



# WHEAT MONTANA COOKBOOK



RECIPES FROM OUR BAKERY AND OUR CUSTOMERS  
USING WHEAT MONTANA PRODUCTS



## PREFACE

Welcome to the wonderful extended world of Wheat Montana. This Wheat Montana Cookbook was compiled using recipes gathered from around Montana and across the country from many people who have experienced the great products we produce here on our farm. Some recipes come from folks who have discovered us by way of stopping into our deli and bakery while traveling through Montana from afar. Other recipes come from neighbors who live just down the road, yet rely on the same consistent quality of our products as do baking professionals thousands of miles away. Either a family tradition or a newfound discovery, each recipe is a favorite of the person or family who provided it to us. You'll also find some of Wheat Montana's favorite and most unique recipes here.

The only requirement for recipe submission was that the recipe use one or more of the many premium flours and grains available from our farm: **Wheat Montana Bronze Chief, Prairie Gold, Natural White, and 7-Grain Cereal**. We have not tested, nor have we altered the recipes in any way except to note where the different brands of our flours should be used.

We hope you enjoy the great tastes we have compiled here in our very first cookbook. It is as much yours as it is ours, since it is our customers who supply the special touch and creativity to make our fine products taste even better.



## ACKNOWLEDGEMENTS

We would like to thank all of you who took the time to respond to our invitation to submit your recipes. Sharing ideas and creativity is what makes the work go around. Without you, this compilation would not be possible.

Also, thanks to all of our customers who have offered their encouragement, comments, and letters over the years. You all help us grow this company, and we are grateful.



*The Folkvords*



## ABOUT WHEAT MONTANA

The Wheat Montana story begins on the family farm. Two special varieties of high protein wheat are carefully seeded across the 15,000 acre farm of rich prairie soil, between the headwaters of the Missouri River and the Continental Divide. Southwestern Montana's high elevation provides Wheat Montana with excellent growing conditions. Hot summer days and a semi-arid climate ensure optimum moisture levels, while cool nights slow the grain's growth, allowing for the full development of size, weight, flavor and protein content. By harvest time we are blessed with the finest wheat in the world.

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## **PANCAKES & WAFFLES**





## ***GOLDEN WHEAT PANCAKES & WAFFLES***

1½ cups ***Prairie Gold Flour***  
3 tablespoons sugar  
¾ teaspoon salt  
3 teaspoons baking powder  
3 eggs, well beaten  
1¼ cups milk  
3 tablespoons shortening, melted

Stir together dry ingredients. Combine eggs and milk then stir into dry ingredients along with melted shortening, mixing only until blended. (For lighter pancakes, eggs may be separated and the white stiffly beaten. Add yolk to ingredients: fold white into batter just before baking). Fry on lightly greased griddle over low-medium heat until golden brown, then turn. This batter makes excellent waffles as well.

Makes 12 (4 inch) pancakes.

Shared by:

Wheat Montana  
Three Forks, Montana



## **BASIC PANCAKE FLOUR MIX**

- 4 cups **Prairie Gold Flour**
- 4 cups **Natural White Flour**
- ⅓ cup baking powder
- ½ cup sugar
- 4 teaspoons salt
- 1¼ cups powdered milk

Combine all ingredients thoroughly. Store in an airtight container and use as needed. No need to refrigerate.

## **PANCAKES FOR TWO**

- 1¼ cups basic pancake mix
- 1 cup water
- 1 beaten egg
- 2 tablespoons oil

Mix all ingredients together until smooth. Cook on a hot griddle or skillet until golden brown on both sides.

Makes 4 (5 inch) pancakes.

Shared by:

Jeanette Sostrom  
Absarokee, Montana



## **WHOLE WHEAT BANANA PANCAKES**

- 4 cups **Prairie Gold Flour**
- 2 teaspoons salt
- 4 teaspoons baking powder
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 2 tablespoons **Wheat Montana Milled Flax Seed**
- 4 cups buttermilk
- ½ cup olive oil
- 1-2 ripe bananas, mashed
- 4 eggs

Mix all ingredients and fry on griddle until golden brown.

Makes 12-14 plate sized pancakes.

Shared by:

Esther Schmeling  
Sentinel Butte, North Dakota



## ***BRONZE CHIEF WHOLE WHEAT PANCAKES***

- 1 cup ***Bronze Chief Flour***
- ½ cup ***Natural White Flour***
- 2 tablespoons brown sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1½ cups buttermilk
- 2 eggs, separated
- 2 tablespoons oil

Sift together the flours, brown sugar, baking powder, baking soda and salt. In a separate bowl, combine buttermilk, egg yolks, and oil. Add to dry ingredients. Beat egg whites until stiff; fold into batter. Fry pancakes on hot griddle and serve with honey or syrup.

Makes 10 pancakes.

Shared by:

Lena Cleveland  
Broadview, Montana



## **OVERNIGHT PANCAKES**

### **Day one:**

- 2 cups **Natural White Flour**
- 1 tablespoon sugar
- 2 cups buttermilk
- 1 teaspoon salt
- 1½ teaspoons baking powder

Mix together and refrigerate in a covered container overnight.

### **Day two:**

- 2 teaspoons hot water with 1 teaspoon baking soda
- 1 egg, beaten
- 1 tablespoon oil

In the morning, add to refrigerated mixture. Mix gently, fry on hot griddle.

Makes 10 pancakes.

Shared by:

Lena Cleveland  
Broadview, Montana



## **WHOLE WHEAT WAFFLES**

- 1 cup **Natural White Flour**
- 1 cup **Prairie Gold Flour**
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 tablespoon sugar
- 2 cups buttermilk
- 2 eggs
- 4 tablespoons butter, melted

Sift together the dry ingredients. In separate bowl, combine the buttermilk and eggs and add to the dry ingredients. Add the melted butter and stir to combine. Cook in preheated waffle iron.

Makes 16 (8 inch) waffles.

Shared by:

Therese Fairbanks  
Livingston, Montana





## ***MUFFINS, BISCUITS & QUICK BREADS***





## **WHEAT MONTANA 7 GRAIN CARROT MUFFINS**

1 cup **Wheat Montana 7 Grain Cereal**

½ cup raisins

1 cup milk

½ cup shredded carrots

½ cup sugar

½ cup brown sugar

¼ cup vegetable oil

2 eggs

1 teaspoon grated orange peel

1 cup **Prairie Gold Flour**

1 tablespoon baking powder

½ teaspoon baking soda

In a large bowl combine cereal, raisins, and milk. Stir well, cover and refrigerate 2 hours. Preheat oven to 400°. Combine carrots, sugars, oil, eggs and orange peel. Stir into cereal mixture. Combine dry ingredients and stir into batter until just moistened. Spoon muffin batter into greased muffin tin. Bake in a preheated 400° oven for 20-25 minutes.

Makes 10 muffins.

Shared by:

Frances Folkvord, Wheat Montana  
Three Forks, Montana



## ZUCCHINI LOAF

- 2 cups **Prairie Gold Flour**
- 1 cup **Natural White Flour**
- 1 teaspoon baking soda
- 1 teaspoon salt
- 3 teaspoons cinnamon
- ¼ teaspoon baking powder
- 1 cup sugar
- 3 eggs
- 1 cup vegetable oil
- 3 teaspoons vanilla
- 2 cups grated zucchini (remove seeds)
- 1 cup raisins
- ½ cup nuts

Preheat oven to 325°

Sift together flours, baking soda, salt, cinnamon, and baking powder. Add remaining ingredients and mix well. Put bread batter into 2 (4"x8") greased and floured loaf pans. Bake 1 hour in 325° oven.

Makes 2 loaves.

Shared by:

Frances Folkvord, Wheat Montana  
Three Forks, Montana



## **WHEAT GERM MUFFINS**

½ cup canola oil  
1 cup brown sugar  
2 eggs  
1 teaspoon baking powder  
1 teaspoon baking soda  
1 cup **Natural White Flour**  
1½ teaspoons salt  
1 cup sour cream  
1 cup wheat germ

Preheat oven to 400°

Mix oil and brown sugar; beat in eggs. In a separate bowl, mix baking powder, baking soda, flour and salt. Add flour mixture to egg mixture alternately with sour cream, adding about ⅓ each addition. Fold in wheat germ. Fill paper-lined muffin cups ⅔ full. Bake in a 400° oven for 15-18 minutes.

Buttermilk or milk with 2 tablespoons of lemon juice added may be substituted for sour cream.

Shared by:

Darleen Ellingson  
Bozeman, Montana



## **APPLESAUCE-OATMEAL MUFFINS**

½ cup canola oil  
¾ cup brown sugar  
1 egg  
1¼ teaspoons baking soda  
¼ teaspoon salt  
1 cup **Natural White Flour**  
½ teaspoon cinnamon  
½ cup chopped dates or raisins  
¾ cup applesauce  
1 teaspoon baking powder  
1 cup quick rolled oats  
½ cup chopped pecans  
Confectioners' sugar for topping

Preheat oven to 350°

Mix oil and brown sugar until light and fluffy. Add egg and beat well. In a separate bowl, mix baking soda, salt, flour, cinnamon, and dried fruit; add alternately (½ of each mixture at a time) with applesauce to creamed mixture, stirring well. Add baking powder, oats, and pecans and mix well. Spoon into paper-lined muffin cups. Bake at 350° for 25-30 minutes. Cool on a rack. Turn out and sift confectioners' sugar over top.

Makes 12-18 muffins.

Shared by:

Darleen Ellingson  
Bozeman, Montana



## **ZUCCHINI-BASIL MUFFINS**

- 2 cups **Natural White Flour**
- ¼ cup sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 2 eggs
- ¾ cup milk
- ⅔ cups canola oil
- 2 cups shredded zucchini
- 2 tablespoons minced basil
- ¼ cup grated parmesan cheese

Preheat oven to 425°

Combine flour, sugar, baking powder, and salt. In a separate bowl, beat eggs, stir in milk and oil. Mix into dry ingredients. Gently mix in zucchini and basil. Fill paper-lined muffin cups ¾ full. Sprinkle with parmesan cheese. Bake at 425° for 20-25 minutes.

Makes 12-15 muffins.

Shared by:

Darleen Ellingson,  
Bozeman, Montana



## ***FANCY CORN MUFFINS***

- 1 cup **Natural White Flour**
- 1 cup cornmeal
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1½ cups fresh parmesan cheese, finely grated
- 4 tablespoons butter, softened
- ½ cup apricot jam
- 2 eggs
- 1 (15 ounce) can of creamed corn

Preheat oven to 400°

In a deep mixing bowl, mix together the first 5 ingredients. In a smaller bowl, cream together the softened butter and apricot jam. Add eggs and creamed corn to the liquid mixture, mix well. Pour liquid mixture into the flour mixture. Mix gently using a large spoon. Use only 12-14 strokes, do not over-mix. Spoon batter into greased muffin tins. Bake for 20-25 minutes or until golden brown appears on crowns.

Makes approximately 12 large muffins.

Shared by:

Linda Burdic  
Ontario, Oregon



## **WHOLE WHEAT MUFFINS**

¾ cup applesauce  
¾ cup sugar  
2 eggs, beaten  
2 cups buttermilk  
4½ cups **Bronze Chief Flour**  
2½ teaspoons baking soda  
1 teaspoon salt  
Raisins or nuts optional

Preheat oven to 400°

Mix first 4 ingredients together and then add the rest, mixing slightly. Spray paper muffin cups with non-stick cooking spray and line muffin tin. Spoon batter into paper-lined muffin tin.

Bake at 400° for 20 minutes. Batter will keep in refrigerator for up to 6 weeks.

Makes 24 muffins.

Shared by:

Laura Sherwood  
Kearney, Nebraska





## ***SUPER GOOD BRAN MUFFINS***

- 2 cups 100% bran cereal
- 1¼ cups milk
- 1 cup **Natural White Flour**
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- 1 egg
- ½ cup applesauce
- ½ cup honey
- ½ cup raisins
- ¼ cup nuts (optional)

Preheat oven to 400°

Combine bran and milk in large mixing bowl and let stand 5 minutes. While waiting, in a separate bowl mix flour, baking powder, baking soda, and cinnamon. When bran mixture is ready, add the egg, applesauce, honey, raisins and nuts, and stir. Add the flour mixture to the rest of the batter. Bake at 400° for 18-20 minutes.

Makes 12 muffins.

Shared by:

Leila Williams  
Great Falls, Montana



## **RAW APPLE MUFFINS**

- 1 cup sugar
- 2 eggs, beaten
- ½ cup oil
- 2 teaspoons vanilla extract
- 1½ cups **Prairie Gold Flour**
- ½ cup **Natural White Flour**
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1 teaspoon salt
- 1 cup nuts
- 4 cups diced, peeled apples
- 1 cup raisins

Preheat oven to 325°

Mix all ingredients well, add apples and raisins last. Bake at 325° for 30 minutes, or until golden brown.

Makes 12 muffins.

Shared by:

Elna Bohnen  
Billings, Montana



## ***PUMPKIN BRAN MUFFINS***

- 1 cup wheat bran
- ½ cup brown sugar
- 1¼ cups ***Prairie Gold Flour***
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- 1 teaspoon cinnamon
- 1 teaspoon ground ginger
- 1 cup raisins
- 3 large egg whites
- 1 cup pumpkin
- ¾ cup buttermilk or yogurt
- ⅓ cup molasses

Preheat oven to 400°

Whisk first 7 ingredients together, then add raisins. In a separate bowl, mix remaining ingredients, then combine with flour mixture just enough to moisten. Do not over-mix. Bake at 400° for 25 minutes.

Makes 12 muffins.

Shared by:

Theresa Lode  
Helena, Montana



## ***BLUEBERRY MUFFINS***

2 eggs, beaten  
1 cup milk  
½ cup canola oil  
3 cups **Natural White Flour**  
1 cup sugar  
4 teaspoons baking powder  
1 teaspoon salt  
2 cups blueberries

Preheat oven to 400°

Blend eggs, milk and oil in a large bowl. In a separate bowl, combine flour, sugar, baking powder, and salt. Gradually add flour mixture to liquids. Beat well. Fold in blueberries. Divide batter evenly into paper-lined muffin cups. Bake at 400° for 20 minutes.

Makes 12 muffins.

Shared by:

Carleen Eisele  
Dixon, Illinois



## ***BANANA-STRAWBERRY MUFFINS***

3 cups **Natural White Flour**

1½ cups sugar

1 teaspoon baking powder

½ teaspoon salt

4½ teaspoons cinnamon

1¼ cups milk

2 eggs

1 cup (2 sticks) unsalted butter, melted

3 medium sized bananas, mashed

½ cup diced fresh or frozen strawberries

Preheat oven to 375°

Place paper liners in 24 muffin cups. In large bowl, combine and mix flour, sugar, baking powder, salt and cinnamon. Add milk, eggs and melted butter into dry mixture until well blended. Fold in bananas and strawberries. Spoon batter into muffin cups. Bake at 375° for 20 minutes or until golden brown.

Makes 24 muffins.

Shared by:

Carol Garlow

Livingston, Montana



## 7-GRAIN MUFFINS

- 1 cup **Wheat Montana 7 Grain Cereal** (soak in sour cream 1 hour)
- 1 cup sour cream or buttermilk
- ½ cup oil
- ½ cup brown sugar
- 1 egg
- 1 cup **Bronze Chief Flour**
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon salt

Preheat oven to 400°

Mix the oil, brown sugar, and egg together in a large bowl. Sift flour, baking powder, baking soda, and salt in a separate bowl. Stir the flour mixture into the sugar mixture alternately with the 7 grain mixture. Fill greased muffin pan. Bake at 400° until golden brown.

Makes 12 muffins.

Shared by:

Joyce Sutton  
Livingston, Montana



## **ALL-BRAN MUFFINS**

- 1 cup All-Bran
- $\frac{3}{4}$  cup milk
- 1 cup **Bronze Chief Flour**
- $\frac{1}{2}$  teaspoon salt
- 2 teaspoons baking powder
- $\frac{1}{2}$  cup sugar
- 2 tablespoons oil
- 1 egg
- $\frac{1}{2}$  cup raisins (optional)

Preheat oven to 400°

Combine All-Bran and milk. Mix flour, salt and baking powder together. In a separate bowl, mix sugar, oil and egg, beating briskly for 1 minute. Add flour mixture and beat until smooth. Add raisins. Spoon batter into 12-cup muffin tin and bake at 400° for 15-20 minutes.

Makes 12 muffins.

Shared by:

Deena Gobbs  
Townsend, Montana



## **WHOLE WHEAT DINNER MUFFINS**

- 1 cup **Natural White Flour**
- 1 cup **Bronze Chief Flour**
- ¼ cup wheat germ
- 3 teaspoons baking powder
- ½ teaspoon salt
- ¼ cup sugar (brown or white, or 2 tablespoons honey)
- 1 egg
- 4 tablespoons butter or margarine (melted), or oil
- 1 cup milk

Preheat oven to 375°

In a large bowl, stir dry ingredients together. In a separate bowl, beat eggs and stir in shortening, sweetener. Mix dry and wet mixtures together. Spoon batter into greased muffin cups. Bake at 375° for 25 minutes.

Makes 12 muffins.

Shared by:

Deena Gobbs  
Townsend, Montana





## **DAR'S BISCUITS**

2 cups **Natural White Flour**  
3 teaspoons baking powder  
1 teaspoon salt  
 $\frac{1}{3}$  cup canola oil  
 $\frac{3}{8}$  cup milk

Preheat oven to 475°

Mix dry ingredients in bowl. Pour oil and milk into measuring cup, but do not stir. Pour all at once into dry mixture. Stir with a fork until mixture cleans sides of bowl and rounds into ball. Smooth by kneading dough about 10 times without adding flour. Gently roll to about  $\frac{1}{4}$ " thick. Cut into rounds. Bake at 475° for 6-8 minutes.

Makes 16 biscuits.

Shared by:

Darleen Ellingson  
Bozeman, Montana



## **BISCUITS SUPREME**

2 cups sifted **Natural White Flour**  
4 teaspoons baking powder  
½ teaspoon cream of tartar  
½ teaspoon salt  
2 teaspoons sugar  
½ cup shortening  
⅔ cup milk

Preheat oven to 450°

Stir dry ingredients into bowl. Cut in shortening until crumbly. Stir in milk until mixture forms a ball. Turn onto lightly floured surface and knead gently 10-12 times. Pat or roll dough ½" thick. Cut with floured biscuit cutter; do not twist cutter. Place rounds on ungreased baking sheet. Bake at 450° for 10-12 minutes.

Makes 12 biscuits.

Shared by:

Deon Tomscheck  
Ethridge, Montana



### **QUICK-MIX BISCUIT PLUS MIX**

8½ cups **Natural White Flour** (up to half can be **Prairie Gold Flour**)  
1 tablespoon baking powder  
1 tablespoon salt  
1 tablespoon baking soda  
2 teaspoons cream of tartar  
1½ cups instant dry milk  
2¼ cups shortening

In a large bowl, sift together all dry ingredients. Blend well. With pastry blender cut in shortening. Put in a large airtight container. Store in a cool dry place. Use within 11 weeks.

Makes 13 cups.

This mix can be used like Bisquick Mix or other biscuit mix. Use enough liquid to make desired amount of biscuits and bake following general biscuit baking directions.

Shared by:

Velda Hensley Welch  
Toston, Montana



## **PUMPKIN BREAD**

2 eggs  
2 teaspoons vanilla  
 $\frac{3}{4}$  cup butter (1½ sticks)  
1½ cups granulated sugar  
1½ cups brown sugar  
2½ cups **Prairie Gold Flour**  
2½ cups **Natural White Flour**  
3 teaspoons baking soda  
 $\frac{1}{2}$  teaspoon baking powder  
 $\frac{3}{4}$  teaspoon salt  
1½ teaspoons cinnamon  
1½ teaspoons cloves  
2 cups raisins  
1 cup chopped walnuts  
1 cup evaporated milk  
1 large can Libby's pumpkin  
 $\frac{1}{2}$  cup water

Combine eggs, vanilla, butter and sugars. In separate bowl, sift all dry ingredients and add raisins and walnuts. Combine dry mixture with liquids. Fill greased/floured loaf pans  $\frac{3}{4}$  full. Bake at 350° for 1 hour, or until done.

Makes 4-5 small loaves.

Shared by:

Melvena Hartford  
Lewistown, Montana



## ZUCCHINI BREAD

- 1¾ cups **Prairie Gold Flour**
- ¾ cup oat bran
- ½ cup sugar
- 1 tablespoon dry milk
- 2 teaspoons baking powder
- ½ teaspoon cinnamon
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 large eggs (or 3 large egg whites)
- 1 cup buttermilk
- 1½ cups shredded or puréed zucchini

Preheat oven to 425°. Grease 9x5 inch loaf pan.

Mix dry ingredients in large bowl. In a separate bowl, lightly beat eggs. Add buttermilk and zucchini. Add liquid ingredients to flour mixture and combine. Don't overbeat! Pour batter into loaf pan. Bake at 425° for 40 minutes.

Shared by:

Theresa Lode  
Helena, Montana



## **CANADIAN BANANA BREAD**

- 1 cup brown sugar
- 4 tablespoons margarine
- 1 teaspoon vanilla
- 3 large, ripe bananas, mashed
- 2 eggs, well beaten
- 2 cups **Prairie Gold Flour**
- 3 teaspoons baking powder
- ½ teaspoon salt

Preheat oven to 325°

Cream sugar and margarine, then add vanilla, bananas and eggs. Mix together. Combine dry ingredients in separate bowl, then add and mix into liquid mixture. Divide evenly into 2 loaf pans. Bake at 325° for 1 hour.

Makes 2 loaves.

Shared by:

Valerie Middlemas  
Townsend, Montana



## **BANANA BREAD**

2 tablespoons brown sugar  
½ cup butter (1 stick), softened  
1 cup sugar  
2 eggs, unbeaten  
3 ripe bananas, mashed  
1 tablespoon buttermilk  
½ teaspoon vanilla  
1½ cups **Natural White Flour**  
½ cup **Bronze Chief Flour**  
1 teaspoon salt  
1 teaspoon baking soda

Preheat oven to 350°

Cream together the brown sugar, butter and sugar. Add the eggs, bananas, buttermilk and vanilla, and blend well. In a separate bowl, combine all dry ingredients. Combine all ingredients to make batter. Pour into 2 lightly greased loaf pans. Bake at 350° for 1 hour.

Makes 2 loaves.

Shared by:

Carleen Eisele  
Dixon, Illinois



## **WHOLE WHEAT BANANA BREAD**

- ½ cup butter or margarine (1 stick), melted
- 1 cup sugar
- 2 eggs, lightly beaten
- 1 cup mashed bananas
- 1 cup **Natural White Flour**
- ½ teaspoon salt
- 1 teaspoon baking soda
- 1 cup **Prairie Gold Flour**
- ⅓ cup hot water
- ½ cup chopped nuts

Preheat oven to 325°

Melt butter and blend in sugar. Mix in beaten eggs and mashed bananas, and blend until smooth. Stir together flours, salt, baking soda and salt. Add dry ingredients alternately with hot water to banana mixture. Stir in chopped nuts. Spoon batter into greased 9x5" loaf pan. Bake at 325° for 1 hour & 10 minutes, or until done.

Makes 1 loaf.

Shared by:

Deena Gobbs  
Townsend, Montana





## **APPLESAUCE BROWN BREAD**

2 cups **Prairie Gold Flour**  
1 cup cornmeal  
 $\frac{3}{4}$  teaspoon salt  
1 teaspoon baking soda  
1 cup buttermilk  
1 cup dark molasses  
 $\frac{3}{4}$  cup sweetened applesauce  
 $\frac{3}{4}$  cup raisins

Preheat oven to 350°

Combine dry ingredients in large mixing bowl. Add buttermilk and molasses and beat until smooth. Mixture will be thick. Fold in applesauce and raisins. Turn into greased 9" square baking pan and bake at 350° for 35 minutes or until done. After cooled, cut into squares.

Makes 16 squares.

Shared by:

Betty Horne  
Townsend, Montana



## ***PRAIRIE BISCUITS***

2 cups ***Natural White Flour***

½ cup lard

1 teaspoon salt

½ teaspoon baking soda

4 teaspoons baking powder

¾ cup buttermilk

In bag of flour, make a “well.” Mix in lard (crumble the lard and flour with your hands) and work in salt, baking soda and baking powder. Sprinkle the buttermilk into the dough. Form a ball, knead on a floured surface or in hands. Hand form dough into size of biscuits and bake in a hot dutch-oven over coals, or in a preheated 450° oven until tan in color.

Shared by:

Elaine Hensley

Toston, Montana



## **STEAMED BROWN BREAD**

- 1 cup **Natural White Flour**
- 1 cup **Bronze Chief Flour**
- 1 cup cornmeal
- 1½ teaspoons salt
- ½ cup sugar
- 1 teaspoon baking soda
- ½ cup molasses
- 1½ cups buttermilk
- 2 tablespoons shortening, melted

Sift flours, cornmeal, salt and sugar together. In a separate bowl, mix baking soda and molasses. Add buttermilk and molasses mixture to the dry mixture. Add shortening. Mix well. Fill a greased 2½ quart pudding mold  $\frac{3}{4}$  full and steam for 3 hours. Remove cover from pan and allow to cool for 20 minutes.

Makes 1 loaf.

Shared by:

Betty Horne  
Townsend, Montana



## **QUICK OATMEAL BREAD**

- 1½ cups quick rolled oats
- 1 cup **Prairie Gold Flour**
- 1 envelope Spiced Apple Cider Mix
- 2 packets sugar substitute
- 1 teaspoon baking soda
- 1 cup buttermilk
- 1 cup hot water

Preheat oven to 350°

Mix all dry ingredients together. Add buttermilk, then hot water. Spoon into greased loaf pan and bake at 350° for 25-30 minutes. Raisins or dates can be added, or sprinkle cinnamon on top before baking.

Makes 1 loaf.

Shared by:

Adah Horne  
Townsend, Montana



## YEAST BREADS





## **WHEAT MONTANA WHITE BREAD**

- 2 tablespoons yeast
- 2¼ cups warm water (105°)
- 7 cups **Natural White Flour**
- 4 tablespoons honey
- 1 tablespoon salt
- 3 tablespoons shortening
- 3 tablespoons powdered milk

Dissolve yeast in warm water and let stand 5 minutes. Combine flour, honey, salt, shortening, powdered milk, and yeast. Mix until well developed. Dough should be able to be stretched into a thin, transparent window.

Place dough in oiled bowl and let double in size. Punch down and divide into 2 equal pieces. Flatten each piece and roll into bread loaves. Place into bread pans and let rise until above sides of pan.

Bake in preheated 350° oven for 25-35 minutes, until golden brown on top. Bread should sound hollow when tapped.

Makes 2 loaves (1½ lbs).

Shared by:

Wheat Montana Bakery  
Three Forks, Montana



## **WHEAT MONTANA WHEAT BREAD**

2 tablespoons yeast  
2½ cups warm water (105°)  
3½ cups **Natural White Flour**  
3½ cups **Bronze Chief Flour**  
4 tablespoons honey  
1 tablespoon salt  
3 tablespoons shortening  
3 tablespoons powdered milk

Dissolve yeast in warm water and let stand 5 minutes. Combine flour, honey, salt, shortening, powdered milk, and yeast. Mix until well developed. Dough should be able to be stretched into a thin, transparent window.

Place dough in oiled bowl and let double in size. Punch down and divide into 2 equal pieces. Flatten each piece and roll into bread loaves. Place into bread pans and let rise until above sides of pan.

Bake in preheated 350° oven for 25-35 minutes, until golden brown on top. Bread should sound hollow when tapped.

Makes 2 loaves (1½ lbs).

Shared by:

Wheat Montana Bakery  
Three Forks, Montana



## **7-GRAIN WHOLE WHEAT BREAD FOR BREAD MACHINE**

- ½ cup **Wheat Montana 7-Grain Cereal**
- 2 cups warm water
- 1½ cup milk
- 2 tablespoons butter
- 2 cups **Natural White Flour**
- 1 cup **Bronze Chief Flour**
- 3 tablespoons honey
- 1¼ teaspoons salt
- 2 teaspoons active dry yeast

Soak 7-Grain Cereal in warm water for several hours. Drain well. Carefully measure all ingredients into pan and follow machine instructions.

Makes 1 loaf.

Shared by:

Frances Folkvord, Wheat Montana  
Three Forks, Montana





## ***DELICIOUS WHITE BREAD***

2 packages active dry yeast  
2¼ cups lukewarm water  
½ cup nonfat dry milk  
2 tablespoons sugar  
1 tablespoon salt  
⅓ cup oil  
7-7½ cups ***Natural White Flour***

Sprinkle yeast on lukewarm water, stir to dissolve. Add 3 cups flour, dry milk, sugar, salt and oil. Beat with electric mixer at medium speed until smooth (about 3 minutes), scraping bowl occasionally. Gradually add enough remaining flour to make a soft dough that cleaves to the sides of bowl. Cover; let rest for 15 minutes.

Knead on a floured surface until smooth and satiny, about 5 minutes. Divide dough in half; shape each half into a loaf. Let rise until doubled, about 1-1½ hours. Baked in preheated 400° oven for 30-35 minutes, or until loaves sound hollow when tapped.

Makes 2 loaves.

Shared by:

Wheat Montana Bakery  
Three Forks, Montana



## **WHEAT MONTANA FRENCH BREAD**

1 tablespoon yeast  
1¼ cups warm water (105°)  
3 cups **Natural White Flour**  
1 tablespoon sugar  
2 teaspoons salt

### **OPTIONAL FLAVORS:**

2 tablespoons Italian seasoning  
¼ teaspoon garlic powder  
¼ cup sun dried tomatoes

Dissolve yeast in warm water and let stand 5 minutes. Add flour, sugar, and salt. Add optional flavors. Mix dough until developed. Dough should be smooth in appearance.

Place dough in oiled bowl and let double in size. Punch down and roll into a long or round loaf. May be divided into 6 equal pieces for hard rolls. Place on baking sheet and let double in size.

Brush with cold water. Bake in preheated 400° oven for 25-30 minutes. Bread should sound hollow when tapped.

Makes 1-1½ lb loaf, or 6-4oz hard rolls.

Shared by:

Wheat Montana Bakery  
Three Forks, Montana



## **WHEAT MONTANA BUN DOUGH**

- 2 tablespoons yeast
- 1 cup warm water (105°)
- 3½ cups **Natural White Flour**
- ¼ cup sugar
- ¼ cup shortening
- 1 teaspoon salt
- 3 tablespoons powdered milk
- 1 egg, for a lighter texture (optional)

Dissolve yeast in warm water and let stand 5 minutes. Add flour, sugar, shortening, salt, powdered milk, and egg. Mix dough until well developed. Dough should be able to be stretched into a thin, transparent window.

Place dough in oiled bowl and let double in size. Punch down and divide in 12 equal pieces for hamburger buns or 24 pieces for dinner rolls. Using palm of hand, round each dough piece and place on baking sheet. Let rise until doubled in size.

Bake in a preheated 375° oven for 12-18 minutes, until golden brown.

Shared by:

Wheat Montana Bakery  
Three Forks, Montana



## **TRADITIONAL WHOLE WHEAT BREAD**

- 1 package active dry yeast
- ½ cup lukewarm water
- 1 tablespoon shortening, melted
- 1 tablespoon honey
- 1 tablespoon molasses
- 1 tablespoon salt
- 3 cups scalded milk
- 6 cups **Bronze Chief Flour**

Soften yeast in water. Combine melted shortening, honey, molasses, salt, and milk. Let cool to a lukewarm temperature and combine with yeast mixture. Add enough flour as needed, until it can be handled without sticking to your hands. Shape into 2 loaves and place in greased loaf pans; 4"x8". Let rise to not quite double in size (1-2 hours). Bake in a preheated 350° oven for 1 hour and 10 minutes.

Shared by:

Wheat Montana Bakery  
Three Forks, Montana



## ***PERFECT BREAD MACHINE RECIPE***

- 1½ cups water
- 3 cups ***Prairie Gold Flour or Bronze Chief Flour***
- 1½ tablespoons sugar
- 1¼ teaspoons salt
- 1½ tablespoons butter
- 1½ tablespoons dry milk
- 1 envelope active dry yeast

Pour water into the bread pan. Add flour, sugar, salt, butter and dry milk. Hollow out the center of the dry ingredients and put in yeast. If yeast contacts the water before kneading, the bread may not rise well. All ingredients should be at room temperature (70-80°). When room temperature is below 65°, use lukewarm water (100°). Activate your bread machine following its instructions.

Shared by:

Wheat Montana Bakery  
Three Forks, Montana



## **BACON-ONION-OATMEAL BUNS**

- 2 cups boiling water
- 1 cup rolled oats
- 2 packages dry yeast; dissolve in  $\frac{1}{3}$  cup warm water
- 3 tablespoons oil
- $\frac{1}{4}$  cup dark molasses
- $\frac{3}{8}$  cup brown sugar
- 1 egg
- 2 teaspoons salt
- 5-6 cups **Natural White Flour**
- $\frac{3}{4}$  lb bacon cut into  $\frac{1}{4}$ " strips; fried, not too crispy
- 2 cups diced onion; fried in bacon drippings until slightly brown

Pour boiling water over oats. Cool. To oatmeal, add yeast, oil, molasses, brown sugar, egg and salt. Beat in enough flour to make a soft dough. Add bacon, onion, and remaining flour. Knead and let rise until doubled in size, punch down and let rise again. Roll the dough into a long log shape and slice into 30 equal pieces. Place buns on a buttered pan. Let rise until doubled in size.

Bake in a preheated 375° oven for 18-20 minutes. Brush the buns with melted butter as you take them out of the oven.

Shared by:

Marilyn Steingruber  
Manhattan, Montana



## **GREATMA'S BUNS**

3 cups milk  
3 cups boiling water  
1½ cups oil  
9 teaspoons yeast  
1¾ cups sugar  
4 eggs, beaten  
4 teaspoons salt  
16 cups **Natural White Flour**

In a large mixer bowl, combine milk, water and oil. Add remaining ingredients. Mix but do not knead. Let dough rise until doubled in size. Punch it down, then let rise until doubled again. Form dough into 2" buns and place on a greased baking sheet. Let rise until doubled in size.

Bake in a preheated 350° oven for 10-12 minutes

Makes 7 dozen buns.

Shared by:

Debby Hansmann  
Helena, Montana



## FOCACCIA

### DOUGH:

- 1¾ cups *Natural White Flour*
- 1¼ ounce package active dry yeast
- 1 teaspoon sugar
- ¾ teaspoon salt
- ¾ cup hot water
- 2½ tablespoons olive oil

### TOPPING:

- 1½ tablespoons olive oil
- ½ cup pesto
- ½ cup crumbled feta cheese
- 6 sundried tomatoes, diced

In a bowl, combine all dry ingredients. Slowly add to water and oil, stirring to form sticky dough. Turn dough onto lightly floured surface; knead in additional flour as needed until dough is smooth and elastic. Place dough in oiled bowl, turning to coat entire surface. Cover and let rise until doubled in size, about 40 minutes.

Grease 13" round baking sheet. Punch down dough and let rise 5 minutes. Turn dough onto lightly floured surface. Using floured rolling pin, roll dough into 12" round. Place onto prepared baking sheet. Build up edges of dough to form crust. Cover and let rise 15-30 minutes. Drizzle with olive oil; add pesto, feta, and tomatoes. Bake in preheated 375° oven for 30 minutes or until lightly brown on top and sides.

Shared by:

Carol Garlow  
Livingston, Montana





## **WHOLE WHEAT ROLLS**

- 2 tablespoons yeast
- 1 teaspoon sugar
- ½ cup warm water
- 2 eggs, beaten
- ½ cup oil
- ½ cup honey
- 1 teaspoon salt
- ½ cup canned condensed milk
- ½ cup hot water
- 3-4 cups **Prairie Gold Flour**

Soften yeast and sugar in ½ cup warm water. Mix together eggs, oil, honey, salt, milk, with ½ cup hot water. Add flour; mix all. Let dough rest for 10-15 minutes. Knead dough, let rise. Punch down, knead again, and let rise until doubled in size. Make into desired size dinner rolls.

Bake in preheated 350° oven for 20-25 minutes

Shared by:

Deena Gobbs  
Townsend, Montana



## SPROUTED WHEAT BREAD

**2-3 days before baking bread:** soak ½ cup *Prairie Gold* or *Bronze Chief* wheat berries in 1 cup cold water for 6-8 hours in a sprouting jar. Drain well and rinse several times. Invert or place jar on its side in a warm location (70-80°). Water seeds 3-4 times a day by covering with tap water and then draining well. Your sprouts are ready when they have a ¼" top and 1" roots (about 2 cups).

**Baking day:** place sprouts in a blender with 2 cups warm water and blend on high until the water looks very milky. Strain this milky water into your bread bowl, reserving the sprouts. Add 1 cup warm water to the bowl. Add 2 tablespoons active dry yeast and let stand until bubbly.

**Add:**

1½ teaspoons salt

⅓ cup sugar

⅓ cup olive oil

1 cup wheat germ

4 cups *Bronze Chief Flour*

3½-4 cups *Natural White Flour*

Add 1 cup *Bronze Chief Flour* at a time, mixing well after each addition. Finish bread dough by adding *Natural White Flour* 1 cup at a time until dough can be turned onto a bread board and finished by hand-kneading. When the dough is elastic and smooth, place in an oiled bowl and cover. Let rise 1-1½ hours until doubled in size. Punch down and shape into 2 loaves. Place in greased pans and cover. When loaves have doubled in size, bake in a preheated 350° oven for 1 hour or until tops are browned and sound hollow when tapped.

Shared by:

Linda Burdic

Ontario, Oregon



## **BUTTERMILK WHEAT ROLLS**

- 1 package active dry yeast
- ¼ cup warm water (110°)
- 1¾ cups buttermilk (room temperature)
- 2 eggs, lightly beaten
- ⅓ cup brown sugar
- 1½ teaspoons salt
- 4 tablespoons butter or margarine, melted and cooled
- 3 cups **Prairie Gold Flour**
- 3½-4 cups **Natural White Flour**

In a large bowl, dissolve yeast in warm water. Add buttermilk, eggs, brown sugar, salt and butter. Gradually add **Bronze Chief Flour** and 1 cup **Natural White Flour**, and beat 5 minutes. Then gradually mix in remaining **Natural White Flour** to make a stiff dough. Turn out onto floured board, knead until smooth, 10-20 minutes, adding flour as needed to prevent sticking. Turn dough over in a greased bowl, cover, and let rise in warm place until doubled in size. Punch down, knead briefly, and shape as desired.

For rolls, let rise and bake in a preheated 375° oven for 20 minutes, or until golden brown. For loaves, bake in a preheated 350° oven for 30 minutes.

Shared by:

Betty Horne  
Townsend, Montana



## **PILGRIM BREAD**

- 2 tablespoons active dry yeast
- 2 cups plus ½ cup warm water (110°)
- ½ teaspoon sugar
- ½ cup cornmeal
- ⅓ cup brown sugar
- ¼ cup oil
- 1¼ cups **Prairie Gold Flour**
- ¾ cups **Bronze Chief Flour**
- ¼ cup wheat germ
- 5½-6 cups **Natural White Flour**

Dissolve yeast in ½ cup warm water. Sprinkle sugar over yeast mixture. Bring 2 cups water to boil then pour over cornmeal and brown sugar, and let cool. Mix together yeast mixture, cornmeal mixture, oil, wheat flours and wheat germ. Beat well, 2-3 minutes. Add white flour, kneading until dough is smooth and elastic, 8-10 minutes. Place in a greased bowl, turn to grease top. Let rise in warm place until doubled in size. Punch down, shape into 3 large loaves, let rise in pans until doubled in size. Bake in a preheated 375° oven for 35-45 minutes.

Shared by:

Lena Cleveland  
Broadview, Montana



## WHOLE WHEAT SOURDOUGH

- 1 teaspoon active dry yeast
- ½ cup wheat germ
- 1 cup **Natural White Flour**
- 1 cup **Bronze Chief Flour**
- 2 tablespoons olive oil
- 1 tablespoon molasses
- Dash of salt
- ⅔ cup milk or buttermilk
- 1 cup sourdough starter (recipe below)
- ½ cup sunflower seeds (optional)

Use this recipe in your bread machine.

**Sourdough starter:** combine 2 cups milk, 2 cups **Bronze Chief Flour**, 2½ teaspoons yeast. Let sit for a week and stir occasionally. Keep in the refrigerator between uses. After using starter in recipe, replenish with equal amounts of flour and milk.

Add the ingredients to the bread machine in the order given. Set the machine on whole-wheat dough. Turn the dough out on a floured board and shape into a medium sized loaf pan. Follow bread machine directions. Bake in a preheated 350° oven for 30 minutes.

Makes 1 medium sized loaf.

Shared by:

Marion Klaus  
Sheridan, Wyoming



## **BREAD MACHINE BREAD**

- 1¼ cups warm water
- 1 tablespoon honey
- 1 tablespoon molasses
- 2 tablespoons soft butter (cut in small pieces)
- 1 teaspoon salt
- 1 cup **Prairie Gold Flour**
- 2¼ cups **Natural White Flour**
- ¼ cup wheat gluten
- 2 teaspoons active dry yeast

Put water, honey, and molasses in bread machine container. Add butter pieces to liquid. Add remaining ingredients in order, making sure to keep yeast away from liquid ingredients at beginning. Start bread machine on regular bread cycle.

Makes 1 loaf.

Shared by:

Laurie Barnard  
Red Lodge, Montana



## ***BASIC SWEET DOUGH – WHOLE WHEAT***

2 tablespoons active dry yeast  
½ cup warm water  
1 teaspoon sugar  
2 eggs, beaten  
½ cup honey  
1 teaspoon salt  
½ cup shortening  
½ cup condensed milk or cream  
½ cup hot water  
3½-4 cups ***Prairie Gold Flour***

Soften yeast in ½ cup warm water and sugar. Combine eggs, honey, shortening, milk, and ½ cup hot water. Stir in yeast mixture. Add flour a small amount at a time, beating well. Add only enough flour to make a soft dough. Cover and let rise 10 minutes. Turn onto floured board and knead well. Place dough in a greased bowl. Cover tightly and let rise until doubled in size. Punch down and let rise 30 minutes; punch down then let dough rest for final 10 minutes.

Bake in a preheated 350° oven for 20-25 minutes.

This dough makes great cinnamon rolls. Makes about 2 dozen rolls.

Shared by:

Deena Gobbs  
Townsend, Montana



## **OVERNIGHT BUNS**

- 1 package active dry yeast
- ½ cup warm water
- 4 cups hot water
- 3 tablespoons shortening
- 1½ cups sugar
- 4 teaspoons salt
- 3 eggs, beaten
- 6 cups **Bronze Chief or Prairie Gold Flour**
- 6 cups **Natural White Flour**

Allow 5 hours for preparation before overnight rising.

Dissolve yeast in ½ cup warm water. Combine in large bowl, 4 cups hot water, shortening, sugar, salt, and eggs. Add yeast when lukewarm. Add flours to make a bread-like dough. Knead dough well and return to greased bowl. Punch down every ½ hour for approximately 4½ hours. Form dough into egg-sized buns. Cover with a damp cloth and let sit in cold oven overnight.

In the morning, bake in a preheated 400° oven for 15-18 minutes until golden brown.

Makes about 8 dozen buns.

Shared by:

Valerie Middlemas  
Townsend, Montana





## ***SWEET BUNS (ZWIEBACK BREAD)***

1 teaspoon plus 1 cup sugar  
½ cup lukewarm water  
2 packages active dry yeast  
3 cups milk  
¾ cup shortening, melted  
1 tablespoon salt  
2 eggs, beaten  
8⅓-8½ cups **Natural White Flour**

Dissolve 1 teaspoon sugar in lukewarm water. Sprinkle yeast over liquid and let rise in warm place for 10 minutes until foaming.

Scald milk, remove from heat and add melted shortening, 1 cup sugar and salt, stirring to dissolve. When cooled slightly, add eggs and yeast mixture to milk mixture. Slowly add the flour, adding more as needed to keep the dough from being too sticky. Shape dough into a ball and place in a lightly greased bowl. Cover with plastic wrap or towel. Let rise in a warm place for 1 hour. Punch down and knead for 2 minutes. Let rise again until doubled in size.

Pinch off balls of dough about the size of an egg. Place on a greased baking sheet 1½" apart. Let rise 30 minutes. Bake in preheated 375° oven for 15-20 minutes, until golden brown.

Makes about 5 dozen buns.

Shared by:

Richard Wevley  
Cut Bank, Montana



## **MOLASSES WHEAT ROLLS**

2 packages active dry yeast  
½ cup lukewarm water  
1½ cups milk, scalded  
¾ cup molasses  
2 teaspoons salt  
2 eggs, unbeaten  
3¾ cups **Natural White Flour**  
3 cups **Bronze Chief or Prairie Gold Flour**  
⅓ cup oil

Dissolve yeast in warm water. Cool milk to lukewarm and add to yeast. Stir in molasses, salt, and eggs. Combine flours and add 4 cups of flour mixture to milk mixture. Beat until smooth. Beat in oil, add remaining flour.

Place dough on a floured board. Knead at least 2 minutes, then place in large, greased bowl. Turn dough to grease all sides, cover and let rise in warm place, out of draft, for 1 hour or until doubled in size. Knead to get air out, grease top lightly, cover, let rise again until doubled in size. Punch down and knead. Dough can be divided into 2 loaves or broken into 24 dinner rolls. Placed shaped dough in greased pans. Cover and let rise until doubled in size.

For loaves, bake in preheated 400° oven for 15 minutes, reduce heat to 350° and bake 30 minutes longer. For rolls, bake in preheated 350° oven for 25-30 minutes.

Makes 2 loaves or 24 dinner rolls.

Shared by:

Joyce Sutton  
Livingston, Montana



## **BREAD MACHINE WHOLE WHEAT BREAD**

1 cup plus 2½-3 tablespoons warm water (105°)  
1 tablespoon oil  
1½ tablespoons honey  
1 tablespoon molasses  
1 fresh egg  
½ teaspoon salt  
¾ cups **Prairie Gold Flour**  
½ teaspoon bread machine yeast

Add first 6 ingredients in order to bread machine basket. Add flour on top of all ingredients to form a rounded top. Form a small well in the center of the flour and add yeast. Stir gently in basket to mix before starting the cycle. Start machine on regular bread cycle, adding ½ teaspoon water if mixture is dry.

Makes 1 loaf (1½ lbs)

### **VARIATIONS:**

Add ½ cup raisins after machine mixes for 3-5 minutes, or add about 4 tablespoons of unsalted sunflower seeds.

Shared by:

Jerry D. Whitmer  
Billings, Montana



## **SESAME SUNFLOWER BREAD**

- 3 $\frac{1}{8}$  cups water
- $\frac{1}{3}$  cup oil
- 1 $\frac{1}{2}$  teaspoons salt
- 3 tablespoons sugar
- 2 cups plus 1-2 cups **Natural White Flour**
- 2 cups plus 3 cups **Bronze Chief Flour**
- 3 tablespoons active dry yeast
- 2 eggs
- $\frac{1}{3}$  cup sesame seeds
- $\frac{1}{3}$  cup sunflower seeds

Combine water, oil, salt and sugar in a microwave-safe bowl. Warm the mixture in the microwave for 2 minutes. Pour heated mixture into a large bowl and stir in 2 cups of each of the flours and yeast. Mix well by hand or using an electric mixer. Add eggs, sesame seeds, sunflower seeds, remaining 3 cups of wheat flour and remaining 1-2 cups white flour. Knead 10 minutes. Place in greased bowl, let rise until doubled in size.

Divide dough into 3 parts and form into loaves. Place into 3 greased 4 $\frac{1}{2}$ x8 $\frac{1}{2}$ " pans. Let rise until doubled in size. Bake in preheated 375° oven for 30 minutes.

Makes 3 loaves.

Shared by:

Jeanette Sostrom  
Absarokee, Montana



## 7-GRAIN WHOLE WHEAT BREAD

1 cup **Wheat Montana 7-Grain Cereal**  
2 cups plus 3 cups warm water (105-115°)  
2 packages active dry yeast  
 $\frac{2}{3}$  cup honey  
 $\frac{1}{3}$  cup butter  
4 teaspoons salt  
11-13 cups flour; half **Bronze Chief Flour**, half **Natural White Flour**

Cook cereal in 2 cups water until done. Dissolve yeast in 3 cups warm water. Combine honey, butter and salt in large bowl. Add cooked cereal to honey mixture and stir until cooled to yeast temperature. Add dissolved yeast mixture. Add flour, stirring in 1 cup at a time. When dough is manageable, turn onto floured surface and knead 3-5 minutes until smooth. Place in greased bowl and turn greased side up, cover with a cloth and let rise until doubled in size.

Punch down, divide into loaves or rolls, place in pan and let rise again until doubled in size. Bake in a preheated 350° oven until golden brown, approximately 20-25 minutes for rolls, 30-40 minutes for bread.

Shared by:

Laura Sherwood  
Kearney, Nebraska



## **CINNAMON SUNRISE BREAD**

2 teaspoons bread machine yeast  
2 cups **Prairie Gold Flour**  
1½ cups **Natural White Flour**  
1½ tablespoons dry milk  
3 tablespoons brown sugar  
1 teaspoon salt  
4 tablespoons butter  
2 teaspoons cinnamon  
1½ cup water  
1 cup raisins

Combine all ingredients except raisins in bread machine basket. Add the raisins after the rest of the ingredients have mixed for a while. Follow instructions for baking in your bread machine. I set my machine on whole wheat and select the 5-hour setting.

Makes 1 loaf

Shared by:

Elna Bohnen  
Billings, Montana



### **3 GENERATION FINN & SLAV BREAD**

- 2 packages active dry yeast ( 2 tablespoons)
- 1 cup warm water
- 2 cups milk
- 2 cups water (or 3 cups milk, 1 cup water, or just water)
- 2 tablespoons honey
- 2-5 teaspoons salt
- 1 tablespoon molasses – ¼ cup molasses
- 1 tablespoon unsweetened cocoa (optional)
- 1 cup **Prairie Gold** or **Bronze Chief Flour**
- ½ cup Finn fiilia (yogurt; optional)
- 8 cups **Natural White Flour**
- 0-4 eggs
- 4-8 tablespoons soft butter

Add yeast to warm water. In a saucepan, mix and warm milk, water, honey, salt, molasses, and cocoa until blended. Add 1 cup of whole wheat flour to mixture and let rest 15 minutes. Add dissolved yeast and let rest another 15 minutes. Add yogurt. Add 6 cups flour and then add eggs and softened butter. Add and work in remaining flour. Knead until smooth and elastic. Set aside in greased bread bowl. Cover with cloth. Let rise 1-8 hours. If you like, punch it down and let rise again another hour or more.

Form loaves on greased baking sheets or in regular bread pans. Poke rows in tops of loaves with a fork. Let rise until doubled in size, 1 hour or more. Can also be put in freezer and baked later. Bake in preheated 350° oven for 30-50 minutes, depending on size of loaf.

Shared by:

Stuart Yatsko  
Stockett, Montana



## ***SUNFLOWER SEED HONEY WHOLE WHEAT BREAD***

1 cup plus 2 tablespoons warm water

3 tablespoons honey

2 tablespoons butter

1½ cups ***Natural White Flour***

1½ cups ***Prairie Gold*** or ***Bronze Chief Flour***

¼ cup sunflower seeds

1 teaspoon salt

2 teaspoons active dry yeast

Follow your breadmaker instructions to combine and bake.

Makes 1 loaf.

Shared by:

Theresa Lode

Helena, Montana





## **HONEY WHOLE WHEAT BREAD**

- 3½-4 cups **Natural White Flour**
- 2½ cups **Prairie Gold** or **Bronze Chief Flour**
- 2 packages active dry yeast
- 1 tablespoon salt
- 1 cup milk
- 1 cup water
- ½ cup honey
- 3 tablespoons shortening
- 1 egg

In mixing bowl, combine 1 cup white flour, whole wheat flour, yeast, and salt. In a saucepan, heat milk, water, honey, and shortening until warm. Add warm milk mixture to flour mixture. Add egg and, using a mixer, blend on low until moistened. Beat 3 minutes on medium speed. While running mixer on low speed, add in enough remaining white flour to make firm dough. Knead until smooth and elastic. Place in greased bowl, turning to grease top. Cover and let rise in warm place until doubled in size.

Punch down dough and divide into 2 parts. Form into loaves and place in greased 9x5" loaf pans. Cover and let rise in warm place until doubled in size.

Bake in preheated 375° oven for 35-40 minutes until golden brown.

Shared by:

Frances Fenton  
Sheridan, Montana



## WHOLE WHEAT BREAD

3 cups milk  
3 tablespoons shortening  
3 teaspoons salt  
¼ cup honey  
¼ cup molasses  
¾ cups rye flour  
3 cups **Bronze Chief Flour**  
1 package active dry yeast  
½ cup warm water  
1½ cups **Prairie Gold Flour**

Heat milk, shortening, salt, honey and molasses. Cool to lukewarm. In a large bowl, combine rye flour and 3 cups wheat flour. Dissolve yeast in warm water and add to flour mixture. Add cooled liquid. Gradually add remaining 1½ cups flour to mixture, stirring until dough pulls away from the sides of the bowl, adding more flour if needed. Knead dough with a wooden spoon for about 15 minutes or until smooth and holds an imprint when pressed with finger. Cover and let rise until doubled in size. Knead again and let rise until doubled in size.

Divide dough into 3 loaves and place in greased pans to let rise until doubled in size. Bake in preheated 350° oven for 40 minutes.

Shared by:

Heather Weimer  
Fairview, Montana



## **MUM'S BREAD**

2 tablespoons shortening, melted  
4 tablespoons sugar  
1 tablespoon salt  
3½ cups warm water  
2 tablespoons active dry yeast

### **Natural White Flour**

Combine shortening, sugar, salt, warm water, and yeast. Add white flour to desired consistency. Let rise 1 hour, punch down and let rise for another hour. Place dough in greased pans and let rise again for 1 hour.

Bake in a preheated 350° oven for 35-45 minutes until golden brown.

Makes 2-3 loaves.

Shared by:

EllaBeth Deitle  
Miles City, Montana



## **WHOLE WHEAT BREAD**

1 tablespoon active dry yeast  
3 tablespoons warm water  
2¼ cups **Bronze Chief Flour**  
1½ cups **Natural White Flour**  
2 teaspoons salt  
3 tablespoons maple syrup  
2 tablespoons walnut oil  
1⅓ cups milk; scalded, then cooled

Combine yeast with warm water and let rest 10 minutes. Mix together flours, salt, syrup, walnut oil, and milk. Add to yeast. Knead, let rise, punch down, shape in breads and let rise again.

Bake in a preheated 375° oven for 35 minutes.

Makes 1 loaf.

Shared by:

Bob Auerbach  
Columbus, Montana



### ***BREAD MACHINE FAT-FREE FRENCH BREAD***

- 1 cup plus 4 tablespoons water
- 1 teaspoon lemon juice
- 1 teaspoon salt
- 3½ cups **Natural White Flour**
- 1 package active dry yeast

Combine all ingredients in bread machine basket. Use French bread setting and follow bread machine directions for baking free-form loaves.

Makes 1 loaf (2 lbs).

Shared by:

Cheryl Wilder  
Forest Park, Georgia



## ***OATMEAL WHEAT BREAD***

- 2 cups boiling water
- 1 cup rolled oats
- 2 teaspoons salt
- ½ cup molasses
- 2 tablespoons margarine
- 2 packages active dry yeast
- ½ cup warm water (105-115°)
- 2½-3 cups ***Natural White Flour***
- 1½-2 cups ***Prairie Gold*** or ***Bronze Chief Flour***

Pour boiling water over rolled oats. Let stand until softened. Add salt, molasses and margarine. Let cool. Soften yeast in warm water, and add to oat mixture and blend well. Gradually add flours; knead until the dough is smooth and elastic. Put into lightly oiled bowl, turning to coat the dough on all sides. Cover, let rise until doubled in size.

Punch down dough and shape into 2 loaves. Place into 2 loaf pans; 9x5x3". Cover and let rise until doubled in size. Bake in preheated 350° oven for 35-40 minutes.

Shared by:

Lori Henderson  
Havre, Montana



## **DELICIOUS OATMEAL BREAD**

1½ cups boiling water  
1 cup rolled oats  
¾ cup molasses  
3 tablespoons butter, softened  
2 teaspoons salt  
1 tablespoon active dry yeast  
2 cups warm water  
8 cups **Prairie Gold Flour**

Pour boiling water over oats and let stand. Add molasses, butter, and salt to the oat mixture. Beat and work in enough of the flour to make a medium soft dough. Turn onto floured board and knead until smooth. Place the dough in a greased bowl, cover and let rise in a warm place until doubled in size.

Turn dough onto board and knead again. Divide and shape into 2 loaves. Use 2 greased 9x5" loaf pans. Cover and let rise until doubled in size. Bake in preheated 400° oven for 5 minutes, then lower heat to 350° and bake for 40 minutes or until loaves sound hollow when tapped.

Shared by:

Velda Hensley Welch  
Toston, Montana



## **CRACKED WHEAT BREAD**

- 2 packages active dry yeast
- ½ cup warm water
- 2 cups **Cracked Bronze Chief Wheat**
- 5 cups **Natural White Flour**
- ½ cup brown sugar
- 2 tablespoons butter
- 1 tablespoon salt
- 2 cups boiling water

Soften yeast in ½ cup warm water for 10 minutes. Combine cracked wheat, 2 cups flour, brown sugar, butter, and salt, and pour boiling water over mixture. Cool to warm. Add softened yeast to cracked wheat mixture and gradually beat in rest of flour to make stiff dough. Knead for 8-10 minutes. Place in a greased bowl. Let rise 1½ hours in a warm place.

Punch down dough, divide into 2 parts and knead into loaves. Place dough into 2 greased loaf pans. Let rise until doubled in size. Bake in preheated 400° oven for 30 minutes.

Shared by:

Deena Gobbs  
Townsend, Montana





## **SHORT-CUT YEAST DOUGH MIX**

- 1-5lb bag of **Natural White** or **Prairie Gold Flour**
- 2½ tablespoons salt
- 1 cup sugar
- 2 cups non-fat dry milk

In large bowl, combine and stir all ingredients until well blended. Seal in tightly covered container or in heavy plastic bag and store in cool place for up to 1 month, or store refrigerated for 6 months. Stir dough mix well before each use.

### **BASIC LOAF RECIPE**

- 1 package active dry yeast
- 1 cup warm water (110°)
- 2 tablespoons margarine or butter, melted
- 1 egg
- 3½ cups SHORT-CUT YEAST DOUGH MIX

Dissolve yeast in water. Stir in margarine and egg. Add prepared yeast dough mix and blend well. Knead, add flour as needed to prevent sticking. Place dough in a greased bowl, turn over to coat. Let dough rise until doubled in size, then knead lightly. Shape loaf and place in greased pan. Let dough rise in pan for about 45 minutes. Bake in a preheated 350° oven for 30 minutes.

Shared by:

Betty Horne  
Townsend, Montana



### **THREE-WHEAT BATTER BREAD**

- 1 package active dry yeast
- ½ cup warm water
- ⅛ teaspoon ground ginger
- 3 tablespoons honey
- 1 (13 ounce) can evaporated milk
- 1 teaspoon salt
- 2 tablespoons oil
- 2½ cups **Natural White Flour**
- 1¼ cups **Prairie Gold** or **Bronze Chief Flour**
- ½ cup wheat germ
- ½ cup **Cracked Bronze Chief Wheat**

In large bowl, combine yeast, water, ginger and 1 tablespoon honey. Let stand in warm place until bubbly. Stir in remaining honey, milk, salt, and oil. In a separate bowl, stir together flours, wheat germ, and cracked wheat. Add flour mixture to liquid mixture, 1 cup at a time, beating after each addition until well blended. Spoon batter evenly into well-greased, 2lb coffee can or 2-1lb coffee cans, cover with greased plastic lids. Freeze if you wish to use later. Let rise in a warm place until lids pop off.

Bake in cans without lids in a preheated 350° oven for 45 minutes for 1lb cans, about 60 minutes for 2lb cans, or until bread sounds hollow when tapped. Let cool in cans for 10 minutes, then loosen crust around edge of can with thin knife, slide bread from can and let cool.

Shared by:

Betty Horne,  
Townsend, Montana



## ***YEAST WHOLE WHEAT MUFFINS***

1 package active dry yeast  
1 cup warm water  
½ cup honey  
½ cup oil  
½ teaspoon salt  
3 cups ***Prairie Gold Flour***  
1 egg, beaten  
Sesame seeds

Dissolve yeast in warm water and let sit while creaming together honey, oil and salt. Add 1 cup flour to creamed mixture. Add yeast mixture, egg, and remaining flour. Mix well and keep refrigerated until needed. Put sesame seeds in bottom of muffin pan before putting batter in.

Bake in preheated 375° oven until doubled in size for 15 minutes.

Makes 15-18 muffins.

Shared by:

Deena Gobbs,  
Townsend, Montana



## **NEW YORK WATER BAGELS**

- 1½ cups water
- 2 teaspoons active dry yeast
- 1 tablespoon oil
- 2 tablespoons malt syrup, molasses, or sugar
- 1 teaspoon salt
- 3½ cups **Natural White Flour**

Combine water and yeast. Add and mix together remaining ingredients (only 3 cups flour) and knead 10 minutes, adding remaining flour when dough becomes sticky. Put dough in greased container and cover until doubled in size. Test by poking 2 fingers lightly and quickly about ½" into the dough. If the dent stays, the dough is doubled.

To form dough into bagels, separate into 8-10 pieces. Roll each piece into a ball and shape into a bagel by making a hole with 2 floured fingers. Twirl the circle around your index fingers like a hula hoop. Pull out and shape each round. Place onto greased baking sheet and cover with a sheet of greased plastic or a dampened towel. Allow them to rise at room temperature until puffy.

Fill a 4-6 quart pot with water 3-4" deep. Drop bagels one at a time into boiling water. Boil about 4 at a time. Boil for about 30 seconds each side, turning with a spatula. Place back on baking sheet. At this time, toppings can be added; seeds, nuts, etc. To add toppings, beat 1 egg white with 1½ teaspoons water. Brush on tops with pastry brush and add toppings.

Bake in preheated 400° oven for 20-25 minutes or until top is golden brown.

Shared by:

Shirley Marks  
Great Falls, Montana



## **MUM'S BUNS**

- 1½ cups lukewarm water
- ¼ cup sugar
- 1 package active dry yeast
- 2 eggs, well beaten
- 1 teaspoon salt
- ¼ cup oil
- 1 teaspoon vinegar
- 5 cups **Natural White Flour**

In a large bowl, combine the water, sugar, and yeast. When the yeast rises to the top of the mixture, add eggs, salt, oil, and vinegar. Mix in flour. Knead well. Let rise only once until doubled in size.

Form into small buns and arrange on a greased baking pan. Let rise until doubled in size. Bake 18-20 minutes in a preheated 375° oven.

Makes about 28 buns.

Shared by:

Shirlee Gates  
Columbus, Montana



## **WHOLE WHEAT SANDWICH BUNS**

2 cups water  
½ cup sugar  
½ cup nonfat dry milk  
1 tablespoon salt  
¾ cup oil  
4½-5 cups **Natural White Flour**  
3½ cups **Bronze Chief Flour**  
2 packages active dry yeast  
3 eggs, beaten  
Milk

Combine water, sugar, dry milk, salt and oil in saucepan. Heat to 120-130°. Stir together 4 cups white flour, 3½ cups whole wheat flour, and yeast in a mixer bowl. Add the warm liquids and eggs. Beat at low speed for 1-2 minutes, scraping sides of bowl. Beat on high speed 3 minutes, scraping bowl occasionally. Add only enough remaining white flour to make moderately soft dough. Knead until smooth and elastic. Place in greased bowl; turn to grease top. Cover and let rise until doubled in size.

Punch down. Divide dough into thirds. Cover and let rest 5 minutes. Divide each third into 8 portions. Shape into balls and place on greased baking sheet. Press down with palms of hand into 3½-4" rounds. Cover and let rest until doubled in size.

Brush rounds with milk. Bake in preheated 375° oven for 12 minutes.

Makes 24 buns.

Shared by:

Frances Fenton  
Sheridan, Montana



## CINNAMON ROLLS

### DOUGH:

2 packages active dry yeast  
2 cups very warm water (110-115°)  
½ cup sugar  
2 teaspoons salt  
6½-7 cups **Natural White Flour**  
1 egg  
¼ cup butter

### FILLING:

½ cup (1 stick) butter, soft  
½ cup brown sugar  
½ cup granulated sugar  
3 tablespoons cinnamon

In mixing bowl, dissolve yeast in water. Add sugar, salt and half of the flour; beat for 2 minutes. Add egg and butter. Gradually beat in rest of the flour until smooth. Place dough in lightly greased bowl. Cover with damp cloth and refrigerate for 8 hours or overnight. Two hours before baking time, remove dough from refrigerator, punch down. Let rise 30-40 minutes.

Roll dough out on a floured surface to a 15x20" rectangle. Spread softened butter over dough. Sprinkle sugars, followed by cinnamon over entire surface. Roll dough in jellyroll style. Pinch and seal end seams. Cut with bread knife into 2" thick rolls. Place rolls on a greased 9x13" pan, about ½" apart. Bake rolls in a preheated 400° oven for 15-20 minutes. Frost if desired.

Makes 12-16 rolls.

Shared by:

Pam Huckins  
Boise, Idaho



## ICE BOX CINNAMON ROLLS

### DOUGH:

- 2 packages active dry yeast
- ½ cup warm water
- 2 cups lukewarm milk (scalded, then cooled)
- ⅓ cup sugar
- ⅓ cup oil
- 3 teaspoons baking powder
- 2 teaspoons salt
- 1 egg
- 5-6 cups *Prairie Gold Flour*

### FILLING:

- ½ cup sugar
- 1 tablespoon cinnamon
- 4 tablespoons butter, softened

### FROSTING:

- 1 cup powdered sugar
- 1 tablespoon milk
- ½ teaspoon vanilla

Dissolve yeast in warm water. Stir in milk, sugar, oil, baking powder, salt, egg, and 2-3 cups flour. Beat until smooth. Mix in remaining flour to make dough easy to handle. Turn dough onto a well floured surface, knead until smooth and elastic. Place in greased bowl; turn dough once in the bowl to coat. Cover and let rise in warm place until doubled in size.

Grease 2 (9x13") pans. Punch down dough, divide into halves. Roll half the dough into a 10x12" rectangle. Mix ½ cup sugar with cinnamon. Spread rectangle with 2 tablespoons butter and sprinkle with half sugar/cinnamon mixture. Roll up dough. Pinch edge of dough into roll to seal. Cut roll into 12 slices. Place rolls on pan. Wrap pan tightly with heavy foil. Repeat with remaining dough. Refrigerate at least 12 hours, but no more than 48 hours.

Bake in preheated 350° oven for 30-35 minutes. Makes 24 rolls.

CARAMEL PECAN ICEBOX ROLLS: before rolling dough into rectangle, heat up 1 cup brown sugar and ½ cup light corn syrup until it resembles caramel. Divide caramel mixture between the two pans. Sprinkle each with ½ cup pecan halves.

Shared by:

Connie Fretheim  
Shelby, Montana





# DESSERTS





## ***IDENTITY PRESERVED WHEAT COOKIES***

### **DOUGH:**

- 1 cup shortening
- 2 eggs
- ½ cup brown sugar
- 1¼ teaspoons vanilla
- 2 cups ***Natural White Flour***
- ½ teaspoon salt
- 2 egg whites, slightly beaten
- 1½ cups finely chopped nuts

### **THUMBPRINT FILLING:**

- Any flavor jam
- ½ cup cooked wheat (see page 143)

Combine and mix shortening, eggs, brown sugar and vanilla. Sift together flour and salt, and add to shortening mixture to form dough. Roll dough into 1" balls, dip into egg whites and roll to coat with chopped nuts. Place coated dough balls 1" apart on an ungreased cookie sheet. Bake in a preheated 350° oven for 5 minutes. Remove from oven and quickly and gently press thumb on top of cookie. Return to heated oven for 8 minutes. Cool.

Combine jam and cooked wheat to make filling. Spoon filling into thumbprint of each cooled cookie.

Makes approximately 12 cookies.

Shared by:

Wheat Montana  
Three Forks, Montana



## **PEANUT COOKIES**

- ½ cup butter or margarine, softened
- ½ cup peanut butter
- ½ cup sugar
- ½ cup brown sugar
- 1 egg
- 1½ cups **Prairie Gold Flour**
- ½ teaspoon baking powder
- ¾ teaspoon baking soda
- ¼ teaspoon salt

Beat butter, peanut butter, sugars, and egg together until light and fluffy. Stir flour, baking powder, baking soda and salt into peanut butter mixture. Shape batter into walnut-sized balls and place onto a lightly greased baking sheet. Dip a fork in flour and flatten dough ball with tines one way, then the other.

Bake in a preheated 375° oven until golden brown.

Makes approximately 12 cookies.

Shared by:

Wheat Montana  
Three Forks, Montana



## **CARROT-APPLE CAKE**

- 4 eggs
- 1 cup sugar
- ½ cup oil
- 1 cup **Prairie Gold Flour**
- 1 cup **Natural White Flour**
- 2 teaspoons baking soda
- 1 teaspoon salt
- 3 teaspoons cinnamon
- 1½ cups grated carrots
- 1½ cups grated apples
- 1 cup nuts or raisins (optional)

In mixing bowl, beat eggs, sugar, and oil. Add dry ingredients and mix. Stir in carrots, apples, and nuts or raisins. Pour ingredients into a 9x13" greased pan or a rimmed cookie sheet for snack cake. Bake in a preheated 325° oven for 40-50 minutes. When cooled, frost with Cream Cheese Frosting.

### **CREAM CHEESE FROSTING**

- 3 ounces cream cheese
- 4 tablespoons butter
- 3 cups powdered sugar
- ½ teaspoon vanilla

Soften cream cheese and butter. Add powdered sugar and vanilla, and beat until fluffy.

Shared by:

Sheryl Knowles  
Great Falls, Montana



## RUSK CAKE

16 cups **Natural White Flour**  
3 tablespoons baking powder  
1 teaspoon salt  
4½ cups (9 sticks) butter or margarine  
1¾ cups brown sugar  
6 cups bran flakes cereal  
4 cups bran  
1 cup sunflower seed meats  
1 cup raisins  
4 eggs, beaten  
3 cups buttermilk

Sift together flour, baking powder and salt. Cut in butter. Add brown sugar. Mix in bran flakes cereal, bran, sunflower seed meats, raisins, eggs and buttermilk. Pour batter into a greased large, deep, rectangular cake pan (for sheet cakes) and bake for 1 hour in a preheated 450° oven. Cool. Cut into small squares and remove from pan. Let cake pieces sit out until dry.

NOTE: I brought this recipe back from South Africa, where I had been visiting friends. A “rusk” is a hardened cake that keeps forever and is usually dipped in a hot beverage. Great for camping. Use a BIG bowl and your hands for this hefty recipe!

Makes about 32 pieces (2x2”).

Shared by:

Penny Clifton  
Huntley, Montana



## **GINGER MOLASSES COOKIES**

- ½ cup brown sugar
- ½ cup shortening
- ½ cup molasses
- 3½ cups **Natural White Flour**
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon ground ginger
- 2 teaspoons cinnamon
- ½ cup buttermilk
- ½ teaspoon vinegar

Gradually cream sugar into shortening. Stir in molasses. Sift together 1¼ cups flour, baking soda, salt, ginger and cinnamon, and add to molasses mixture. Stir thoroughly. Combine milk and vinegar. Add remaining flour alternately with milk-vinegar mixture to rest of dough. Chill dough for at least 2 hours.

Roll out dough to about ¼" thick on floured board. Cut into shapes using cookies cutters. Place on baking sheet (greased and floured) and bake in a preheated 375° oven for 10-12 minutes.

Makes about 36 cookies.

Shared by:

Dannon Giles  
Missoula, Montana



## **STRAWBERRIES N' CREAM BLONDIES**

### **CREAM CHEESE MIXTURE:**

- 4 ounces light cream cheese, softened
- ½ teaspoon grated lime rind
- 1 tablespoon lime juice
- ½ cup reduced-sugar strawberry preserves or strawberry jam
- 1 egg

### **BROWNIE MIXTURE:**

- 2 (1 ounce) squares white baking chocolate
- ½ cup (1 stick) margarine or butter
- 1 cup packed brown sugar
- ½ cup granulated sugar
- 2 eggs
- 1 teaspoon vanilla
- 1¼ cups **Natural White Flour**

In an electric mixer, beat cream cheese, lime rind and lime juice. Add strawberry jam and beat thoroughly. Add egg, mix until smooth. Refrigerate.

Melt white chocolate squares and margarine in a medium saucepan over low heat. Using a wooden spoon, add both sugars, stirring well. Mix in eggs and vanilla. Stir in flour until mixture is smooth. Pour brownie mixture into 13x11x2" greased baking dish that has been coated with non-stick cooking spray. Remove cream cheese mixture from refrigerator and drop by tablespoons onto brownie mixture in pan. With a knife, swirl cream cheese mixture into brown mixture. Bake in preheated 350° oven for 30 minutes.

Makes 24 bars.

Shared by:

Alane Fitzpatrick  
Helena, Montana



## ***PRAIRIE GOLD CRUMB CAKE***

¾ cup (1½ sticks) butter  
1 cup dark brown sugar  
2 cups **Prairie Gold Flour**  
1 teaspoon baking soda  
¼ teaspoon cloves  
¼ teaspoon nutmeg  
½ teaspoon cinnamon  
1 egg  
1 cup buttermilk

Cream butter and sugar until fluffy. Add flour, cutting it in with a pastry blender until mixture forms very fine crumbs. Reserve 1 cup of this mixture for topping. To the remainder, add soda and spices. Beat egg and milk until blended. Add to spiced mixture and mix until well blended. Spread batter into a well-greased 8x8" pan and sprinkle reserved crumbs on top. Spread evenly and pat gently into batter. Bake in preheated 350° oven for 40-50 minutes.

Serves 6.

Shared by:

Shirlee Gates  
Columbus, Montana





## **OLD-FASHIONED SUGAR COOKIES**

1 cup Oleo (2 sticks)  
1¾ cups sugar  
1 teaspoon vanilla  
3 eggs  
¼ teaspoon soda  
8 ounces sour cream  
4 teaspoons baking powder  
5-5½ cups **Natural White Flour**

Thoroughly cream Oleo and sugar. Add vanilla. Add eggs and beat until light and fluffy. Mix soda and sour cream together and add to creamed mixture. Sift flour and baking powder and blend into creamed mixture. Dough should be easy to handle and roll out.

On a lightly flour surface, roll dough to a ¼" thickness. Cut into desired shape with cutters. Sprinkle cookies with sugar. Bake on an ungreased cookie sheet in a preheated 350° oven for 9 minutes.

Makes about 4 dozen.

Shared by:

Betty Keller  
Fairfield, Iowa



## **CHOCOLATE CHIP PEANUT BUTTER COOKIES**

- ½ cup butter or margarine (1 stick)
- ½ cup soft shortening
- 1 cup crunchy peanut butter
- 1 cup granulated sugar
- 1 cup brown sugar
- 2 eggs
- 2½ cups **Natural White Flour**
- 1½ teaspoons baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- 2 cups milk chocolate chips

In large bowl, beat butter, shortening, peanut butter, granulated sugar, brown sugar and eggs on medium speed until blended. Stir together flour, baking soda, baking powder, and salt. Gradually add flour mixture to butter mixture, beating until well blended. Stir in chocolate chips. Drop by rounded teaspoons onto ungreased cookie sheet. Bake 8-10 minutes in a preheated 375° oven or until set.

Makes about 6 dozen cookies.

Shared by:

Peggy Howe  
Billings, Montana



## APPLE CRISP

### FILLING:

About 10 apples, peeled & sliced

$\frac{3}{4}$  cup brown sugar

1 teaspoon cinnamon

$\frac{1}{4}$  teaspoon nutmeg

$\frac{1}{4}$  teaspoon salt

$\frac{1}{4}$  teaspoon ground ginger

$\frac{1}{4}$  teaspoon ground coriander

$\frac{1}{4}$  cup **Natural White Flour**

### TOPPING:

1 cup Prairie Gold Flour

1 cup quick oats

1 cup brown sugar

1 teaspoon cinnamon

Pinch of salt

1 cup butter (2 sticks), melted

Mix all apple filling ingredients and place in a 9x9" greased baking dish.

Mix all topping ingredients. Using a light touch so it doesn't clump up too much, sprinkle the topping over the filling. Bake in a preheated 350° oven for about 40 minutes.

Serves 9.

Shared by:

Theresa Lode

Helena, Montana



## **MEGAN'S SCOTTISH SCONES**

2 cups **Natural White Flour**  
½ cup sugar  
2 teaspoons cream of tartar  
1 teaspoon baking soda  
¾ teaspoon salt  
½ cup shortening  
½-1 cup raisins  
2 eggs, slightly beaten  
¼ cup milk

Sift dry ingredients into a large bowl. Cut in shortening thoroughly. Add remaining ingredients and mix with a fork-do not knead dough. Divide dough in half. Flatten, but don't roll, each half into a small circle about ½" thick. Cut each half into 8 triangles.

Bake on a greased and flour baking sheet in a preheated 350° oven.

Makes 16 scones.

Shared by:

Leigh Smith  
Billings, Montana



## ***SWEET CORN-APPLESAUCE CUPCAKES***

- 1½ cups **Natural White Flour**
- ¾ cup sugar
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- ½ teaspoon salt
- 2 eggs
- 1 cup raw “super sweet” corn (about 3 cobs)
- ⅓ cup oil
- ½ cup applesauce

Mix dry ingredients. Stir in remaining ingredients until just moistened. Fill paper-lined muffin cups half full with batter. Bake in a preheated 350° oven for 30 minutes.

Makes 24 cupcakes.

Shared by:

Doris Falk  
Little Falls, Minnesota



## APPLE ROLLS

4 cups **Natural White Flour**  
2 tablespoons sugar  
2 tablespoons baking powder  
1 teaspoon salt  
2½ tablespoons shortening  
1 egg  
Milk  
6 medium sized apples, peeled, cored, and sliced

Combine dry ingredients. Cut in shortening until the mixture resembles small peas. Beat egg in cup then add milk to make 1 cup. Mix milk-egg mixture into flour crumbs until dough forms. Roll out dough to ¼" thick thickness and cover with sliced apples. Roll up like a jellyroll and cut in 1" slices. Place apple rolls on greased 9x13x2" baking pan and pour hot Apple Rolls Syrup over. Bake in preheated 375° oven for 35-40 minutes.

Serves 6-8.

### APPLE ROLLS SYRUP:

2 cups brown sugar  
2 cups water  
4 tablespoons butter or margarine  
2 tablespoons **Natural White Flour**

Mix together all ingredients and bring to a boil, stirring until smooth. Simmer for 3 minutes. Use hot.

Shared by:

Margaret Caster  
Worden, Montana



## ***GOLDEN TREASURE PIE***

2 (8½ ounce) cans crushed pineapple, undrained  
½ cup plus ⅓ cups sugar  
2 tablespoons cornstarch  
2 tablespoons water  
1 tablespoon butter  
¼ cup **Natural White Flour**  
1 cup cottage cheese  
1 teaspoon vanilla  
½ teaspoon salt  
2 eggs, slightly beaten  
1¼ cup milk  
10" pie shell, unbaked

Combine pineapple, ½ cup sugar, cornstarch, and water in a small saucepan. Bring to a boil. Cook 1 minute, stirring constantly. Cool. In a mixing bowl, blend ⅓ cup sugar and butter. Add flour, cottage cheese, vanilla, and salt. Beat until smooth. Slowly add eggs then milk to cottage cheese mixture, beating constantly. Pour pineapple mixture into unbaked pie crust, spreading evenly. Gently pour custard over pineapple being careful not to disturb first layer. Bake in preheated 450° oven for 15 minutes, then reduce heat to 325° and bake 45 minutes longer.

Makes 8-10 servings

Shared by:

Claudia Rees  
Livingston, Montana



## **WET BOTTOM SHOOFLY PIE**

- 1 cup **Natural White Flour**
- $\frac{3}{4}$  cup brown sugar
- 1 tablespoon butter
- 1 cup dark Karo syrup or mild flavor molasses
- $\frac{3}{4}$  cup boiling water
- 1 egg, beaten
- 1 teaspoon baking soda
- 9" unbaked pie shell

Combine and mix the flour, brown sugar and butter. Reserve  $\frac{1}{2}$  cup of this crumb mixture for the topping. To the remaining crumbs, add the molasses, boiling water, egg and baking soda; mix well. Put the molasses mixture into the unbaked pie shell. Sprinkle the  $\frac{1}{2}$  cup of reserved crumbs on top. Bake in a preheated 375° oven for 30 minutes.

Serves 8.

Shared by:

Claudia Rees  
Livingston, Montana





## **BANANA CAKE**

2½ cups **Natural White Flour**  
1½ cups sugar  
1½ teaspoons baking powder  
1 teaspoon baking soda  
1 teaspoon salt  
½ cup shortening, softened  
1 cup mashed ripe bananas  
⅔ cup buttermilk  
2 eggs  
1 teaspoon vanilla

Combine flour, sugar, baking powder, baking soda, and salt. Add in shortening and banana. Mix in buttermilk, eggs and vanilla. Beat batter for 2 minutes. Pour into greased, floured 9x13" cake pan. Bake in preheated 350° oven for 40 minutes.

Serves 16.

Shared by:

Carleen Eisele  
Dixon, Illinois



## **GINGER SNAPS**

- 1 cup sugar
- 1 cup shortening
- 1 egg
- ¼ cup molasses
- 2½ teaspoons baking soda
- ¼ teaspoon salt
- 1½ cups **Natural White Flour**
- ½ cup **Bronze Chief Flour**
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- ½ teaspoon ground ginger

Cream together sugar and shortening. Add egg, molasses, baking soda, and salt; blend well. In a separate bowl, combine flours, cinnamon, cloves, and ginger. Mix wet and dry ingredients. Refrigerate batter for 30 minutes.

Shape batter into balls using teaspoon and roll in granulated sugar. Place on ungreased cookie sheet (do not press). Bake in a preheated 350° oven for 8-10 minutes.

Makes 4 dozen cookies.

Shared by:

Carleen Eisele  
Dixon, Illinois



## **CHOCOLATE BUTTERMILK CAKE**

- 2 cups sugar
- 2 cups **Natural White Flour**
- 1 teaspoon baking soda
- 1 cup butter (2 sticks)
- 1 cup water
- 4 teaspoons cocoa
- ½ cup buttermilk
- 2 eggs
- 1 teaspoon vanilla

Combine sugar, flour and baking soda in a mixing bowl. In a small saucepan, combine butter, water and cocoa. Bring chocolate mixture to a boil, then cool slightly. When cooled, blend chocolate mixture into dry ingredients. Add buttermilk, eggs and vanilla, and beat well. Pour batter into a greased, floured 11x17" jellyroll pan. Bake in a preheated 350° oven for 20 minutes.

### **FROSTING:**

- ½ cup cocoa
- 3 cups powdered sugar
- 6 tablespoons butter
- 4-5 tablespoons milk
- 1 teaspoon vanilla

Serves 16.

Shared by:

Carleen Eisele  
Dixon, Illinois



## **WHEAT MONTANA POPPY SEED CAKE**

- 1½ cups **Natural White Flour**
- 1½ cups **Prairie Gold Flour**
- ⅓ cup poppy seeds
- 2½ teaspoons baking soda
- ½ teaspoon salt
- ¾ cup (1½ sticks) butter or margarine
- 1½ cups honey
- 1 teaspoon vanilla
- 4 eggs
- ½ cup buttermilk
- 1 small banana, mashed
- ½ cup raisins (optional)

Grease and lightly flour a 10" fluted tube pan, or a 9x13" pan. Combine the first 5 ingredients. Beat butter about 30 seconds. Add honey and vanilla to butter; beat until fluffy. Add eggs, one at a time, beating 1 minute after each. Combine buttermilk and banana. Add dry ingredients and buttermilk mixture alternately to honey mixture, beating after each addition. Stir in raisins. Pour batter into pan and spread evenly. Bake in a preheated 350° oven for 45-55 minutes or until done.

Serves 12.

Shared by:

Deon Tomscheck  
Ethridge, Montana



## 7-GRAIN CAKE

- 1 cup **Wheat Montana 7-Grain Cereal**
- 1½ cups boiling water
- ½ cup (1 stick) butter, softened
- 1 cup sugar
- 1 cup packed brown sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1½ cups **Natural White Flour**
- 1½ teaspoons baking soda
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- ½ teaspoon salt

In a large bowl, combine 7-Grain Cereal and boiling water. Let stand for 20 minutes. Cream butter and sugars in bowl until light and fluffy. Add eggs and vanilla; mix well. Sift together flour, baking soda, cinnamon, nutmeg, and salt, and add to creamed mixture. Mix in prepared 7-Grain Cereal. Pour batter into a greased, floured 9" square pan. Bake in a preheated 350° oven for 45-50 minutes, or until done.

Serves 9.

Shared by:

Deon Tomsheck  
Ethridge, Montana



## **DEON'S \$200 COOKIES**

2½ cups **Wheat Montana 7-Grain Cereal**  
1 cup (2 sticks) butter  
1 cup sugar  
1 cup brown sugar  
2 eggs  
1 teaspoon vanilla  
2 cups **Natural White Flour**  
½ teaspoon salt  
1 teaspoon baking powder  
1 teaspoon baking soda  
6 ounces chocolate chips  
6 ounces butterscotch chips  
1 (4 ounce) sweet chocolate bar, grated  
1½ cups chopped nuts

Process 7-Grain Cereal in blender to a fine powder. Cream butter and both sugars together. Add eggs and vanilla. Mix together with flour, 7-Grain Cereal powder, salt, baking powder, and baking soda. Add chips, chocolate bar, and nuts. Roll into balls and place 2" apart on a baking sheet. Bake in a preheated 375° oven for 6 minutes.

Makes 5-6 dozen cookies.

Shared by:

Deon Tomscheck  
Ethridge, Montana



## **EASY BLACK FOREST CAKE**

6 squares semisweet baking chocolate  
¾ cup (1½ sticks) butter  
1½ cups sugar  
3 eggs  
2 teaspoons vanilla  
2½ cups **Natural White Flour**  
1 teaspoon baking soda  
¼ teaspoon salt  
1½ cups water  
1 pint heavy whipping cream  
½ teaspoon vanilla  
2 tablespoons sugar  
1 can (29 ounce) of cherry pie filling

Melt chocolate and butter together in a large microwavable bowl for 2 minutes, or until butter is melted. Stir until chocolate is completely melted. Stir sugar into melted chocolate mixture until well blended. Beat in eggs, one at a time, with electric mixer until mixed. Add vanilla, ½ cup flour, baking soda, and salt; mix well. Beat in remaining 2 cups of flour alternately with water until smooth. Pour batter into greased, floured 9" layer pans. Bake in a preheated 350° oven for 35 minutes, or until done.

Cool in pans for 10 minutes. Remove from pans to cool on wire racks. When cake is completely cooled, whip whipping cream with vanilla and sugar. Spread top of bottom cake layer with ½-¾ of the can of cherry pie filling. Place top cake layer over cherry pie filling. Frost the rest of cake with whipping cream. Gently spoon remaining cherry pie filling on top of cake.

Serves 12.

Shared by:

Pam Huckins  
Boise, Idaho



## **RASPBERRY CREAM CHEESE COFFEE CAKE**

2¼ cups **Natural White Flour**

¾ cup sugar

¾ cup (1½ sticks) butter

½ teaspoon baking powder

½ teaspoon baking soda

½ teaspoon salt

¾ cup sour cream

1 egg, beaten

1½ teaspoons almond extract

### **FILLING:**

1 (8 ounce) package cream cheese, softened

½ cup sugar

1 egg

### **TOPPING:**

½ cup raspberry jam

½ cup slivered almonds

Combine flour and sugar. Cut in butter. Remove 1 cup of flour mixture and set aside. To the remaining flour mixture, add baking powder, baking soda, salt, sour cream, egg and almond extract. Mix well. Spread batter into bottom and up sides of 9" spring-form pan. For the filling, beat cream cheese, sugar and egg in a small bowl. Mix well and pour over batter. Spoon jam on top of filling. Sprinkle jam layer with almonds and reserved crumbs. Bake in a preheated oven 350° oven for 1 hour.

Serves 12.

Shared by:

Marilyn Steingruber  
Manhattan, Montana





## **MOUNTAIN COOKIES**

1 cup (2 sticks) butter  
1 cup powdered sugar  
2 teaspoons vanilla  
2 cups **Natural White Flour**  
½ teaspoon salt

### **FILLING:**

1 (3 ounce) package cream cheese, softened  
1 cup powdered sugar  
2 tablespoons **Natural White Flour**  
1 teaspoon vanilla  
½ cup pecans (optional)

### **TOPPING:**

½ cup chocolate chips  
2 tablespoons butter  
2 tablespoons water  
½ cup powdered sugar

In a mixing bowl, combine and cream the butter, sugar and vanilla. Combine flour and salt. Add to creamed mixture and mix well. Roll dough into balls and place on ungreased cookie sheets. Make a deep indentation in each cookie. Bake in a preheated 350° oven for 10-12 minutes. For the filling, beat cream cheese, sugar, flour and vanilla in a mixing bowl. Add pecan and mix well. Spoon prepared filling into each cookie. For the topping, heat chocolate chips, butter and water in a small saucepan until melted. Stir in sugar. Drizzle over cookies.

Makes about 24 cookies.

Shared by:

Marilyn Steingruber  
Manhattan, Montana



## TWEEDIES

- ½ cup (1 stick) butter
- ⅔ cup sugar
- 1⅓ cups **Natural White Flour**
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 cup milk
- 2 squares semisweet chocolate, grated
- 1 teaspoon vanilla
- 2 egg whites, beaten stiff

### TOPPING:

- ⅓ cup butter
- 2 egg yolks
- 2 cups powdered sugar
- 1 teaspoon vanilla

### GLAZE:

- 1 tablespoon oil
- 2 squares semisweet chocolate
- Walnuts, crushed

Cream butter and sugar. Combine flour, baking powder, and salt. Add dry ingredients alternately with milk and grated chocolate to the creamed mixture. Add vanilla and egg whites. Pour batter on baking sheet with sides. Bake in a preheated 350° oven for 30 minutes. Mix all topping ingredients and spread on top of cookie bars. Melt oil with chocolate for glaze. Drizzle glaze for ribbon or marble effect over icing on cake. Sprinkle with crushed walnuts.

Shared by:

Marilyn Steingruber  
Manhattan, Montana



## **CHOCOLATE PEANUT BUTTER BROWNIES**

1 cup plus 1 tablespoon **Natural White Flour**  
¼ teaspoon baking powder  
½ teaspoon salt  
¾ cup (1½ sticks) unsalted butter  
3 ounces unsweetened chocolate; finely chopped  
3 eggs  
1½ cups packed dark brown sugar  
1½ teaspoons pure vanilla  
¾ cup creamy peanut butter  
¼ cup sugar  
¼ teaspoon cinnamon  
6 tablespoons cream

Grease 9x13x2" baking pan. In small bowl, sift 1 cup of flour, baking powder, and salt. Set aside. In medium saucepan, melt butter and chocolate over very low heat, stirring until smooth. Set aside to cool. In large bowl, combine eggs, brown sugar and vanilla; blend. Stir in melted chocolate mixture. Gradually add flour mixture and stir until blended. Pour batter into prepared pan.

In medium bowl, combine peanut butter, sugar, cinnamon, cream and remaining tablespoon of flour. Mixture will be stiff. Drop mixture randomly by spoonfuls on top of brownie mixture. Drag knife through peanut butter mixture to marbleize. Bake in a preheated 350° oven for 25 minutes.

Makes 24 brownies.

Shared by:

Carol Garlow  
Livingston, Montana



## **SNICKERDOODLES**

1 cup (2 sticks) butter  
1½ cups sugar  
2 eggs  
2½ cups **Natural White Flour**  
2 teaspoons cream of tartar  
1 teaspoon baking soda  
¼ teaspoon salt  
2 teaspoons cinnamon  
¼ sugar

Cream butter, sugar and eggs until fluffy. Sift together flour, cream of tartar, baking soda and salt. Add to creamed mixture. Chill dough for 30 minutes. Mix together cinnamon and sugar. Shape dough into 1" balls, roll in cinnamon and sugar mixture and place on ungreased cookie sheet. Bake in a preheated 350° oven for 12-15 minutes.

Makes about 4 dozen cookies.

Shared by:

Heidi Lutgen  
Sheridan, Montana



## **OLD-FASHIONED CHOCOLATE CAKE**

### **BATTER:**

3 cups *Natural White Flour*  
2 cups sugar  
1 teaspoon salt  
4 tablespoons cocoa  
2 tablespoons vinegar  
 $\frac{3}{4}$  cup oil  
2 teaspoons baking soda  
2 teaspoons vanilla  
2 cups cold coffee

### **FROSTING:**

$\frac{1}{2}$  cup (1 stick) margarine, softened  
1 (8 ounce) package cream cheese, softened  
1 (16 ounce) box powdered sugar  
 $\frac{1}{2}$  teaspoon vanilla

Mix all batter ingredients in a bowl. Pour batter into a 9x13" greased, floured pan. Bake in a preheated 350° oven for 30-40 minutes.

Shared by:

Richard Wevley  
Cut Bank, Montana



## **STRUDEL**

2¼ cups **Natural White Flour**  
1 cup sour cream  
1 cup (2 stick) butter  
3 cups pie filling

Combine flour, sour cream, and butter. Mix well to form dough. Chill dough for at least 1 hour. Roll out a quarter of the dough at a time, rolling to a ⅛" thick rectangle. Spread ¾ cup pie filling along one side. Roll up jellyroll fashion, very gently, as the dough tears easily. Repeat process with remaining portions of dough. Bake in a preheated 450° oven for 18-20 minutes.

Shared by:

Heidi Lutgen  
Sheridan, Montana



## **HAPPY HARDTACK**

2 cups **Bronze Chief Flour**

½ cup cornmeal

¼ cup sesame seeds, whirled in blender

½ cup **Wheat Montana 7-Grain Cereal**

½ teaspoon salt

2 teaspoons cinnamon

1 teaspoon nutmeg

⅓ cup oil

½ cup honey

¼ cup molasses

½ cup fruit juice

Combine dry ingredients. Combine wet ingredients separately, then mix both together well. Press batter into a greased 10x15" baking sheet with sides. The dough should fill to about ¼" thickness. Score with a knife before baking. Bake in a preheated 325° oven for 45 minutes.

Shared by:

Lena Cleveland

Broadview, Montana



## **PUMPKIN CAKE**

### **BATTER:**

- 2 cups sugar
- ½ cup shortening
- ½ teaspoon salt
- 2 eggs
- 1 cup cooked, canned pumpkin
- 2 cups **Natural White Flour**
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- ¾ cup milk
- Raisins or nuts (optional)

### **FROSTING:**

- 3-4 tablespoons soft margarine
- 3 tablespoons milk
- 1 teaspoon vanilla
- 2-3 cups powdered sugar

Cream sugar, shortening and salt until creamy. Beat in eggs, then add pumpkin. Combine flour, baking powder, baking soda and the spices. Add milk and vanilla alternately with flour mixture to the creamed mixture. Add raisins or nuts to taste. Beat well. Pour batter into a 13x9" greased, floured cake pan. Bake in a preheated 375° oven for 30 minutes.

Combine frosting ingredients in a bowl and mix well. Coat cooled pumpkin cake with frosting.

Serves 6.

Shared by:

Pamela Nordheim  
Bozeman, Montana





## ***PUMPKIN COOKIES***

- 1 cup (2 sticks) butter
- 1½ cups sugar
- 1 egg
- 1 cup cooked pumpkin
- 1 teaspoon vanilla
- 2½ cups ***Prairie Gold Flour***
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 2 cups chocolate chips

Cream together butter and sugar. Beat in egg, cooked pumpkin, and vanilla. In a separate bowl, sift together flour, baking powder, baking soda, salt and cinnamon. Add sifted ingredients to creamed mixture. Mix chocolate chips into batter. Place dollops of batter onto greased cookie sheets. Bake in a preheated 350° oven for 15 minutes.

Makes 2 dozen cookies.

Shared by:

Stephanie Kellogg  
Clancy, Montana



## **RHUBARB CRISP**

### **CRUST & STREUSEL:**

- 2 cups **Wheat Montana 7-Grain Cereal**
- 2½ cups **Natural White Flour**
- 1¼ cups sugar
- 2 teaspoons baking powder
- 1 cup (2 sticks) margarine

### **FILLING:**

- 3 cups rhubarb
- 1 cup sugar
- 1-2 tablespoons **Natural White Flour**

Combine 7-Grain Cereal, flour, sugar and baking powder; mix well. Cut in margarine. Mix until moistened. Reserve 2 cups; set aside. Press remaining mixture onto bottom of 13x9" baking pan. Bake in a preheated 375° oven for 15 minutes.

Cook rhubarb and sugar on stove top until mushy. Add flour to cool mixture slightly. Pour filling over baked crust, then sprinkle reserved 7-Grain Cereal mixture over top, pressing lightly. Bake in a preheated 375° oven for 30-35 minutes or until lightly golden brown.

Serves 6.

Shared by:

Pamela Nordheim  
Bozeman, Montana



## **GRANDMA'S APPLE CRISP**

- 1 cup **Natural White Flour**
- 1 cup sugar
- 4 tablespoons butter
- 1 egg, lightly beaten
- 1 teaspoon vanilla
- 8 apples, peeled and sliced, or about 1 quart of apple slices

In a large mixing bowl, combine the flour and sugar. Using a pastry blender, cut in the butter in pea-sized portions. Add the egg and vanilla to the mixture. Mix together lightly with fork. Set this crumb mixture aside. Place sliced apples in an 8" greased glass baking dish. Spread the crumbly mixture evenly over the top of sliced apples. Bake in a preheated 375° oven for 25-30 minutes or until top is browned and juice of apples is bubbling up around the edges.

Serves 9.

Shared by:

Joyce Sutton  
Livingston, Montana



## **ALMOND CRANBERRY BISCOTTI**

2¼ cups **Bronze Chief Flour**  
1 cup sugar  
1 teaspoon baking powder  
½ teaspoon baking soda  
1 teaspoon cinnamon  
½ teaspoon nutmeg  
2 eggs plus 2 egg whites  
1 tablespoon almond or vanilla extract  
1¼ cups dried cranberries  
¾ cup sliced almonds

Combine dry ingredients in a medium-sized mixing bowl. Whisk together eggs, egg whites, and extract in a separate bowl. Add to dry ingredients, mix just until moist, using an electric mixer on medium speed. Add dried cranberries and almonds; mix well.

On floured surface, divide batter in half and pat each half into a log about 14" long and 1½" wide. Place on cookie sheet. Bake in a preheated 325° oven for 30 minutes. Remove from oven. Reduce temperature to 300°. Cut biscotti into ½" slices. Place sliced side up on cookie sheet and bake an additional 20 minutes.

Makes 56 biscotti.

Shared by:

Joyce Sutton  
Livingston, Montana



## **SUNDAY COFFEE CAKE**

¾ cup sugar  
1½ cups **Natural White Flour**  
1½ teaspoons baking powder  
½ teaspoon salt  
1½ teaspoons cinnamon  
4 tablespoons butter  
½ cup milk  
1 egg  
Cinnamon sugar mixture to taste

Combine sugar, flour, baking powder, salt and cinnamon; blend. Reserve ⅓ cup of mixture for later. To bulk of mixture, cut in butter. Add milk and egg to main mixture. Pour batter into greased and floured 9" round pan. Add additional sugar and cinnamon to taste to the reserved ⅓ cup mixture. Sprinkle on top of batter. Bake in a preheated 350° oven for 20-25 minutes.

Serves 6.

Shared by:

Janet Townsend  
Belgrade, Montana



## ***NORWEGIAN PEPPER COOKIES***

1 cup sugar  
1 cup dark corn syrup  
1 cup (2 sticks) butter  
1 tablespoon vinegar  
2 eggs, slightly beaten  
1½ teaspoons ground black pepper  
1 teaspoon ground ginger  
1 teaspoon ground cloves  
1 teaspoon ground cinnamon  
1 teaspoon baking soda  
5 cups **Natural White Flour**

Combine sugar, corn syrup, butter and vinegar in a small pan and bring almost to a boil. Cool to room temperature and stir in the eggs. Sift together remaining ingredients and stir into butter mixture; blend well. Chill overnight.

Divide chilled dough into several portions and roll out each on a floured board until very thin. Cut into shapes with a cookie cutter, and place on a greased baking sheet. Bake in a preheated 350° oven for 7-8 minutes.

Makes about 225 (3") cookies.

Shared by:

Elaine Hensley  
Toston, Montana



## **AUNTIES SUGAR COOKIES**

7 cups **Natural White Flour**  
5 teaspoons baking powder  
1 teaspoon salt  
1 pound shortening  
2 cups sugar  
4 eggs, beaten  
1 cup milk

Sift together flour, baking powder and salt. Cut shortening into flour as you would for pastry, until well blended. Stir in sugar. Add eggs and milk; stir thoroughly. If dough is too dry, add more milk, a little at a time. Roll out dough on lightly floured board, cut and sprinkle with sugar. Bake in a preheated 375° oven for 10 minutes or until done.

Makes about 21 dozen cookies.

Shared by:

Elaine Hensley  
Toston, Montana



## ***COTTAGE CHEESE PIE***

2 cups cottage cheese  
1 cup sugar  
 $\frac{1}{4}$  cup **Natural White Flour**  
1 teaspoon salt  
2 eggs  
 $\frac{3}{4}$  cup cream  
Prepared pie shell  
Cinnamon to taste

Stir cottage cheese until reduced into small particles. Mix with all other ingredients. Pour into pie shell and sprinkle with cinnamon. Bake in a preheated 350° oven for 30-35 minutes.

Serves 6.

Shared by:

Elaine Hensley  
Toston, Montana





## **LEBKUCHEN (GERMAN COOKIES)**

1¼ pounds sugar  
1 cup water  
1 pint honey  
4 tablespoons butter  
1½ teaspoons cardamom  
5 beaten egg yolks or 2 whole eggs  
6-8 cups **Natural White Flour**  
1 teaspoon baking soda  
Walnuts or almonds (optional)

Combine sugar and water and boil until it spins a thread. Remove from heat. Add honey, stirring constantly. Mix in butter, cardamom, eggs, flour and baking soda. Be careful not to add too much flour. Dough must be pliable. If desired, add walnuts or almonds. Let rise overnight, covered.

Roll out dough, cut out cookies into desired shapes and sizes, and place on a cookie sheet. Bake in a preheated 350° oven for 10-12 minutes, or until lightly browned.

This is an old, old German recipe!

Shared by:

Elaine Hensley  
Toston, Montana



## **PIONEER CAKE**

3 cups **Natural White Flour**  
2 cups sugar  
2 teaspoons baking soda  
½ teaspoon salt  
6 tablespoons cocoa  
¾ cup oil  
3 tablespoons vinegar  
3 tablespoons vanilla  
3 cups cold water

Sift first 5 ingredients into ungreased 10x14" pan. Mix and make 3" wells." Into one well add oil, into other well add vinegar, and into last add vanilla. Pour cold water over all. With fork, mix together. Sprinkle with sugar if desired. Bake in a preheated 375° oven for 35-40 minutes.

Shared by:

Elaine Hensley  
Toston, Montana



## **WHOLE WHEAT PIE CRUST**

2½ cups **Prairie Gold** or **Bronze Chief Flour**  
1 cup (2 sticks) butter or margarine, chilled  
1 teaspoon salt  
1 tablespoon vinegar  
1 egg, beaten  
6-8 tablespoons ice water

Mix the flour, butter, and salt with a mixer or by hand until the mixture is the size of large peas. With a fork, combine the vinegar, egg and ice water. Blend together all ingredients. Divide dough into 3 equal portions; put 2 in the refrigerator. Roll out one into an 8" crust and put in pie pan. Do the same with remaining portions, keeping one chilled while the other is being rolled. Bake in a preheated 425° oven for 8 minutes.

Makes 3 single crusts.

Shared by:

Deena Gobbs,  
Townsend, Montana



## **QUICK CARAMEL PEACH PUDDING**

1 cup **Natural White Flour**  
½ cup sugar  
½ teaspoon salt  
2 teaspoons baking powder  
1 cup milk  
¼ teaspoon almond extract  
2 cups sliced fresh peaches

### **CARAMEL TOPPING:**

½ cup sugar  
¼ teaspoon nutmeg  
2 cups brown sugar  
1¼ cups water  
1 tablespoon butter

Mix flour, sugar, salt and baking powder. Stir in milk and almond extract. Fold in peaches. Spread mixture in an 8" or 9" square pan.

Combine topping ingredients in saucepan and heat until dissolved. Pour heated caramel topping over batter and bake in preheated 400° oven for 30 minutes.

Serves 4-6.

Shared by:

Betty Horne  
Townsend, Montana



## ***PRAIRIE GOLD RANGER COOKIES***

- 1 cup sugar
- 1 cup brown sugar
- 3 eggs, beaten
- 1 cup shortening
- 1 teaspoon vanilla
- ½ teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 cups ***Prairie Gold Flour***
- 2 cups corn flakes
- 1 cup coconut
- 2 cups ***Wheat Montana 7-Grain Cereal***
- 2 cups chocolate chips
- ½ cup sunflower seed meats

Cream together first 5 ingredients until fluffy. Sift together next 4 ingredients and stir into creamed mixture. Add remaining ingredients to mixture. Use hands to blend in; mixture will be stiff.

Form dough into balls about 1½" in diameter. Bake in preheated 350° oven for 10-15 minutes.

Shared by:

Lena Cleveland  
Broadview, Montana



## ***SOUPS & SALADS***





## WHEAT SALAD

- 1 (8 ounce) package cream cheese, softened
- 1 (6 ounce) package vanilla instant pudding
- 3 tablespoons lemon juice
- 1 (15 ounce) can crushed pineapple with juice
- 8 ounces Cool Whip
- 1½ cups cooked **Bronze Chief** or **Prairie Gold Wheat** (see page 143)

Combine cream cheese with pudding mix and mix well. Stir in lemon juice and pineapple with juice. Fold in Cool Whip. Stir well, gently stirring in cooked wheat in order to keep the kernels whole. Chill.

Serves 4-6.

Shared by:

Wheat Montana  
Three Forks, Montana



## **BERRY SUPREME SALAD**

- 4 hard-boiled eggs, chopped
- 4 sweet pickles, chopped
- ½ cup chopped onion
- ½ cup diced cheddar cheese
- 1 cup diced celery
- 1 cup mayonnaise
- 4 cups cooked **Bronze Chief** or **Prairie Gold Wheat** (see page 143)
- 2 tablespoons chopped pimento
- 1 cup diced lunch meat or cooked ham
- Salt to taste

Combine all ingredients, mix well, and refrigerate at least 4 hours before serving.

Serves 6-8.

Shared by:

Wheat Montana  
Three Forks, Montana





## ***WHEAT BERRY & MUSHROOM SALAD***

### **MARINADE:**

- ¼ cup oil
- ¼ cup white vinegar
- 1 clove garlic, minced
- 1 tablespoon Dijon Mustard
- 1½ teaspoons oregano
- ¼ teaspoon salt
- ⅛ teaspoon pepper

### **SALAD:**

- 3 cups cooked ***Bronze Chief*** or ***Prairie Gold Wheat*** (see page 143)
- ¼ pound fresh or canned mushrooms
- 1 small can black olives
- ¼ cup chopped green pepper

Mix together marinade ingredients and let sit overnight. Combine salad ingredients and add to marinade.

Shared by:

Wheat Montana  
Three Forks, Montana



## **SEAFOOD BERRY SALAD**

- 1 large, ripe pineapple
- 3 cups cooked **Bronze Chief** or **Prairie Gold Wheat** (see page 143)
- ½ cup snipped parsley
- 1 cup ripe olives, chopped
- 4 green onions, sliced
- ⅓ cup mayonnaise
- 3 tablespoons French dressing
- ½-1 teaspoon curry powder
- ¾ cup diced celery
- 1 cup seafood (crab, shrimp, tuna) or 1 cup turkey or chicken
- Salt and pepper to taste

Split pineapple in half lengthwise. Hollow out shells. Cube pineapple meat; reserve. Chill shells and cubed pineapple. Combine all other ingredients except seafood, salt and pepper. Chill for several hours or overnight. Just before serving, add seafood and 1 cup of cubed pineapple. Season to taste. Pile salad into hollow shells and serve.

Serves 8.

Shared by:

Wheat Montana  
Three Forks, Montana



### **GRANDMA FRAN'S "COOL SALAD"**

- 1 cup cooked string beans (measure after cooking)
- 1 cup diced cooked carrots (measure after cooking)
- 1 cup cooked **Bronze Chief** or **Prairie Gold Wheat** (see page 143)
- 1 cup diced cheddar cheese
- 1 cup diced cooked ham
- 4 hard-boiled eggs, diced
- 2 cups Romaine lettuce, chopped
- 2 tomatoes, diced

Combine all ingredients and mix with French dressing to taste. Serve on lettuce leaf.

Serves 8.

Shared by:

Frances Folkvord, Wheat Montana  
Three Forks, Montana



## **POTATO & WHEAT SOUP**

- 2 large potatoes, diced
- 1 tablespoon onion, minced
- 1 cup milk
- 1 cup water
- 1 (10¾ ounce) can cream of potato soup
- 2 tablespoons butter
- ½ cup cooked **Bronze Chief** or **Prairie Gold Wheat** (see page 143)

Combine potatoes and onion in milk and water. Add potato soup, butter and wheat. Simmer 30 minutes.

Serves 4.

Shared by:

Wheat Montana  
Three Forks, Montana



## **HEADWATERS WHEAT CHILI**

- 2 cups **Bronze Chief** or **Prairie Gold Wheat** berries
- 7 cups water
- 1½-2 pounds browned hamburger (drained well)
- 2 (16 ounce) cans stewed tomatoes with juice
- 1 (16 ounce) can tomato sauce
- 2 tablespoons chili powder
- ¼ teaspoon cumin
- Chopped green peppers, onion, celery to taste (optional)

The night before you wish to eat the chili, combine wheat berries and water in a crockpot. Cook overnight on low.

Add remaining ingredients and continue simmering for 3-4 hours.

Makes 10 healthy servings.

Shared by:

Wheat Montana  
Three Forks, Montana



## **WHEAT CHILI**

2 cups **Prairie Gold Wheat** berries  
3 cups water  
1 pound extra lean ground beef  
1 large onion, chopped  
1 green pepper, chopped  
1 teaspoon salt  
1 teaspoon chili powder  
 $\frac{1}{8}$  teaspoon cayenne pepper  
 $\frac{1}{8}$  teaspoon black pepper  
1 (8 ounce) can tomato paste  
1 (8 ounce) can whole tomatoes  
4 cups beef broth

Cook wheat berries in water for 1 hour until tender; add more water if necessary. Drain and rinse with cool water. In a skillet over medium heat, brown beef and onion; drain in a colander and rinse with hot water. Stir in remaining ingredients. Simmer uncovered 1 hour or until desired consistency is reached. Stir occasionally.

Serves 6.

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## **POT PIE SQUARES**

- 2 eggs
- 2 cups **Natural White Flour**
- 2-3 tablespoons milk or cream

Break the eggs into the flour and work together. Add the milk to make a soft dough. Roll out the dough as thin as possible and cut into 1x2" rectangles with a knife or pastry wheel. Cook in Chicken Pot Pie Soup, below.

### **CHICKEN POT PIE SOUP**

- 1 (3½-4 pound) chicken
- 4 medium sized potatoes, peeled and cut into chunks
- 1 onion, diced
- Salt pepper to taste
- Pot Pie Squares (see above)

Cook the chicken in 2 quarts water until it is partly tender. Then add the potatoes and onion. Cook until vegetables and chicken are completely tender. Retain broth with vegetables. Remove meat from bones and set aside. Bring broth to a boil. Drop Pot Pie Squares into boiling broth and cook 20 minutes or until tender. Return chicken to the broth and serve hot.

Serves 6-8.

Shared by:

Margaret Caster  
Wordem, Montana



## **RIVVELS**

$\frac{3}{4}$  cup **Natural White Flour**

1 egg

Put flour in bowl. Break egg into flour and mix with a fork until dry and crumbly. Crumble this mixture into the soup (below) and stir occasionally so that rivvels separate.

### **CHICKEN CORN SOUP**

1 (3-4 pound) fryer chicken, cut up

Salt to taste

2 quarts corn (frozen, fresh, or canned)

Rivvels (optional, see above)

3-4 hard-boiled eggs, diced

Pepper to taste

In large kettle, cover chicken pieces with water. Salt to taste, cook until tender. Cut meat off bones and dice into bite-sized pieces. Return chicken to broth, add corn and return to boil. Stir in rivvels and eggs and cook until rivvels are cooked through and float on the soup's surface. Add pepper and serve.

Makes 8-10 servings.

Shared by:

Margaret Caster

Wordem, Montana





## WHEAT SALAD

- 1½ cups uncooked **Prairie Gold** or **Bronze Chief Wheat** berries
- 1 (8 ounce) package cream cheese
- 1 (15-16 ounce) can crushed pineapple, in juice
- 1 (5 ounce) package instant pudding, pistachio flavored
- 3 tablespoons lemon juice
- 1 (12 ounce) container whipped topping

Cook wheat berries in 6 cups of water. Bring to boil, turn to low or simmer; cook for 1 hour. Check berries for tenderness. If not tender, continue cooking on low until easy to chew. At any time during cooking, you may add water so the berries don't cook dry. When the berries are tender and easy to chew, remove from heat. Drain colander, wash with cold water, then drain until all moisture is gone. You can cook the berries the day before needed, then refrigerate in container with tight fitting lid.

In a large mixing bowl, combine cream cheese with crushed pineapple and juice, dry pudding, and lemon juice. Add cooled cooked wheat, mix well, add whipped topping last. Transfer mixture to a small container with tight fitting lid. Can be refrigerated up to a week.

Makes 12-15 servings.

Shared by:

Joyce Sutton  
Livingston, Montana



## MISCELLANEOUS





## **COOKED WHEAT**

1 cup cleaned, rinsed, raw **Bronze Chief** or **Prairie Gold Wheat** kernels  
3 cups water

Combine all ingredients, cover, and let sit overnight or for 12 hours. Do not drain. Place soaked wheat over heat and boil about 5 minutes, then simmer until tender, about 30 minutes.

Or, combine wheat kernels and water and place in a 225° oven for 6 hours. Keep covered with water. Rinse until water is clear. Drain.

Store in freezer in plastic zip-locked bags. Frozen wheat will last more than 1 year. Cook large batches and freeze for later use.

1 cup uncooked wheat = 2 cups cooked wheat.

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## **RANCH WHEAT CASSEROLE**

- 1 cup cooked **Bronze Chief** or **Prairie Gold Wheat** (see page 143)
- ½ cup tomato paste or tomato juice
- 2 tablespoons molasses
- ¾ cup water
- 2 tablespoons brown sugar
- ½ teaspoon dry mustard
- ½ teaspoon salt
- 1-2 tablespoons onion, minced
- 4 slices bacon

Combine first 8 ingredients and top with bacon. Cover and bake 45 minutes in a preheated 325° oven. Uncover and bake an additional 40 minutes.

Serves 4.

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Three Forks, Montana



## **INSTANT CEREAL**

3 cups water

1½ cups cooked **Bronze Chief** or **Prairie Gold Wheat** (see page 143)

½ teaspoon salt

1 (32 ounce) insulated jug

Combine water, cooked wheat, and salt in a saucepan. Bring to a boil; simmer for 5 minutes. Pour into an insulated bottle or picnic jug. Close. Let stand overnight. In the morning, the wheat is tender, ready to use, and even hot! Add milk and sweetener for a tasty “instant” breakfast.

Serves 5.

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## ***SWEET & SOUR WHEAT CASSEROLE***

- 1 pound hamburger
- 1 teaspoon Johnny's seasoning salt
- 1 cup onion, chopped
- 3 cups cooked **Bronze Chief** or **Prairie Gold Wheat** (see page 143)
- 1 cup diced celery
- 1 (8 ounce) can tomato sauce
- ½ cup water
- ⅓ cup brown sugar
- ½ cup catsup
- 1 tablespoon vinegar
- 1 tablespoon prepared mustard

In a frying pan, brown hamburger with seasoning salt and onion. Add other ingredients. Combine and put into a 9x12" casserole dish. Bake in a preheated 350° oven for 1½ hours.

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## ***CREAM OF WHEAT CASSEROLE***

- 2 cups cooked **Bronze Chief** or **Prairie Gold Wheat** (see page 143)
- 1 tablespoon dried minced onions
- 2 tablespoons chopped pimento
- 1 (10¾ ounce) can cream of chicken soup
- 1 cup sour cream
- 5 ounces cubed Velveeta Cheese
- Dash pepper
- 1 (2.8 ounce) can French-fried onion rings.

Combine and mix first 7 ingredients and bake in a preheated 350° oven until bubbly and brown. Top with French-fried onion rings and bake 10 minutes longer.

Serves 4-6.

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## VERY VEGGIE

- 2 large carrots, chopped
- 2 cups cooked **Bronze Chief** or **Prairie Gold Wheat** (see page 143)
- 1 head cauliflower, separated into flowerets
- 2 (10½ ounce) cans cream of mushroom soup
- 2 teaspoons celery salt
- 1 teaspoon pepper

Bring to a boil the carrots and cooked wheat. Cook 20 minutes. Add cauliflower and cook 15 minutes longer. Combine remaining ingredients and serve.

Serves 6.

Shared by:

Wheat Montana  
Three Forks, Montana





## **WHEAT DUMPLINGS**

½ cup cooked **Bronze Chief** or **Prairie Gold Wheat** (see page 143)

4 tablespoons chicken or turkey broth

1 egg

½ teaspoon poultry seasoning (or sage, parsley, thyme, salt, etc)

1 cup **Natural White Flour**

2 teaspoons baking powder

Combined cooked wheat, broth, and egg in a blender and beat well. In a separate bowl, combine seasoning, flour and baking powder. Mix and drop into broth mixture. Cook uncovered over medium heat in skillet or large saucepan for 10 minutes, then cook covered for 10 minutes.

Serves 4.

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## **WHEAT PILAF**

- 4 cups cooked **Bronze Chief** or **Prairie Gold Wheat** (see page 143)
- 3 tablespoons butter or margarine
- 1 (1½ ounce) package dry onion soup mix
- 2 cups water
- 1 (4 ounce) can sliced, drained mushrooms

Sauté cooked wheat in butter. Add remaining ingredients. Place in greased 1½ quart casserole dish. Bake in a preheated 350° oven for 1½ hours. Check, and add more water if needed.

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## WHEAT PUDDING

2 cups cooked **Bronze Chief** or **Prairie Gold Wheat** (see page 143)

3 eggs, slightly beaten

1 tablespoon grated orange rind

2½ cups milk

⅓ cup honey

⅛ teaspoon salt

Fruit for topping

Blend all ingredients except fruit. Pour into a buttered 2 quart baking dish. Bake in a preheated 350° oven for 1 hour or until set. Serve warm, topped with berries, applesauce, or sliced fruit.

Serves 4.

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## **WHEAT SNACKS**

Place drained cooked wheat (see page 143) on paper towel. Salt lightly. Place in shallow pan in oven for 10 minutes. Preheat oil to 375° in small deep pan (not an electric skillet). Carefully place small amount of cooked wheat in oil (moisture causes oil to bubble). When kernels rise to the surface, remove with slotted spoon and place on paper towels to absorb excess oil. Season with salt, seasoned salt, or flavored salts such as ham, smoke, or hickory. Grated parmesan cheese may also be used for flavor. To make crispier, place fried wheat in shallow pan and bake in a 350° oven 8-10 minutes. Store in a cool, dry place.

Shared by:

Wheat Montana  
Three Forks, Montana



## ***WHEAT MONTANA 7-GRAIN CEREAL WITH APPLES & NUTS***

2 cups ***Wheat Montana 7-Grain Cereal***

2 medium apples, diced

½ cup walnuts or almonds

1 teaspoon cinnamon

2 tablespoons maple syrup or honey

Cook cereal per package directions. Stir in remaining ingredients.

Serves 4.

Shared by:

Wheat Montana

Three Forks, Montana



## **WHEAT RELISH**

6 cups cooked **Bronze Chief** or **Prairie Gold Wheat** (see page 143)

1½ cups vinegar

1 cup oil

2 tablespoons sugar

1½ teaspoons garlic salt

1 clove garlic, minced

1 cup celery, diced

1 cup onion, chopped

¾ teaspoon basil

¼ teaspoon tarragon

¼ cup dried parsley

½ teaspoon dill weed

¼ teaspoon pepper

2 teaspoons salt

2-3 tablespoons dry, mixed dehydrated vegetables

Mix all ingredients thoroughly. Refrigerate or process in hot water bath as for pickles. Excellent on roasts, fish, baked potatoes, salads, and sandwiches. Will store refrigerated for 2-3 weeks.

Makes 6-7 cups.

Shared by:

Wheat Montana

Three Forks, Montana



## ***SOUTH OF THE BORDER***

- 1 pound hamburger
- ½ cup chopped onion
- ½ cup chopped green pepper
- 3 cups cooked **Bronze Chief** or **Prairie Gold Wheat** (see page 143)
- 1 tablespoon chili powder
- 1 (15 ounce) can creamed corn, drained
- 1 can whole kernel corn, drained
- 1 (15 ounce) can tomato sauce
- 1 teaspoon garlic salt
- 1 cup shredded cheddar cheese

Sauté hamburger, onion and green pepper in a skillet over medium heat until browned and cooked through. Drain grease and add cooked wheat, chili powder, corn, tomato sauce, and salt.

Bake in a preheated 350° oven for 30 minutes. Put shredded cheddar cheese on top. Bake 15 minutes more. Makes great tacos.

Serves 4-6.

Shared by:

Wheat Montana  
Three Forks, Montana



## **WHEAT & MEAT CASSEROLE**

- 1½ pounds hamburger
- ¼ cup chopped onion
- 1 cup chopped celery
- 1 cup cooked **Bronze Chief** or **Prairie Gold Wheat** (see page 143)
- 1 (8 ounce) can tomato sauce
- ½ cup catsup
- ¼ teaspoon pepper
- 1 teaspoon plus ¼ teaspoon salt
- 2 cups mashed potatoes
- 1 beaten egg
- 1 tablespoon **Natural White Flour**

Brown meat, onion, and celery in a skillet over medium heat. Add cooked wheat, tomato sauce, catsup, pepper and 1 teaspoon salt to the skillet. Combine. Put browned meat mixture into a 9x12" baking dish.

Combine mashed potatoes, egg, ¼ teaspoon salt, and flour, and add to the top of casserole. Bake in a preheated 350° oven for 1 hour.

Serves 4.

Shared by:

Wheat Montana  
Three Forks, Montana





## **WHOLE WHEAT ZUCCHINI QUICHE**

- 1 pie crust, baked
- 1¼ cups cooked **Bronze Chief** or **Prairie Gold Wheat** (see page 143)
- 2 eggs
- 1 egg yolk
- 1 cup peeled, cooked, mashed zucchini
- 1½ cups milk
- ½ teaspoon salt
- 8 ounces cheddar cheese, shredded

Line bottom of crust with cooked wheat. Combine remaining ingredients and pour on top of wheat. Bake in a preheated 325° oven for 40 minutes.

Serves 6.

Shared by:

Wheat Montana  
Three Forks, Montana



## **WHOLE WHEAT CASSEROLE**

- 1 pound hamburger, bacon, or sausage
- ½ cup chopped onion
- 2 cups cooked **Bronze Chief** or **Prairie Gold Wheat** (see page 143)
- ¼ teaspoon pepper
- 1 (8 ounce) can tomato sauce
- ½ cup catsup
- ½ teaspoon salt
- ½ teaspoon garlic salt
- 2 (8 ounce) cans tomatoes, diced
- Dash liquid smoke or 1 tablespoon Worcestershire sauce

Brown meat and onion in a frying pan. Drain and add other ingredients. Place in greased 9x12" casserole dish. Bake in a preheated 350° oven for 1½-2 hours.

Serves 4-6.

Shared by:

Wheat Montana  
Three Forks, Montana



### **AXELROD & REBA'S PEANUT BUTTER DOG BISCUITS**

3 cups **Prairie Gold Flour**  
½ cup rolled oats  
2 teaspoons baking powder  
1½ cups milk  
1¼ cups peanut butter  
1 tablespoon molasses

Combine flour, oats, and baking powder in a large bowl. Using a food processor or blender, mix the milk, peanut butter, and molasses until smooth. Add to the dry ingredients. Using your hands, knead the ingredients together. Dough will be quite stiff.

Roll out the dough to ¼" thickness and cut with cookie cutters. Bake in a preheated 350° oven for 20-25 minutes or until lightly browned. Turn off the heat and leave the biscuits in the oven until cool. Store in airtight container.

Shared by:

Diana Hjertberg  
Big Timber, Montana



## **CHEDDAR PARMESAN POTATOES**

- 4 tablespoons butter or margarine
- ¼ cup **Natural White Flour**
- 2 cups milk
- ½ teaspoon salt
- 1 cup shredded cheddar cheese
- ½ cup grated parmesan cheese
- 5 cups sliced potatoes
- ¼ cup buttered bread crumbs

In a saucepan, melt butter over low heat. Stir in flour until smooth. Gradually add milk; cook and stir over medium heat until mixture thickens. Remove from heat. Add the salt, cheddar cheese, and parmesan cheese. Stir mixture until cheeses melt. Add potatoes; stir gently to mix. Place in greased 2 quart baking dish. Sprinkle bread crumbs on top. Bake uncovered in preheated 350° oven for 30-35 minutes.

Makes 6-8 servings.

Shared by:

Marilyn Steingruber  
Manhattan, Montana



## **CHEESE STRAWS**

$\frac{3}{4}$  pound sharp cheddar cheese, grated

$\frac{3}{4}$  cup (1½ sticks) margarine, softened

2½ cups **Natural White Flour**

$\frac{3}{4}$  teaspoon salt

$\frac{3}{8}$  teaspoon cayenne pepper

Blend cheese and margarine. Gradually add dry ingredients. Flatten dough to  $\frac{1}{4}$ " thickness; refrigerate 1 hour. Cut into thin strips and twist. Bake in a preheated 375° oven for 10 minutes. Don't brown. Store in airtight container.

Shared by:

Elaine Hensley

Toston, Montana



## ***SOURDOUGH STARTER***

- 1 cup warm water
- 1¼ cup plus 1 teaspoon ***Natural White Flour***
- 1 teaspoon sugar
- 1 teaspoon salt
- 1 medium potato, raw and grated

Mix all ingredients and place in glass jar or crock. Cover with cheesecloth, so wild yeast in the air can settle on it for 24 hours. Then place lid (not sealed) on jar and allow to ferment for 2 weeks. Keep in covered jar at temperature less than 70°.

Follow your favorite recipe for baking bread or pancakes using sourdough starter.

Always add same amount of flour and water to jar as amount you take out for recipe.

Shared by:

Elaine Hensley  
Toston, Montana



## **WAFFLE SAUCE**

2¾ plus ¼ cups milk

¾ cup sugar

3 tablespoons **Natural White Flour**

1 tablespoon butter

1 tablespoon vanilla

Heat 2¾ cups milk; mix in sugar and flour. Stir in the remaining ¼ cup milk. Boil mixture until thickened. Add butter and vanilla. Pour over hot waffles.

Shared by:

Marilyn Steingruber

Manhattan, Montana



## ***WHEAT MONTANA FARMS PRODUCT LIST***

### **WHEAT**

***Bronze Chief® Hard Red Spring Wheat (5 lb bags, 25 lb bags, 50 lb bags, 45 lb pails)*** – High Protein Hard Red Spring Wheat. This is the wheat that founded our business. Naturally air dried, plump kernels, low moisture, and excellent baking quality. Chemical Free or Organic available. GMO Free. Kosher Certified.

***Prairie Gold® Hard White Spring Wheat (5 lb bags, 25 lb bags, 50 lb bags, 45 lb pails)*** – This is the wheat that started a revolution in bread baking. Since we first started selling Prairie Gold® in 1988, thousands of home, specialty and commercial bakers have discovered the unique characteristics of this grain. Its naturally golden color makes 100% whole-wheat baked foods that are lighter and sweeter. It is excellent in all bread recipes, cookies, piecrusts and more. Chemical Free or Organic available. GMO Free. Kosher Certified

***Hard Red Winter Wheat (50 lb bags, 45 lb pails)*** – High protein hard red winter wheat. Comparable to our Bronze Chief® hard red spring wheat. Winter wheat is preferred by many for growing wheat grass. It is also excellent for whole grain bread products. GMO Free. Kosher Certified.

***Soft White Wheat (50 lb bags)*** – Soft white wheat is generally used for cookies, crackers and other baked goods that do not require high gluten content. This grain is lower in protein. It is not intended for making great bread, but it will perform well in most other baking applications. GMO Free. Kosher Certified.





## **WHEAT MONTANA FARMS PRODUCT LIST**

### **FLOUR**

**Natural White™ Unbleached White Flour (5 lb bags, 10 lb bags, 25 lb bags, 50 lb bags) Organic available 50 lb** – This is the highest protein unbleached white flour available. You will find it to be the best white baking flour you've ever used. Carefully milled to exact specifications and enriched with B-vitamins, niacin and iron. We also add a small amount of malted barley flour to this blend for further enhancement of final product consistency. Whether you are baking at sea level or high altitude, this flour will perform to your highest expectations. GMO Free. Kosher Certified.

**Bronze Chief® Whole Wheat Flour (5 lb bags, 10 lb bags, 25 lb bags, 50 lb bags) Organic available 50 lb** – This is our own Bronze Chief® wheat ground finely, with your baking interests in mind. By milling this flour ourselves we control the speed of the grind. We go slow and make sure that heat gain during the process doesn't destroy the protein, vitamins or baking quality. We believe that this is the highest quality, traditional, whole-wheat flour available in the world. 100% whole-wheat flour. Chemical Free. GMO Free. Kosher Certified.

**Prairie Gold® Whole Wheat Flour (5 lb bags, 10 lb bags, 25 lb bags, 50 lb bags) Organic available 50 lb** – Literally thousands of bakers have told us that they wouldn't use anything else. This flour, ground from our Prairie Gold® wheat, will delight you, your family and your customers in every way. It's so versatile it can be substituted for white flour in some recipes, giving your baked goods unique flavor, plus all of the benefits of whole wheat. 100% whole-wheat flour. Chemical Free. GMO Free. Kosher Certified.

**Whole Spelt Flour (50 lb bags) Organic available** – A primitive relative of our present day wheat. Although Spelt contains gluten, many people with wheat allergies or gluten intolerance can tolerate it. Spelt flour can be substituted, in most recipes, for whole-wheat flour. Chemical Free. GMO Free. Kosher Certified.

**Whole Grain Pastry Flour (50 lb bags)** - This whole grain flour is a great option for a healthy version of cookies, pie crusts, pizza crust, cakes and other pastry items. GMO Free, Kosher Certified.



## WHEAT MONTANA FARMS PRODUCT LIST

### SPECIALTY GRAIN

**Rolled Oats (3 lb bags, 50 lb bags)** – Rolled oats have been and continue to be, a mainstay in the modern diet. High in healthy fiber, nutrition and made more versatile and digestible by the rolling process. Our rolled oats are table grade resulting from the flaking of cleaned, steamed groats. GMO Free. Kosher Certified.

**Oat Groats (50 lb bags)** – By groating the kernel, we remove the hull, leaving just the most palatable part. Our oat groats are soft, chewy and packed full of flavor. Oats are among the most nutritionally beneficial grains available today. Our groats are produced from select, sound, clean, hulled, heavy test weight, white oats. GMO Free. Kosher Certified.

**Steel Cut Oat Groats (50 lb bags)** - A great old fashioned cereal with a hearty flavor and crunchier texture than rolled oats. GMO Free, Kosher Certified.

**Whole 7-Grain Mix (25 lb bags)** – This unique blend of seven whole grains covers all of the bases. Protein, Nutrition, Vitamins, Fiber and Flavor. Made from a hearty combination of hard wheat, soft wheat, triticale, rye, oats, pearled barley and spelt. You can use it whole, soak it, crack it, or grind flour suitable for baking. GMO Free. Kosher Certified.

**Rolled 7-Grain Mix (3 lb bags, 50 lb bags)** – It's so easily digestible; you can eat it by the handfuls right out of the bag. You'll enjoy these rolled flakes either as a bread ingredient, topping, or cereal (cold or hot). We've sold hundreds of thousands of bags of this mix to customers across the nation that continue to find new uses for one of our most versatile and popular products. GMO Free. Kosher Certified.

**Cracked 9-Grain Mix** – Similar to our 7-Grain Mix with the addition of durum wheat and brown flax seed. Most folks report a nuttier flavor with this unique blend. Bakeries usually like this one better. GMO Free. Kosher Certified.

**Golden Flax Seed (25 lb bags)** – Golden Flax seed has the natural properties of fiber, lignans and Omega-3 fatty acids that provide preventative and restorative abilities to your diet. GMO Free.

**Kamut® khorasan wheat (50 lb bags)** – Kamut is a registered trademark of Kamut International, Ltd. This is an ancient relative to wheat. You'll enjoy these thick, long grained, bronze kernels. Kamut® is high in protein, and easily digestible. It is currently being used in cereal, crackers and bread products nationwide. Licensing agreements keep this product in limited supply. Kamut® is certified organic. Kosher Certified. GMO Free

**Spelt Berries (50 lb bags) Organic available**– The origin of spelt has been traced all the way back to the first cultivation's of grain, around 500 BC. Today it has found its niche in the human food industry as a substitute for wheat or other gluten containing grains. Many who have allergic reactions to regular grains are able to consume spelt and still enjoy a diet with grain protein and soluble fiber. This grain is a little tougher to bake with, but most bakers manage predictable results in a full spectrum of gluten free baked products. Chemical Free. GMO Free. Kosher Certified.



**NOTE:** All products packaged in 45 lb plastic pails contain an oxygen-absorbing packet. The term “berries” refers to the whole kernel form of the grain. All grains store best in cool, dry conditions. Bugs will infest grain and flour if heat and humid conditions exist. Keep your products cool and dry. Our facilities are USDA, FDA, US Army, and State of Montana inspected and certified as a food quality processing plant. We are inspected and certified to process and package Certified Organic products under OCIA authority.

***Bronze Chief®***, ***Prairie Gold®*** and ***Natural White™*** are registered trade names of Wheat Montana Farms, Inc