 425°F for ~12-15 minutes
85 g / 2 ea	Poblano peppers, roasted until the skin is charred, peeled, seeds removed, and ¼" diced
3 g / 1 ea	Serrano pepper, roasted, peeled, destemmed, finely diced
13 g / 1 ea	Jalapeño pepper, roasted, peeled, destemmed, finely diced
56 g / ½ cup	White onion, roasted, diced
100 g / 3 ½ oz	Tomatillos (if using fresh, roast, peel, and blend; if using canned, drain and blend in a food processor)
8 g / 1 ½ T	Cilantro, large stems removed, chopped
2 g / 1 tsp	Cumin
36 g / 3 T	Lime juice
80 g / ½ cup	Corn, roasted
3 g / 1 tsp	Salt, kosher

PREPARATION

1. Place all ingredients in a bowl and mix together. If too dry, add more lime juice.

YIELD: 405 g / 2 cups

SHELF LIFE: 7 days refrigerated


AVOCADO CREMA
INGREDIENTS

227 g / 8 oz	Sour cream
56 g / ½ ea	Medium avocado

PREPARATION

1. Place all ingredients in a blender and blend until smooth. Reserve in a squeeze bottle.

YIELD: 326 g / 1 ½ cups

SHELF LIFE: 7 days refrigerated

WHOLE GRAIN TOAST SUB RECIPE


GOOD GUT WHOLE GRAIN SANDWICH BREAD
INGREDIENTS

400 g / 1 ⅓ cups	Water, room temperature
100 g / ½ cup	Sourdough starter, unfed, 100% hydration
50 g / ¼ cup	Olive oil, extra virgin
100 g / ½ cup	Kefir, whole milk
30 g / 1 ½ T	Honey
250 g / 2 cups	Flour, white whole wheat
250 g / 2 cups	Flour, bread
10 g / 2 tsp	Salt, kosher
40 g / ¼ cup	Chia seeds
40 g / ¼ cup	Flax seeds
40 g / ¼ cup	Sesame seeds
30 g / ¼ cup	Hemp seeds
As needed	Flour, bread (for dusting the work bench)

PREPARATION

1. In a medium-sized bowl, combine water, sourdough starter, extra virgin olive oil, kefir, and honey. Whisk until the starter is evenly dispersed and incorporated.

2. Add the whole wheat flour and bread flour to the bowl. Mix the wet into the dry, ensuring all dry bits are incorporated and a homogenous mixture has formed.
3. Cover the bowl tightly with plastic wrap and leave to rest at room temperature for 30-45 minutes.
4. Once the rest period has elapsed, remove the plastic wrap from the bowl and add the salt, chia seeds, flax seeds, sesame seeds, and hemp seeds. Thoroughly mix until the salt and seeds are evenly dispersed within the dough.
5. Transfer the dough to a bulk fermentation bin. Cover the bin and leave to rest for 1 hour.
6. After 1 hour has elapsed, perform a set of coil folds on the dough. To do a coil fold, first gently lift the dough from the center with both hands, until one end releases from the bin. Gently lower the dough to allow the released end to tuck under the center of the dough mass and repeat with the other side. Rotate the bin 90 degrees and repeat this process. The dough should resemble a slack square shape. Cover the bin and leave to rest for an additional hour.
7. Repeat the coil folds, followed by the hour rest period, 3 more times.
8. After the final rest period is complete, transfer the dough to a lightly floured work bench to shape the dough. Using a bench knife and hands, flip the dough over. Fold the bottom of the dough up into the center. Then fold the left side of the dough over to the right, and the right over to the left, to form an envelope-like shape.
9. Grab the top of the dough and fold it down into the center. Grab the new top of the dough and roll it gently down toward the base, creating a rolled tube.
10. Transfer the dough to the Pullman loaf pan (4" x 4" x 9"), placing it seam side down. Place the pan into a loose-fitting, food-safe plastic bag, and transfer

to the refrigerator. Leave to cold ferment for a minimum of 12 hours and up to 18 hours.

- Preheat oven to 425°F with convection.
- Remove the Pullman loaf pan from the refrigerator. Allow the dough to rest covered at room temperature until it is ½" from the top of the pan. Remove the food-safe plastic bag. Slide on the cover, ensuring that the fit is tight. Place the pan in the oven, on the middle rack. Bake for 15 minutes.
- Reduce the oven temperature to 350°F and bake for ~45 minutes. To check the doneness of the bread, gently slide open the lid and take the internal temperature. The temperature should read 204°F. If the temperature does not read 204°F, close the lid and continue baking for an additional 5 minutes. Check the internal temperature after the time has elapsed and repeat if needed.
- Remove the pan from the oven and place on a cooling rack. Remove the lid and leave the loaf to rest in the pan for 10 minutes.
- Invert the pan onto a cooling rack to release the bread loaf. Leave the loaf to cool through, ~1-2 hours.
- Slice and enjoy.

CHEF NOTES: Seeds can be substituted to match preferences and personal taste. Red whole wheat flour can be used in place of the white whole wheat flour—it will produce a heartier loaf that has a richer color and a slightly nuttier taste. (Some red whole wheat flour can impart a slightly bitter flavor.)

YIELD: 1 – 4" x 4" x 9" loaf or 18 slices

SHELF LIFE: 1 week

SOUFFLÉ PANCAKES SUB RECIPES



SOUFFLÉ PANCAKES

INGREDIENTS

40 g / ¼ cup	Sourdough starter, unfed, 100% hydration
40 g / 8 tsp	Milk, whole, lukewarm (~105°F)
30 g / 2 T	Egg yolk, room temperature
20 g / 1 T	Honey
35 g / ¼ cup	Flour, pastry
4 g / 1 tsp	Salt, kosher
3 g / 5/8 tsp	Baking powder
20 g / 1 ½ T	Butter, browned, melted
150 g / ⅔ cup	Egg whites, room temperature
75 g / ⅓ cup	Sugar, granulated
25 g / ¼ cup	Cheddar Crisps
25 g / ¼ cup	Parmesan Crisps
8 g / 1 T	Flour, pastry
As needed	Vegetable oil spray

PREPARATION

- Add the sourdough starter, milk, egg yolk, honey, pastry flour, salt, and baking powder to a large mixing bowl. Whisk until combined. Add the brown butter to the mixture and whisk until fully incorporated. Set aside this base batter momentarily.
- Add the egg whites to the bowl of a stand mixer. On medium speed, using the whisk attachment, whip the egg whites until frothy. Once the egg whites begin to froth, slowly add the sugar while the machine is running. Whip the egg whites until medium peaks form.
- Preheat a large skillet over low heat (alternatively preheat your flat top to 245-250°F). Once the skillet is warm, place in the metal ring molds to preheat.

- Add ⅓ of the whipped egg whites to the base batter. Use a rubber spatula to gently fold the egg whites into the batter. Once the batter is homogenous, add the remaining whipped egg whites. Fold the mixture until no streaks of egg whites remain and the mixture is homogenous. Take care not to overmix the base.
- In a small bowl combine the Cheddar Crisps, Parmesan Crisps, and pastry flour. Mix until all the cheddar and parmesan crisps are completely coated in the pastry flour.
- Gently sprinkle the coated crisps over the base batter. Gently fold together until the crisps are evenly dispersed within the batter.
- Spray the preheated skillet and metal ring molds with vegetable oil cooking spray.
- Fill the metal ring molds half full with batter, ~¼ cup. Place the lid on the skillet and cook the pancakes for ~5-7 minutes. The batter will have risen to the top of the metal ring molds and be nearly set.
- Remove the lid of the skillet. Flip the pancake-filled metal ring molds over. Cover the skillet with the lid, and cook for an additional 3-4 minutes, or until the batter is fully set.
- Once the pancakes are cooked through, remove the metal ring molds.
- Remove the pancakes from the skillet and serve immediately.

CHEF NOTES: If brown butter is unavailable, an equal quantity of unsalted butter can be substituted and used in its place. Be sure not to overwhip the egg whites; if you go beyond medium peaks, the pancake base will break. Be sure to thoroughly grease the skillet and metal ring molds to ensure that the pancakes remove cleanly and don't deflate. The cheddar and parmesan crisps can be substituted with premade frico or crunchy shelf-stable dehydrated cheese; just be sure to break them into

small pieces (between the size of a peppercorn and a pea).

YIELD: 8 ea

SHELF LIFE: 15 minutes



CHEDDAR CRISPS

INGREDIENTS

33 g / ⅓ cup **Cheddar cheese, sharp, finely shredded**

PREPARATION

- Preheat oven to 400°F with convection.
- Spread cheddar cheese in an even layer on a sheet pan with a silicone liner.
- Place pan in oven and cook for ~8-10 minutes or until the cheese is crispy and has become frico.
- Remove tray from oven. Leave to cool completely at room temperature.
- Once cool, break the cheddar crisps into small pieces (between the size of a peppercorn and a pea).
- Transfer the cheddar crisps to an airtight container.
- Use as directed in the main recipe or store for up to 1 week.

YIELD: 25 g / ¼ cup

SHELF LIFE: 1 week





PARMESAN CRISPS

INGREDIENTS

33 g / 1/3 cup **Parmesan cheese, finely shredded**

PREPARATION

1. Preheat oven to 400°F with convection.
2. Spread parmesan cheese in an even layer on a sheet pan with a silicone liner.
3. Place pan in oven and cook for ~8-10 minutes or until the cheese is crispy and has become frico.
4. Remove tray from oven. Leave to cool completely at room temperature.
5. Once cool, break the parmesan crisps into small pieces (between the size of a peppercorn and a pea).
6. Transfer the parmesan crisps to an airtight container.
7. Use as directed in the main recipe or store for up to 1 week.

YIELD: 25 g / 1/4 cup

SHELF LIFE: 1 week

GRILLED CHEESE BRÛLÉE SUB RECIPES



HARD RED BRIOCHE

INGREDIENTS

388 g / 1 1/2 cups **Milk, whole**
 18 g / 2 T **Yeast, instant**
 90 g / 6 T **Sugar, superfine**
 300 g / 1 1/4 cups **Eggs, whole, lightly beaten**
 500 g / 3 3/4 cups **Flour, soft white**
 500 g / 3 1/2 cups **Flour, hard red winter**
 13 g / 2 tsp **Salt, kosher**

260 g / 8 oz wt

Butter, unsalted, room temperature
Egg for egg wash

PREPARATION

1. Combine warm milk, yeast, sugar, and eggs in the bowl of a stand mixer with the whip attachment fitted, making certain that there are minimal lumps of yeast. Allow to sit for 60-120 seconds.
2. Sprinkle in flours and switch the whip for a dough hook. Combine on second-slowest speed, adding the salt after 90 seconds.
3. When the dough has come together, continue to knead for 9 minutes on the same second-slowest speed. The dough should be relatively soft and mix well with the hook, neither forming too tight of a ball early in the mixing nor remaining crumbly or dry. Toward the end, your mixer will begin to struggle lightly, indicating that the gluten is being developed.
4. Gradually add the soft room-temperature butter, one cube at a time. Once all the butter is in, knead again for 10 minutes more until smooth, elastic, and soft. If you are concerned that the dough is not sufficiently elastic, stretch a 2-tablespoon ball between your fingers to make a "windowpane." If it is translucent, the dough is finished beating. If not, continue with the dough hook until the dough is elastic, though no more than roughly 5-10 additional minutes.
5. Transfer the dough to an oiled bowl. Cover with plastic wrap and allow to rise in a warm (70-80°F) place until it doubles in volume. This can take under an hour or up to 2 hours.
6. Punch down the dough and reshape it into a ball. Cover again with plastic wrap and allow to rise in the refrigerator for a minimum of 6 hours and up to overnight. The longer you leave it to proof under refrigeration, the more flavor it will develop.
7. When it is time to shape, transfer the dough to

a lightly floured surface and divide it into 2 even portions by weight. Shape each portion into a log that approximates the size and shape of the 13" x 4" x 4" loaf pans, making certain that any seams are on the bottom of the formed loaves. Coat each loaf pan with neutral (avocado or canola) oil or cooking spray and place the loaves into the loaf pans.

8. Cover loaf pans with plastic wrap and allow to rise in a warm place. As with the initial proofing, this process can vary in the time required based on how warm the location is. Because the dough starts cold, do not be overly concerned if you do not observe rising for the first hour or so.
9. When the loaves have reached half of the distance to the top of your loaf pans, preheat the oven to 350°F. Make certain that the chamber is fully preheated before adding the loaves.
10. Beat one egg and very gently brush the top of each loaf, making certain not to deflate the dough.
11. Place the loaf pans on the center rack of your preheated oven and bake, checking and rotating each after 20 minutes depending on how consistent your oven is. After a total of 40 minutes, use an instant-read thermometer to check the internal temperature of the loaf; your goal is 180°F, which may take up to 55 minutes to achieve.
12. When the brioche has reached the desired internal temperature, turn out the loaves onto a wire cooling rack and allow to cool for no fewer than 90 minutes before slicing.
13. If you are freezing the brioche, wrap the fully cooled loaves tightly in plastic wrap and foil before storing in the freezer.

YIELD: 2 loaves

SHELF LIFE: 3 months frozen, 2 days refrigerated in a sealed container



APRICOT-STRAWBERRY COMPOTE

INGREDIENTS

850 g / 2 1/2 cups **Maple syrup**
 112 g / 1/2 cup **Dried apricots, finely chopped**
 500 g / 4 cups **Strawberries, fresh, coarsely chopped**

PREPARATION

1. Combine maple syrup, apricots, and strawberries in a medium saucepan and bring to a light simmer. Do not allow to boil.
2. Cool for 10 minutes and blend to create a mostly smooth compote.
3. Cool immediately and store covered under refrigeration.

CHEF NOTES: Do not strain, as the strawberry seeds add visual interest to the compote.

YIELD: 4 cups

SHELF LIFE: 2 weeks refrigerated

SPICY PECAN BUNS SUB RECIPES



SOFT RED WHEAT BRIOCHE

INGREDIENTS

315 g / 2 1/4 cups **Flour, soft red wheat**
 340 g / 2 1/4 cups **Flour, bread**
 28 g / .1 oz **Yeast, fresh cake**
 82 g / 1/3 cup **Sugar, granulated**
 6 g / 1 T **Salt, kosher**
 120 g / 1/2 cup **Water, room temperature**
 150 g / 5 **Eggs, whole**
 310 g / 1 cup + 6 T **Butter, unsalted, room temperature**

PREPARATION

- In a stand mixer with a dough hook, combine the soft red wheat flour, bread flour, yeast, sugar, salt, water, and eggs.
- Mix on low speed for 2-4 minutes until the dough comes together.
- Continue mixing on low for an additional 3-4 minutes to develop the gluten.
- Add the butter a little at a time with the mixer on low. Once all the butter is added, increase the speed to high and mix for 10 minutes until the dough starts clearing and slapping the sides of the bowl. At this point the dough should be silky and smooth in texture.
- Place the dough in an oiled proofing box and let proof, covered, in the refrigerator for 12 hours.

YIELD: 1 sheet 16" x 12"

SHELF LIFE: 1 day

HOT HONEY GOO

INGREDIENTS

170 g / ¾ cup	Butter, unsalted
330 g / 1 ½ cups	Sugar, brown
115 g / ½ cup	Honey, dark
80 g / ½ cup	Cream, heavy
100 g / ½ cup	Syrup, jalapeño
5.9 g / ¼ tsp	Salt, kosher
3 g / ¼ tsp	Pepper, cayenne

PREPARATION

- Melt the butter in a medium saucepan. Add in the brown sugar and cook until dissolved, approximately 5 minutes.
- Remove the saucepan from the heat and add in the honey, cream, jalapeño syrup, salt, and cayenne.

- Let cool.

YIELD: 795 g / 28 oz

SHELF LIFE: 2 weeks

CANDIED JALAPEÑOS AND SYRUP

INGREDIENTS

199 g / 1 cup	Sugar, granulated
226 g / 1 cup	Water
113 g / 4	Jalapeño peppers, seeded and stemmed, sliced ¼" thick

PREPARATION

- Simmer all ingredients together on low for 20 minutes. Set aside to cool and strain.
- Reserve syrup and jalapeños separately, and use immediately or refrigerate for up to a month.

YIELD: 538 g / 19 oz

SHELF LIFE: 30 days

TTEOKBOKKI SUB RECIPES

WHEAT CAKE NOODLES

INGREDIENTS

17 g / 3 tsp	Salt
180 g / ¾ cup	Water
400 g / 3 ½ cups	Flour, low gluten 8-12%
As needed	Potato starch for dusting

PREPARATION

- Dissolve salt into water.
- Place flour in a large mixing bowl and spread flour evenly across the bottom.

- Pour saltwater brine evenly over the flour.
- Using your hands, mix the dough evenly until it all comes together into a ball.
- Transfer the dough ball to a counter and knead very thoroughly for about 10-15 minutes.
- Place the dough ball in a covered container and let it rest on the counter at room temperature for about 2 hours.
- Remove dough from the covered container and place on the counter. Roll it out to about ½" thickness.
- Cut it into ½" strips. Roll the strips on the counter until they are rounded-out ropes.
- Let the ropes rest for about 15 minutes.
- Gently repeat step 8 to loosen up gluten.
- Cut into 2" long pieces. Cook in boiling water for about 10 minutes or until tender. Drain and reserve.

YIELD: 700 g / 24 oz / 2-4 servings (cooked weight)

SHELF LIFE: Use Immediately (or freeze for later use)

DASHI

INGREDIENTS

10 g / ½ oz	Kombu
1419 g / 6 cups	Water
30 g / 20 ea	Korean anchovy, head and guts removed

PREPARATION

- Break the kombu into about 3" pieces.
- Soak the kombu in 6 cups of water for a minimum of 1 hour or overnight.
- Transfer water and kombu mixture to a small stock pot and bring to a boil.
- While you are waiting for the water to boil, place the anchovies in a cheesecloth sachet and add it to the stock.

- Heat this at a rolling boil for about 10 minutes.
- Remove the kombu and discard it.
- Continue to cook for another 10 minutes on low heat.
- Remove the sachet and strain the dashi through a fine sieve to remove any excess particle.
- Reserve dashi for use.

YIELD: 326 g / 1 ½ cups

SHELF LIFE: 6 months frozen, 15 days refrigerated



More INSPIRATIONS

FOR YOUR MENU

CLASSICS REIMAGINED

YUZU CHOUX FRITTERS

Delicately deep-fried choux pastry dough made with bread and whole wheat flours that is filled with a tangy and bright yuzu curd with a dusting of powdered sugar and cinnamon to top it off.

GOCHUJANG FOCACCIA

Chewy focaccia dough made with a blend of hard wheat flours and drizzled with an extra virgin olive oil and spicy gochujang mixture, then sprinkled with red pepper flakes, green onions, and toasted sesame seeds.

BISCUIT CROUTONS

Leftover biscuits made from soft white flour thinly sliced and seasoned with a savory or sweet buttery blend and baked into crispy croutons.

SENSATIONAL SWEETS

EARL GREY, ORANGE, & WHITE CHOCOLATE SNACKING CAKE

A light and airy Earl Grey tea-steeped snacking cake made with soft white flour and flavored with floral and citrus notes, topped off with a creamy white chocolate buttercream and candied orange zest.

HONEY CHEESE MOCHI PANCAKES

A sweet and savory mochi-inspired pancake made with soft white flour combined with crispy bits of cheese and drizzled generously with honey.

SENSATIONAL SWEETS

CARAMELIZED HONEY CUATRO LECHES CAKE

A delicate and airy hard white flour sponge cake soaked in evaporated milk, condensed milk, whole milk, and brown butter caramelized wildflower honey and topped with a freshly whipped layer of vanilla bean Chantilly cream.

SOBORO KOREAN STREUSEL BREAD

A mildly sweet and tender peanut-butter-based bun made with all-purpose flour and topped with a crunchy and buttery, cookie-like peanut streusel.

HEALTHYLICIOUS

WHEAT BERRY BREAKFAST BOWL

A warm, lightly honey-sweetened bowl of cooked wheat berries generously laden with mixed fresh seasonal stone fruit and piled atop a creamy dollop of yogurt.

WILD RICE CRANBERRY BREAD

A hearty, nutty whole grain bread made with a blend of rye, hard red, and bread flours adorned with plump cranberries, earthy wild rice, a drizzle of sweet honey, and the addition of walnuts if desired.

BLACK TAHINI SOURDOUGH BREAD

A tangy, fermented sourdough bread featuring hard red wheat and bread flours with a nutty black sesame paste swirled throughout the dough, creating a black-and-white swirled bread loaf.

CRAVEABLE CARB CARRIERS

POTATO CHEESE BREAD

Round, golden-brown bread rolls made with a mixture of hard wheat flour, steamed/roasted potatoes, and cheddar cheese and filled with a smooth potato cream cheese mixture and topped with a dry-roasted onion and tangy mustard blend.

CHEDDAR PECAN CHARCUTERIE CRACKERS

Sweet and buttery flavored crackers made from a soft red and pecan flour blend that is mixed with tangy sharp cheddar cheese and seasoned with garlic powder and red pepper.





the
**WHEAT
FOODS
COUNCIL**

50 YEARS OF PROMOTING WHEAT

Wheat producers across the country joined together in 1972 to create the Wheat Foods Council. It was created as a national nonprofit organization to promote the category of wheat-based foods, including baked goods, cereal, crackers, pretzels, pasta, sweet goods, and tortillas. Since then, our organization has expanded its membership to include the entire wheat value chain and established itself as a leading source of science-based information on wheat and wheat foods nutrition. Backed by our 50-year history, we are proud to share our expertise about “all things wheat foods” with health and nutrition practitioners, educators, the media, food professionals, consumers, and anyone who, like us, loves the many wonderful foods made from wheat.



For more inspiration and information on wheat, please visit wheatfoods.org



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