



ROGERS FOODS NEWSLETTER

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Recipes of the Month

SWEET BRIOCHE
STRAWBERRY ICE CREAM
SANDWICHES

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POBLANO CORN
CHOWDER

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EMPOWERING WOMEN
THROUGH MENOPAUSE:
UNDERSTANDING
HORMONES & FOODS
FOR OPTIMAL HEALTH

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Summer Treats Sweet vs Savoury!

🍓 ✨ Savour the best of summer with Rogers Foods! ☀️ 🍦 Dive into our mouthwatering recipes perfect for warm sunny days. From our sweet, brioche strawberry ice cream sandwiches to our delicious, creamy Pablos corn chowder, we've got your summertime cravings covered!

🌽 🍓 Your taste buds will thank you! 🙌 Don't forget to share your culinary creations with us using #MadeWithRogers. Enjoy the flavours of the season! 🍴 ❤️

📸 Tag us in your posts and use these trend hashtags: #RogersSummerRecipes #IceCreamSandwiches #CornChowder #Foodstagram #HomeCooking #EatWell #InstaFood #SummerVibes 🥰 🙌 ... #RogersFoods #GoodEats #FoodLovers #CookWithLove #SeasonalEats #TasteOfSummer ✨ 🍴 Bon appétit! 🍴 ✨

SWEET BRIOCHE STRAWBERRY ICE CREAM SANDWICHES



PREP TIME: 1 HOUR

COOK TIME: 50 MINUTES

PROOFING / CHILLING: 1DAY

TOTAL TIME: 1 DAY, 1 HOUR 45 MINUTES

SERVINGS: 16 BUNS

INGREDIENTS

- 120 mL warm milk $\frac{1}{2}$ cup, around 110 F
- 9 g active dry yeast (about 2 $\frac{1}{2}$ tsp)
- 10 mL honey - 2 tsp
- 4 large eggs
- 2 yolks from large eggs
- 10 mL vanilla - 2 tsp
- 60 g granulated white sugar - 5 tbsp
- 4 cups + 2 tbsp **ROGERS FOODS ALL PURPOSE FLOUR**
- 10 g fine sea salt - 1 $\frac{1}{2}$ tsp
- 250 g unsalted butter (very soft) roughly divided into four portions (1 cup + 2 tbsp) / 8.8 oz

TO BRUSH / SPRINKLE ON TOP

- 1 egg whisked, for the egg wash
- Sesame seeds (optional)
- Coarse Sugar

INSTRUCTIONS

DAY ONE - MAKING THE DOUGH

- Measure all the ingredients.
- Add the milk, yeast and honey into the mixing bowl and whisk gently to combine. Set aside for 10 minutes to allow the yeast to activate.
120 mL warm milk, 9 g active dry yeast, 10 mL honey

- Add the eggs and yolks, vanilla, and sugar, and whisk gently to break the egg yolks. 4 large eggs, 2 yolks from large eggs, 10 mL vanilla, 60 g granulated white sugar
- Add the flour and sea salt, and mix with a spatula or dough whisk to form a scraggly dough. 500 g Rogers Foods AP Flour, 10 g fine sea salt
- With the dough hook attachment, knead the dough on speed 2 or 3 for about 3 - 5 minutes.
- Add the first portion of butter, in increments, after the first minute of kneading. Allow the butter to be mixed well into the dough. This should take about 1 - 2 minutes.
250 g unsalted butter (very soft)
- Repeat with the other 3 portions of butter, kneading the dough for about 2 minutes after each addition.
250 g unsalted butter (very soft)
- Make sure to stop the mixer to scrape down the sides of the bowl (and the bottom) between adding butter and kneading. You will have incorporated all the butter in about 9 - 10 minutes of kneading time.
- Once all the butter is incorporated, scrape down the sides and bottom of the bowl, and knead the dough for a further 5 - 20 minutes on speed 5 or 6.
- The dough will have been kneaded enough when it can be lifted fairly cleanly off the bottom of the bowl when picked up with the dough hook. It will be very soft and tacky to the touch, but shouldn't stick to your fingertips. Rather than strictly going by time, knead the dough until you have reached this consistency.
- Flour your work surface, and turn the dough out onto the floured surface. Lightly flour your hands and the surface of the dough to prevent the dough from sticking to your palms. Then flatten the dough with your hands to deflate.
- Fold in the edges of the dough towards the middle and gently press them into the dough (see pictures in my brioche bread loaf post for more information). Carefully flip the dough over, and then with the heel of your palms, shape the dough to form a tight ball.
- Carefully pick up the dough ball and place it back in the mixer bowl (or another large bowl).
- Let it rise until it has doubled in size, in a warm place (72°F), for about 1 hour.
- Turn the proofed dough out onto a lightly floured surface, and fold in the edges again as before towards the middle and press them in. Carefully flip the dough

over (seam side down now). Tighten the dough into a ball with a smooth, taut surface (using the edges of your palms). Transfer the dough into the mixer bowl again.

- Cover and let it chill in the fridge for at least 8 hours, or up to 24 hours.

DAY TWO

PORTIONING THE DOUGH

- Remove the chilled dough from the fridge. The dough will be much easier to work with now.
- Line a few baking trays with parchment paper. Keep a bowl of flour, a scale, and a dough cutter ready
- Turn the dough out onto a lightly floured surface. Deflate the dough by flattening it lightly.
- Measure the weight of the dough, and then divide it into 16 pieces (about 75 g per portion).
- Each portion will bake into a burger bun that is 9 - 9.5 cm in diameter.

SHAPING THE DOUGH

- Place each dough portion on your work surface, with the smooth side down. Fold in the edges towards the middle. Pinch the seams together
- Dip the smooth side of the dough in a little flour. Carefully flip the dough over, and then using a cupped palm, and with the seam side down, roll the dough portion on your work surface until you get a smooth dough ball.
- Place the smooth, rolled dough on the parchment paper-lined baking tray; 6 buns on a baking tray plus 2 more on another tray.
- Repeat with the other dough portions to get 16 smooth dough balls.
- After arranging the dough balls on your baking trays, flatten them slightly. Cover the buns loosely with plastic wrap. This is important to prevent a skin from forming on the dough as it proofs.

PROOFING AND BAKING

- Proof the bread in the covered loaf pans for about 2 hours at room temperature, or until doubled in size. Preheat the oven to 350°F / 180°C before baking the

buns. You can check if the buns are proofed by doing the indentation test (see recipe notes).

- Once proofed, brush the tops with an egg wash.
Optional - sprinkle sesame seeds on top. For more flavour, you can sprinkle coarse sugar as well. 1 egg, Sesame seeds, Coarse Sugar
- Bake in preheated oven until golden brown on top, and the internal temperature registers 190°F / 88°C. This can take about 10 - 12 minutes.
- Remove from the oven and let the buns cool slightly.
- Transfer the buns to a wire rack and let them cool down to room temperature. They're ready to be served now.
- I prefer to bake one tray at a time. But you can bake two at a time as well, just make sure to switch the tray positions halfway through the baking time. To prevent over-proofing, refrigerate the remaining baking trays with the proofed buns (still covered in plastic wrap) until they're ready to be baked.

We like to cut our buns in half, toast on a hot griddle and fill with our favourite ice cream. You can try adding strawberry jam, fudge sauce or whatever seasonal fruit!

NOTES

NOTES ON PROOFING

Proofing times will vary depending on the temperature of the dough, environment and the type of yeast you use. So rather than going by time, go by sight and feel.

FOR SLIDER BUNS

One batch of this dough will make 24 slider buns. Divide the dough into 24 portions for sliders; about 50 g per portion.

Place 12 of the buns on a parchment paper-lined 9 x 13 baking pan /cake pan. Arrange the portions in a 3 x 4 configuration with equal spacing between the buns and the edges of the pan, as well as between the buns. Repeat with the rest of the buns in another 9 x 13 baking pan.

Cover the pans with plastic wrap and let them proof until the buns are almost touching / slightly touching each other.

Bake in a 350 F / 180 C oven for 15 minutes, or until the tops are golden brown and the internal temperature is 190 F.

HOW TO TELL IF THE BUNS ARE PROOFED PROPERLY

- If you make a small indentation in the dough with your fingertip, and it bounces back 90 - 100% of the way, then the dough is still under-proofed.
- If the indentation bounces back only slightly, then it's proofed and ready to be baked. If the indentation stays, it's starting to over-proof, so bake it as soon as possible.
- If the bread deflates when poked with a finger, then it has over-proofed.

Brioche Bun recipe courtesy of: <https://www.theflavorbender.com/perfect-brioche-buns-recipe/#wprm-recipe-container-34673>

POBLANO CORN CHOWDER

PREP TIME: 15 minutes

COOK TIME: 20 minutes

NUMBER OF SERVINGS: 8-10



INGREDIENTS

- 2 tablespoons olive oil
- 4 tbsp ROGERS FOODS ALL PURPOSE FLOUR
- one onion, diced
- 1 red bell pepper
- 1–2 large poblano peppers, diced
- 4 garlic cloves, rough chopped
- 3 cups potatoes, diced- yukon, baby, red, or peeled
- 3 cups veggie broth (or use water and 2 teaspoons broth base or boullion cubes)
- 1 1/2 teaspoon salt
- 1 teaspoon fresh black pepper
- 1 1/2 teaspoon ground cumin
- 2 teaspoons ground coriander
- 1 1/2 teaspoons dried oregano
- 1 bay leaf
- 4 cups corn (divided)
- 2 cups milk

INSTRUCTIONS

1. In a large pot or dutch oven, heat oil over medium high heat. Saute onion, 3-4 minutes until fragrant. Lower heat to medium, add bell pepper, poblano peppers and garlic, saute 4-5 minutes until fragrant. Stir in 4 tbsp Rogers All Purpose Flour.
2. Stir in potatoes and broth and salt, pepper, cumin, coriander, oregano and bay leaf. You should have just enough liquid to cover potatoes- if not, add a little more. Cover and bring to a gentle simmer, until potatoes are tender, about 10-15 minutes.
3. Place half of the corn in a blender with the milk. Blend until silky smooth. Pour mixture into the soup pot, along with the remaining half of corn. Simmer for a few minutes until heated through.
4. Taste and adjust the salt to taste. Add a squeeze of lime, if needed.
5. Serve with lime wedges and cilantro, and a dollop of sour cream for extra richness if you like.



WELLNESS CORNER

with Rogers Foods Registered Holistic Nutritionist, Tammy-Lynn

EMPOWERING WOMEN THROUGH MENOPAUSE: UNDERSTANDING HORMONES & FOODS FOR OPTIMAL HEALTH

Menopause is a natural biological process that every woman experiences as she ages. This transformative stage is marked by the cessation of menstruation and the end of reproductive potential, usually occurring between 45 and 55 years of age. During this period, women undergo significant physiological changes due to fluctuating hormone levels, which can lead to various symptoms, including hot flashes, night sweats, mood swings, and weight gain. Although menopause is a normal part of aging, the symptoms can be challenging to manage.

Fortunately, diet and nutrition can play a key role in alleviating these symptoms. This blog explores the hormonal changes that occur during menopause and highlights specific foods that can help women navigate this stage with greater ease and well-being.

Hormonal Changes in Menopause

Menopause is primarily driven by changes in hormonal levels, particularly a decrease in the hormones estrogen and progesterone. Estrogen is crucial for regulating the menstrual cycle, maintaining bone density, and keeping the vaginal walls elastic and lubricated. As estrogen levels decline, women may experience a variety of physical and emotional symptoms.

1. **Estrogen:** The reduction in estrogen levels during menopause leads to hot flashes, night sweats, vaginal dryness, and an increased risk of osteoporosis and cardiovascular disease. Estrogen is also linked to mood regulation, so its decline can result in irritability, anxiety, and depression.

2. **Progesterone:** This hormone prepares the body for pregnancy and regulates the menstrual cycle. As progesterone levels fall, women may experience irregular periods and difficulty sleeping.
3. **Testosterone:** While often associated with men, testosterone plays a role in women's health by contributing to libido, energy levels, and muscle mass. Testosterone levels gradually decline with age, and this decline can become more pronounced during menopause. Understanding these hormonal changes is crucial for identifying effective dietary strategies that can help manage and alleviate menopausal symptoms.

Nutritional Strategies to Support Menopausal Health

A balanced diet rich in essential nutrients can help alleviate menopausal symptoms and support overall health during this life stage. Several foods and dietary components have been identified as particularly beneficial for women going through menopause.

1. **Phytoestrogens:** Phytoestrogens are plant-based compounds that mimic the effects of estrogen in the body. They can help mitigate the symptoms of estrogen decline by binding to estrogen receptors in the body. Foods rich in phytoestrogens include soybeans and soy products (tofu, tempeh, soy milk), flaxseeds, and legumes. Studies have shown that women who consume diets high in phytoestrogens experience fewer and less severe hot flashes.
2. **Calcium and Vitamin D:** As estrogen levels drop, women are at an increased risk of developing osteoporosis due to decreased bone density. Calcium and vitamin D are essential for maintaining bone health. Dairy products, leafy green vegetables (such as kale and broccoli), nuts, and fortified foods (such as orange juice and cereals) are excellent sources of calcium. Vitamin D can be obtained from sun exposure, fatty fish (such as salmon and mackerel), and fortified foods.
3. **Omega-3 Fatty Acids:** Omega-3 fatty acids have anti-inflammatory properties and can help manage mood swings and depression associated with menopause. They are also beneficial for heart health, which is particularly important as the risk of cardiovascular disease increases post-menopause. Rich sources of omega-3 fatty acids include fatty fish (like salmon, mackerel, and sardines), flaxseeds, chia seeds, and walnuts.

4. **Whole Grains:** Whole grains such as oats, quinoa, brown rice, and whole wheat bread are rich in fibre and nutrients. They can help regulate blood sugar levels, reduce the risk of heart disease, and improve digestive health. The fibre content in whole grains promotes satiety, which can aid in managing weight during menopause.
5. **Fruits and Vegetables:** A diet abundant in fruits and vegetables provides essential vitamins, minerals, and antioxidants that support overall health. Dark leafy greens, berries, citrus fruits, and cruciferous vegetables (such as broccoli and cauliflower) are especially beneficial. Antioxidants help combat oxidative stress, which can be elevated during menopause.
6. **Protein:** Adequate protein intake is important for maintaining muscle mass, which tends to decline with age and hormonal changes. Lean sources of protein include chicken, turkey, fish, beans, lentils, and nuts. Including protein in each meal can also promote satiety and aid in weight management.

Practical Dietary Tips for Managing Menopause

Incorporating these nutrient-rich foods into the diet can help manage menopausal symptoms, but making practical and sustainable dietary changes is key. Here are some strategies for adopting a menopause-supportive diet:

1. **Balanced Meals:** Aim for balanced meals that include a variety of macronutrients (proteins, fats, and carbohydrates) and micronutrients (vitamins and minerals). This ensures that the body receives a steady supply of nutrients to support hormonal balance.
2. **Hydration:** Staying hydrated is essential for overall health. Drinking plenty of water can help manage hot flashes and maintain skin elasticity.
3. **Mindful Eating:** Practice mindful eating by listening to hunger and fullness cues, savoring each bite, and avoiding distractions while eating. This can help prevent overeating and promote a healthier relationship with food.
4. **Consistent Meal Times:** Eating at regular intervals can help stabilize blood sugar levels and prevent energy crashes. Aim for three balanced meals and healthy snacks if needed.

5. **Limit Processed Foods:** Processed foods and refined sugars can exacerbate menopausal symptoms and contribute to weight gain. Opt for whole, unprocessed foods whenever possible.
6. **Moderation with Alcohol and Caffeine:** Both alcohol and caffeine can trigger hot flashes and disrupt sleep. Consuming them in moderation or finding alternatives, such as herbal teas, can help manage symptoms.

Menopause is a natural phase of a woman's life that brings about significant hormonal changes. While these changes can lead to various symptoms, diet and nutrition offer powerful tools to manage and alleviate these effects. Incorporating foods rich in phytoestrogens, calcium, vitamin D, omega-3 fatty acids, whole grains, fruits, vegetables, and lean proteins can provide essential nutrients that support hormonal balance, bone health, heart health, and overall well-being. By adopting practical dietary strategies and making mindful choices, women can navigate the menopausal transition with greater ease and confidence. Empowering women with knowledge about the role of nutrition during menopause can pave the way for healthier, more fulfilling lives!

