



# BETTER BAKING

## Substitutions Can Help Improve Taste, Texture And Nutritional Value Of Foods

(NAPS)—Creativity has long been a necessity in the kitchen. Whether it's coming up with new recipes based on what's in the pantry, experimenting with new flavors or substituting in cases when certain ingredients are in short supply, the creative chef knows how to make magic.

Another example of creative substitutions paying off is when using alternative ingredients to improve the taste, texture or health benefits of a recipe. For example, in many baked goods, corn syrup can be used in place of honey or molasses. The corn syrup helps hold in moisture and maintain freshness.

Yet another substitution tip is to use whole wheat flour for some of the white flour in recipes. Whole wheat flour is an excellent source of fiber and can be a simple way to get the recommended three servings of whole grains a day.

This tasty bread, made with new KARO Corn Syrup with real Brown Sugar and Fleischmann's Yeast, combines the goodness of whole wheat flour and wheat bran with delicious, crunchy seeds.

### Brown Sugar Seed Bread

*Makes 2 loaves*

- 2 to 2½ cups all-purpose flour**
- 3 cups whole wheat flour**
- ½ cup wheat bran**
- ¼ cup flaxseed meal**



This whole-grain bread can be a delicious, crunchy way to get the recommended three servings of whole grains a day.

- ¼ cup millet seed**
- 2 tablespoons sunflower seed**
- 2 envelopes FLEISCHMANN'S RapidRise Yeast**
- 1½ teaspoons salt**
- 2 cups water**
- ¼ cup plus 2 tablespoons vegetable oil**
- 2 tablespoons molasses**
- 2 tablespoons KARO Corn Syrup with real Brown Sugar**
- 1 tablespoon vinegar**
- Melted butter or margarine (optional)**

In a large bowl, combine 1 cup all-purpose flour, whole wheat flour, wheat bran, flaxseed meal, seeds, undissolved

yeast, and salt. Heat water, oil, molasses, corn syrup and vinegar until very warm (120° to 130° F). Gradually add to flour mixture. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Stir in enough remaining flour to make a soft dough. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover; let rest 10 minutes.

Divide dough in half. Roll each half to 12 x 7-inch rectangle. Beginning at short end of each rectangle, roll up tightly as for jelly roll. Pinch seams and ends to seal. Place, seam sides down, in 2 greased 8½ x

4½-inch loaf pans. Cover; let rise in warm, draft-free place until doubled in size, about 30 to 45 minutes.

Bake at 375° F for 25 to 30 minutes or until done. Remove from pans; cool on wire rack. Brush with melted butter, if desired.

For more ideas, visit the Karo brand at [www.karosyrup.com](http://www.karosyrup.com) and the Fleischmann's Yeast site, [www.breadworld.com](http://www.breadworld.com).

### Baking Substitution Tips

- Equal amounts of Karo Corn Syrup can be used in recipes containing honey or molasses.
- Substitute half the total amount of white flour with whole wheat flour to get more fiber in baked goods.
- In recipes calling for water, replace half of the amount with juice, milk, yogurt or sour cream for added nutrition and more tender crumb.
- Fleischmann's envelope yeast and jar yeast can be used interchangeably in equivalent amounts. See package directions for conversion.
- If flaxseed or millet seed is unavailable, use the same amount of sesame seed, chopped nuts or sunflower seeds.
- Oat bran or quick oats can be used in place of wheat bran, if desired.

### Food Ideas

For recipes, baking tips and information using corn syrup, visit [www.karosyrup.com](http://www.karosyrup.com) and for anything and everything on yeast, visit the Fleischmann's Yeast Web site, [www.breadworld.com](http://www.breadworld.com).