



ROGERS FOODS NEWSLETTER

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Recipe of the Month

Fluffiest Buns Ever Recipe

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SPRING HAS SPRUNG IN THE ROGERS FOODS KITCHEN!

We continue our Bread Machine Series with more recipes for you to try!

Last month we ran a contest for your chance to win a BREAD MACHINE AND BAKING ESSENTIALS with a beautiful bread machine, accessories, and Rogers Cookbook for our lucky winner. Congratulations to our grand prize winner @Arlene.Kolundzic (facebook) and to 2nd place winner @JustBaked.bySue (IG). Be sure to watch for our Mother's Day Giveaway that will start May 2nd!

Go online to our social media pages for more information - click below:

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FLUFFIEST BUNS EVER RECIPE



... fluffy and light for any occasion

1 1/2 cups	warm water	375 mL
3 tbsp.	oil	45 mL
1/4 cup	sugar	60 mL
1	egg	1
1 1/2 tsp.	salt	7 mL
3 cups	ROGERS White Bread Flour	750 mL
1 cup	ROGERS Whole Grain Whole Wheat	250 mL
1 1/2 tbsp.	Instant Yeast	22mL Yes, this is tablespoons

(For white buns, substitute 4 cups of ROGERS No Additive All Purpose flour)

Wisk together the first 5 ingredients and transfer to bread pan. Program the bread maker for dough cycle. Punch down dough halfway through the dough cycle. Leave dough in machine to finish the cycle.

When dough cycle complete, transfer dough to lightly floured surface and cut into 20 equal pieces. Form each piece into a ball and place on a greased or sprayed cookie sheet. Let rise about 20 minutes or double in size. As an alternative you can bake 10 buns in a 9-inch Pyrex pie plate or a 9 by 9 in baking pan.

Bake at 350 F for 18 – 20 minutes Yield 20 buns

Combine wet and dry ingredients with a spatula forming a shaggy dough/ With floured hands continue mixing dough to incorporate all the flour and form into a ball. No kneading required.

Cover and let rise 1 hour.

Punch down and form dough to fit into a small, greased bread pan, 4 by 8 inches. Or shape into buns onto a greased cookie sheet or greased muffin tins.

Let rise for another hour and bake at 350 for 20 to 30 min.

Recipe easy to double for both a loaf and buns.

Switch up the flavour by substituting 1/2 cup flour with **100% Whole Grain Whole Wheat flour or Porridge Oats & Healthy Grains.**

Yield: 1 loaf or 12 buns



Easy No Knead Bread Recipe



... an artisan style loaf



1 1/4 cup water 310 mL
 1 1/2 tbsp. sugar 22 mL
 1 1/2 tsp. instant yeast* 7 mL
 2 1/2 cups **ROGERS NO ADDITIVE or All PURPOSE FLOUR** 625 mL
 1/2 tsp. salt 2 mL

*Active yeast can be substituted.

Combine warm water, sugar, and yeast. Let it stand until a head of foam forms. 5 minutes for Instant. 10 minutes for Active.

Combine flour and salt in a large bowl. Dough will triple in volume.

Combine wet and dry ingredients with a spatula forming a shaggy dough/ With floured hands continue mixing dough to incorporate all the flour and form into a ball. No kneading required.

Cover and let rise 1 hour.

Punch down and form dough to fit into a small, greased bread pan, 4 by 8 inches. Or shape into buns onto a greased cookie sheet or greased muffin tins.

Let rise for another hour and bake at 350 for 20 to 30 min.

Recipe easy to double for both a loaf and buns.

Switch up the flavour by substituting 1/2 cup flour with **100% Whole Grain Whole Wheat flour or Porridge Oats & Healthy Grains.**

Yield: 1 loaf or 12 buns



Coarse Whole Wheat Bread Recipe



... this combination of flour and bran produces a light, high fibre loaf

Available in 2 sizes

Yield: 1 1/2 lb loaf

1 1/3 cup	water	330 mL	
1 1/2 tbsp.	skim milk powder	22 mL	
2 tbsp.	sugar	30 mL	
1 tsp.	salt	5 mL	
1 1/2 tbsp.	oil	15 mL	
2 cups	ROGERS White Bread Flour	500 mL	
1 cup	ROGERS Whole Grain Whole Wheat Flour	250 mL	
1/2 cup	ROGERS Wheat Bran	125 mL	
1 1/2 tsp.	instant yeast	7 mL	

Instructions

Bake according to your bread machine.

Yield 2 lb Loaf

1 2/3 cup	water	375 mL	
2 tbsp.	skim milk powder	22 mL	
3 tbsp.	sugar	45 mL	
1 1/4 tsp.	salt	6 mL	
2 tbsp.	oil	30 mL	
2 1/2 cups	ROGERS White Bread Flour	625 mL	
1 1/2 cups	ROGERS Whole Grain Whole Wheat Flour	375 mL	
3/4 cup	ROGERS Wheat Bran	180 mL	
1 1/2 tsp.	instant yeast	7 mL	

Instructions

Bake according to your bread machine.



Cranberry Granola Bread Recipe



...enjoy your granola and toast all in one



1 1/3 cup	water	330 mL
1/4 cup	skim milk powder	60 mL
1 tsp.	salt	5 mL
3 tbsp.	brown sugar	45 mL
1 1/2 tbsp.	oil	22 mL
2 1/2 cups	ROGERS White Bread Flour or ROGERS All Purpose	625 mL
1 cup	ROGERS Cranberry Almond Granola	250 mL
1 1/2 tsp.	Instant Yeast	7 mL
3/4 cup	dried cranberries	180 mL

Instructions

Bake according to your bread machine. With a sweet loaf like this it is always best to bake with a light crust setting.

Baking with a Bread flour instead of All Purpose will produce a lighter loaf

Yield 1 1/2 lb loaf



Bread Pudding Recipe



... bake leftover bread into a classic comfort food



6 slices of bread
 2 tbsp. butter, melted 30 mL
 1/2 cup raisins, cranberries, or dried fruit of choice 125 mL
 4 eggs beaten 4
 2 cups milk 500 mL
 3/4 cup brown sugar 180 mL
 1 tsp cinnamon 5 mL
 1 tsp vanilla 5 mL

Topping

2 tbsp. brown sugar 60 mL
 1 tsp. cinnamon 5 mL

Break bread into small pieces into an 8-inch square pan.

Drizzle melted butter over bread and sprinkle with fruit.

Combine eggs, milk, sugar, cinnamon, and vanilla. Beat well and pour over bread and lightly push down with a fork until bread is covered and soaking up the egg mixture.

Sprinkle top with extra brown sugar and cinnamon.

Bake for 40 to 45 minutes at 350

Serve Hot with a scoop of ice cream or covered with milk.

Yield: 8 to 10 servings



BREAD MACHINE BASICS



All bread machines knead and bake a little differently, but they all follow the same principles. ROGERS recipes have been developed to work with ROGERS Flours and in all brands of machines. Some minor adjustment is sometimes required for different machines. We are happy to provide a trouble shooting guide to help you make the adjustments for your machine, but usually it is as simple as changing the amount of water by 1 tablespoon.

Some Simple Rules to Follow:

- Add ingredients in the order listed in the recipe.
- Measure carefully.

Understanding the Ingredients:

- **WATER** - is the most challenging to measure carefully. 1 tablespoon off can affect the shape of your loaf. Temperature should be tepid.
- **SKIM MILK POWDER** - will help with colour and tender crumb. Bread made with milk powder will stay fresher longer.
- **SUGAR** – provides food for the yeast and adds flavour. Sugar source can be white, brown, honey, maple syrup, or molasses.
- **FAT** – produces a tender crust and soft loaf. You can use shortening, margarine, butter or oil.
- **SALT** – is the yeast inhibitor, preventing the loaf from over-rising. It must not come in direct contact with yeast.
- **FLOUR** – Bread flour will produce the lightest loaves because it has higher protein and a dough enhancer which helps the bread to rise, especially when making whole wheat, rye or multi grain breads. **Rogers Bread flours can be found in 2.5 kg bags at a variety of retail outlets. In BC, we also sell our wholesale bread flours, in 20 kg bags at some Costco outlets. Silver Star is unbleached white bread flour, and Coarse Whole wheat is whole wheat bread flour.**
- If using All-Purpose Flour you may need to add extra gluten, about 1 tbsp. per cup of flour. If using No Additive All Purpose Flour you will need to add extra gluten as above and also lemon juice which is a natural dough enhancer; 1/2 tbsp. per cup of flour is recommended.
- **YEAST** – Instant yeast is required for bread machines. It is finer, faster acting and designed to add as a dry ingredient.

TROUBLESHOOTING GUIDE

These are the bread machine problems most frequently reported to us and the most likely causes.

<i>Problem:</i>	<i>Possible Cause</i>
Short loaf	-not enough yeast or weak yeast -not enough sugar -not enough liquid -too much salt
Too much rising, mushroom top or sunken top.	-too much yeast -too much sugar -too much liquid -not enough salt
Under-baked, gummy centre	-too much liquid -recipe too large for pan
Heavy, dense texture, knobby surface	-not enough yeast -not enough sugar -not enough liquid -too much flour, especially whole grain
Open, coarse texture	-too much yeast -too much liquid -not enough salt
Crust too dark	-too much sugar -too much shortening

To pinpoint the cause, change only 1 ingredient at a time.

Increase or decrease flour or water by 1 tbsp. at a time. Water is the easiest and first item you should try adjusting.

Sugar can be adjusted by the 1/2 tbsp.

Yeast or salt adjust by 1/4 tsp. at a time.

THE WELLNESS CORNER

INCLUDING WHOLE GRAINS AS PART OF YOUR HEALTHY DIET

by Tammy-Lynn McNabb, Registered Holistic Nutritionist, Rogers Foods

Whole grains are loaded with nutrients, including fibre, protein, B vitamins, antioxidants, and trace minerals (iron, zinc, copper, and magnesium). A diet full of whole grains can reduce heart disease, keep your blood sugar under control, avoid the onset type 2 diabetes and ward off some types of cancer. In order to have healthy bowel movements daily, whole grains should be consumed regularly. Whole grains promote the growth of healthy bacteria in the colon, reducing the risks of colon and other cancers.

The ABCs of Whole Grains

A whole grain contains the bran, germ, and endosperm. The whole grain may be used intact or recombined, as long as all components mentioned are present in their natural state. When searching for whole grains in the supermarket, look for the following:

- Whole-grain corn
- Whole oats/oatmeal
- Popcorn
- Brown rice
- Whole rye
- Whole-grain barley

WHOLE GRAINS



- Wild rice
- Buckwheat
- Triticale
- Bulgur (cracked wheat)
- Millet
- Quinoa
- Sorghum
- 100% whole wheat flour

Oats are amongst the healthiest whole grains you can include in your diet. They are not only packed with vitamins, minerals and fibre but also naturally gluten-free. Oats are also rich in antioxidants, especially avenanthramide. Avenanthramide has been linked to a reduced risk of colon cancer and helps to lower blood pressure. Oats are also a fantastic source of beta-glucans, a type of soluble fibre that aids in digestion and nutrient absorption. An analysis of 28 studies discovered that diets rich in beta-glucans could lower “bad” LDL cholesterol and total cholesterol. Just choose whole oats, such as steel-cut oats, oat groats and rolled oats. Prepackaged and flavoured instant oatmeal is usually loaded with sugar and should be avoided.

At Rogers, we use Millet in some of our breakfast blends. Millet is an ancient grain that has been a part of human cuisine for thousands of years and is considered a staple ingredient in India, China, Africa, Ethiopia, Nigeria and other parts of the world. Millet is incredibly nutritious and a great source of magnesium, manganese, zinc, potassium, iron, B vitamins and fibre. Research has linked millet consumption to health benefits such as reduced inflammation, lower blood triglycerides and improved blood sugar control. Although it is thought of as a cereal, Millet is a grain that’s classified as a pseudocereal. Some believe it to be a whole-grain cereal because it is consumed in a similar way.

1. Tips for Reaping the Benefits of Whole Grains - <https://www.webmd.com/food-recipes/features/reap-the-benefits-of-whole-grains>
2. All you should know about grains - <https://zerxza.com/food-nutrition/guides/all-you-should-know-about-grains/>
3. 14 Healthy whole grain foods - https://www.healthline.com/nutrition/whole-grain-foods#TOC_TITLE_HDR_3
4. <https://www.nutritionadvance.com/types-of-whole-grains/>