

# 2021 KING ARTHUR BAKING CONTEST

*Bring baked entries to Expo Building Friday, August 20 from 10:00 a.m. to Noon.  
JUDGING BEGINS PROMPTLY AT NOON!*

## **RULES:**

- Contestant **MUST** use King Arthur Flour. Contestant must bring the opened bag of King Arthur Flour or the UPC label from it when he/she submits the entry.
- Contestant must substantially follow the designated recipe given below. Failure to follow the rules may result in disqualification. An entry form must accompany the entry (available to fill out upon arrival).
- All entries must be submitted in/on a disposable container for judging.

## Criteria:

Taste	50 points
Appearance + Creativity	25 points
Texture	<u>25 points</u>
TOTAL 100 points	



## **Adult Prizes:**

- First place = \$75 gift card
- Second place = \$50 gift card
- Third place = \$25 gift card

## **Youth Prizes:**

- First place = \$40 gift card
- Second place = \$25 gift card
- Third place = King Arthur Tote Bag

**For helpful tips or pictures, go to the King Arthur website at [www.kingarthurbaking.com/recipes](http://www.kingarthurbaking.com/recipes)**

# ADULT recipe = Cinnamon Star Bread

## Dough Ingredients:

- 2 cups (241g) King Arthur Unbleached All-Purpose Flour
- 1/4 cup (46g) potato flour or 1/2cup (46g) dried potato flakes
- 1/4 cup (28g) Baker's Special Dry Milk or nonfat dry milk
- 3/4 cup + 2 to 4 tablespoons (198g to 227g) lukewarm water, enough to make a soft, smooth dough
- 4 tablespoons (57g) unsalted butter, at room temperature
- 1 teaspoon vanilla extract
- 2 teaspoons instant yeast
- 2 tablespoons (25g) sugar
- 1 teaspoon (6g) salt

## Filling ingredients:

- 1 large egg, beaten
- 1/2 cup (99g) sugar
- 1 tablespoon cinnamon

## Instructions:

Weigh your flour; or measure it by gently spooning it into a cup, then sweeping off any excess.

Next, sift the flour, potato flour, and dry milk through a strainer; this is an important step to prevent lumps in the dough. (If you're using instant mashed potatoes rather than potato flour, you can skip this sifting step.)

To make the dough: Combine all of the dough ingredients and mix and knead — by hand, mixer, or bread machine — to make a soft, smooth dough.

Place the dough in a lightly greased bowl, cover, and let it rise for 60 minutes until it nearly doubles in bulk.

To shape loaf: Divide dough into 4 equal pieces. Shape each piece into a ball, cover the balls, and allow them to rest for 15 minutes.

On a lightly greased or floured work surface, roll one piece of dough into a 10" circle. Place the circle on a piece of parchment, brush a thin coat of beaten egg on the surface, then evenly sprinkle with 1/3of the cinnamon sugar, leaving 1/4" of bare dough around the perimeter.

Roll out a second circle the same size as the first, and place it on top of the filling-covered circle. Repeat the layering process — egg, cinnamon sugar, dough circle — leaving the top circle bare.

Place a 2 1/2" to 3" round cutter in the center of the dough circle as a guide. With a bench knife or sharp knife, cut the circle into 16 equal strips, from the cutter to the edge, through all the layers.

Using two hands, pick up two adjacent strips and twist them away from each other twice so that the top side is facing up again. Repeat with the remaining strips of dough so that you end up with eight pairs of strips.

Pinch the pairs of strips together to create a star-like shape with eight points. Remove the cutter.

Transfer the star on the parchment to a baking sheet. Cover the star and let it rise until it becomes noticeably puffy, about 45 minutes.

While the star is rising, preheat the oven to 400°F.

Brush the star with a thin coat of the beaten egg. Bake it for 12 to 15 minutes, until it's nicely golden with dark brown cinnamon streaks; the center should register 200°F on a digital thermometer.

Remove the loaf from the oven and allow it to cool for about 10 minutes before serving. Dust with confectioners' sugar and serve warm or at room temperature.

## **YOUTH recipe = Magic in the Middles**

### **Chocolate dough ingredients:**

1 1/2 cups (177g) King Arthur Unbleached All-Purpose Flour  
1/2 cup (43g) unsweetened cocoa, Dutch-process or natural  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1/2 cup (99g) granulated sugar (plus extra for dredging)  
1/2 cup (106g) brown sugar, packed  
8 tablespoons (113g) unsalted butter, softened  
1/4 cup (67g) smooth peanut butter  
1 teaspoon vanilla extract  
1 large egg

### **Peanut Butter Filling Ingredients:**

3/4 cup (202g) peanut butter, crunchy or smooth, your choice  
3/4 cup (85g) confectioners' sugar

### **Instructions:**

Preheat the oven to 375°F. Lightly grease (or line with parchment) two baking sheets.

To make the dough: In a medium-sized bowl, whisk together the flour, cocoa, baking soda and salt.

In another medium-sized mixing bowl, beat together the sugars, butter, and peanut butter until light and fluffy. Add the vanilla and the egg, beating to combine, then stir in the dry ingredients, blending well.

To make the filling: In a small bowl, stir together the peanut butter and confectioners' sugar until smooth.

With floured hands or a teaspoon scoop, roll the filling into 26 one-inch balls.

To shape the cookies: Scoop 1 tablespoon of the dough (a lump about the size of a walnut), make an indentation in the center with your finger and place one of the peanut butter balls into the indentation.

Bring the cookie dough up and over the filling, pressing the edges together to cover the center.

Roll the cookie in the palms of your hand to smooth it out. Repeat with the remaining dough and filling.

Roll each rounded cookie in granulated sugar, and place on the prepared baking sheets, leaving about 2 inches between cookies.

Grease the bottom of a drinking glass, and use it to flatten each cookie to about 1/2-inch thick.

Bake cookies for 7 to 9 minutes, or until they're set and you can smell chocolate. Remove them from the oven and cool on a rack.