



Kernza[®] Vanilla Butter Cake

Recipe developed by Beth Dooley



1 cup maple sugar or light brown sugar

3 large eggs, lightly beaten

1 teaspoon vanilla

1 teaspoon salt

1 stick (1/2 cup) unsalted butter, melted

1 cup Kernza flour

- Preheat the oven to 350 degrees F. Grease and lightly flour a 6 cup bundt pan or 8-1/2-inch loaf pan.
- In a large bowl, beat together the sugar, eggs, vanilla, and salt. Slowly whisk in half of the melted butter until well combined. Stir in 1/2 cup of the flour until well combined. Then mix in the remaining butter and then the flour. Stir until the batter is even with no lumps.
- Turn the batter into the pan and bake until a toothpick inserted in the middle comes out clean, about 25 to 35 minutes.
- Cool on a wire rack for about 15 minutes; gently turn the pan over and tap until the cake slides out.

One 6 cup cake, Serves 8



Kernza[®] Peanut Butter Cookies

Recipe developed by Beth Dooley

1/2 c butter
1/2 teaspoon vanilla
1/2 cup sugar
1/2 cup brown sugar
1 egg
1/2 cup peanut butter

1 1/2 cup Kernza flour
1/8 teaspoon salt
1 teaspoon baking soda
1/2 cup semi-sweet chips
(optional)

- Preheat the oven to 350°F. Line a baking sheet with parchment paper.
- In a large bowl, cream together the butter, vanilla and sugars. Beat in the egg; stir in the a butter.
- In a small separate bowl, mix together the flour, salt and baking soda. Stir into the peanut butter mixture and combine. Mix in chocolate chips.
- Using a tablespoon, scoop up the dough and roll into small round balls. Place on the parchment paper about 2 inches apart. Press the balls with the back of a fork to a make a criss-cross design. Bake until just firm, about 8 to 10 minutes. Remove and cool the cookies on the baking sheet for abut 5 minutes. Transfer to a wire rack to cool thoroughly.

Makes 12-18 cookies



Beth's Kernza[®] Bread

Recipe developed by Beth Dooley



1 tablespoon active dry yeast

2 tablespoons hazelnut oil

2½ cups warm water

2 cups Kernza flour

3 tablespoons honey

3 to 4 cups whole wheat flour

1 tablespoon coarse salt



- In a large bowl, dissolve the yeast in ½ cup of the warm water. Stir in the honey, salt, and oil. Stir in the Kernza flour and then add the wheat flour, cup by cup until the dough becomes too hard to stir.
- Dust a work surface with the wheat flour and turn out the dough onto the prepared surface and knead the dough until it becomes smooth and loses some of its tackiness, about 8 to 10 minutes. Turn the dough into a greased bowl and cover with a clean kitchen towel. Let the dough rise until double in volume, about 2 hours.
- Punch the dough down, then shape it into two round 8-inch loaves and place on a greased baking sheet. Cover the loaves with a clean kitchen towel and let rise until the dough nearly doubles in size, about 1 hour. Preheat the oven to 350° F.
- Bake off the loaves until they sound hollow when tapped, about 45 mins.

Makes two 8-inch round loaves





Kernza[®] Toffee Bars

Recipe developed by Beth Dooley

1 stick (1/2 cup) unsalted butter, softened
1/2 cup packed light brown sugar
1 teaspoon vanilla
1 egg yolk
1 cup Kernza flour

1/4 teaspoon salt
1/2 cup semi-sweet chocolate chips
1/2 cup toasted, chopped hazelnuts, optional

- Preheat the oven to 350 degrees F.
- In a large bowl, beat together the butter, sugar, vanilla and egg yolk. Stir in the flour and salt to make a stiff dough. Press the dough into an ungreased 9-inch square pan.
- Bake the bars until the crust begins to brown, about 20 to 25 minutes. Remove and immediately sprinkle the chocolate chips on the hot crust. Let stand until the chocolate is soft. Using a spatula or wide knife, spread the softened chocolate over the crust to make a smooth layer. Scatter the nuts over the top.
- Set the pan on a wire rack and allow to cool for about 15 minutes before cutting into squares.

Makes 16 bars



Ginger Kernza[®] Cookies

Recipe developed by Beth Dooley



1 1/4 cups Kernza flour

1/2 teaspoon baking soda

1/4 teaspoon salt

1 teaspoon ground ginger

1 teaspoon ground cinnamon

1/4 teaspoon grated nutmeg

1/2 cup cold pressed sunflower oil

1/2 cup dark brown sugar

1 large egg

1 teaspoon vanilla extract

1/4 cup chopped candied ginger

**About 1/4 cup granulated sugar,
for rolling**

- In a medium bowl, whisk together the flour, baking soda, salt, ginger, cinnamon, and nutmeg.
- In a large bowl, beat together the oil, sugar, egg and vanilla. Stir in the flour mixture. Then stir in the chopped crystallized ginger. Chill the dough in the refrigerator for at least 30 minutes or overnight.
- Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper or lightly grease.
- Using a tablespoon, scoop up the dough and roll into balls then coat with the granulated sugar and place about 2 inches apart on the baking sheet. Bake until the tops of the cookies have cracks, about 8 to 9 minutes. Let the cookies cool directly on the baking sheet. Store in a covered container.

Makes 16 bars

Whole Kernza[®] Tortillas



beth dooley's kitchen



Forever
Green



2 cups Kernza flour

1/2 tsp salt

1/2 tsp baking powder

1/4 cup butter, lard or other fat

Bacon drippings (optional)

- In large mixing bowl combine the flour, salt and baking powder.
- Cut in the butter (or butter and lard) using a pastry blender or your hands until mixture is incorporated and coarse, like wet sand.
- Add 3/4 cup warm water and using your hands or a fork, form into a dough, not too sticky and not too dry. If too sticky, add more flour, too dry, add more water.
- Knead the dough on a floured surface for a few minutes until no longer sticky; the dough should feel smooth, elastic and not dry.
- Divide the dough up into 8-10 balls and arrange on a baking sheet.
- Lightly dampen a tea towel with warm water, cover the dough and let rest for 20 minutes.
- Using a rolling pin, shape the flour tortillas into thin round circles about 6" in diameter. (Or use a wax paper lined tortilla press to form.)
- Heat up a cast iron skillet on medium heat. (If you want, you can add a [~small~] amount of bacon drippings to the skillet to cook the tortillas). Cook the tortillas until bubbles form and brown specks appear, about 1 minute. Turn over and cook other side, about another minute.
- Continue cooking all the flour tortillas in the same manner.

Makes 8-10 tortillas



Savory Kernza[®] Waffles

Recipe developed by Beth Dooley

1/4 cup all-purpose flour
3/4 cup Kernza flour
1 tablespoon baking powder
1/2 teaspoon salt
2 egg whites
2 egg yolks
1 cup milk
1/2 cup plain yogurt

2 tablespoons melted butter
1 teaspoon chopped fresh thyme
3 tablespoons chopped fresh parsley
1/2 cup cooked Kernza grain, optional
Vegetable oil for cooking

- In a large bowl, stir together the flours, baking soda, and salt.
- In a separate bowl, whip the egg whites until they form soft peaks.
- In a third bowl, whisk together the egg yolks, milk, yogurt and melted butter. Turn this mixture into the dry ingredients and stir to combine. Then fold the egg whites into the batter. Fold in the cooked whole grain Kernza[®].
- Try it topped with a fried or poached egg or scatter it with shredded parmesan.

Serves 6-8