

# King Arthur Flour

## Adult Baking Contest – 2024

### PRIZES

- 1st Place: \$75 gift certificate to the Baker's Catalogue/kingarthur.com  
2nd Place: \$50 gift certificate to the Baker's Catalogue/kingarthur.com  
3rd Place: \$25 gift certificate to the Baker's Catalogue/kingarthur.com

### CONTEST RULES

1. Pre-entry is required on the Fair's General Entry Form and received by the Tuesday before the Fair.
2. **Exhibitor must bring opened bags of King Arthur Flour or submit UPC labels from the flour bags when they bring their baked goods to the Fair.**
3. Each entry must follow the designated recipe.
4. Each entry must be in a Ziploc-type bag and on a plate.
5. Judging will be based on the following criteria:
  - a. Taste 50 Points
  - b. Presentation 25 Points
  - c. Texture 25 Points
  - Total 100 Points
6. Failure to follow these rules may result in disqualification.
7. King Arthur is not responsible for replacing lost or misplaced prizes or ribbons (including gift cards).

## Back-of-the-Bag Oatmeal Bread

### Ingredients:

#### Dough

- 3 cups (360g) King Arthur Unbleached Bread Flour
- 1 cup (89g) old-fashioned rolled oats
- 2 tablespoons (28g) butter
- 1 1/2 teaspoons (9g) table salt
- 3 tablespoons (40g) light brown sugar, dark brown sugar, or 3 tablespoons (63g) honey
- 2 teaspoons instant yeast
- 1 1/4 cups (283g) lukewarm milk

#### Topping

- 1 large egg white
- 1 tablespoon (14g) water, cold
- 1 to 2 tablespoons (6g to 12g) old-fashioned rolled oats

### Instructions:

1. Weigh your flour, or measure it by gently spooning it into a cup, then sweeping off any excess.
2. **To make the dough:** In a large mixing bowl, or in the bowl of a stand mixer, mix together all of the ingredients to form a rough, shaggy dough.
3. Knead the dough, by hand or mixer, until it's springy though still somewhat soft, about 5 to 7 minutes. The dough may feel quite sticky at the beginning; don't be tempted to add more flour, as additional flour will make the loaf dry. If you're kneading by hand, try kneading on a lightly greased work surface rather than a floured surface.
4. Place the dough in a lightly greased bowl, cover, and allow it to rise at room temperature for 1 hour; it'll become quite puffy, though it may not double in bulk. If your kitchen is particularly cold (below 65°F), place the bowl of dough in your turned-off oven with the oven light on.

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## King Arthur Flour Adult Baking Contest – 2024, *continued*

5. **To shape the dough:** Transfer the dough to a lightly oiled surface. Flatten the dough into a 6" x 8" rectangle. Fold the top down to the center (like you were folding a letter), pressing it firmly with the heel of your hand to seal. Pull the upper left and right corners into the center, pressing to seal. Repeat the first step (folding the top to the center and sealing) three or four more times, until you've created a 9" to 10" log. Tuck the ends under slightly, and turn the log over so its seam is on the bottom.
6. Place the log in a lightly greased 9" x 5" loaf pan, and tent the pan with lightly greased plastic wrap or the cover of your choice. Allow the dough to rise for 1 to 1 1/2 hours, until it's crested about 1" over the rim of the pan.
7. Towards the end of the rising time, preheat your oven to 350°F with a rack in the center.
8. **To add the topping:** Uncover the risen loaf. Beat the egg white with the cold water. Brush the beaten white all over the top crust (you won't need it all), then sprinkle with the rolled oats.
9. **To bake the bread:** Bake the bread for 35 to 40 minutes, until it's golden brown. If the bread appears to be browning too quickly, cover it lightly with aluminum foil for the final 10 minutes of baking. When done, a digital thermometer inserted into the center of the loaf will register 190°F. If you don't have a thermometer, slide the bread out of its pan and tap its bottom with your fingers: you should hear a hollow thump.
10. Remove the bread from the oven and turn it out of the pan onto a rack to cool.
11. Submit bread on a disposable plate inside a Ziploc-type bag, with tags attached to the plate.
12. Must bring UPC from bag of King Arthur Unbleached Bread Flour with entry.