



# Kernels

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**OUR BIGGER  
BOLDER PHOTOSHOOT**

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**MICHELE TUTTLE'S  
ITU WORLD TRIATHLON  
RACE REPORT**

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**MEMBER PROFILE:  
OHIO CORN & WHEAT**

**PLUS:  
NEW RECIPES, FUN FACTS,  
AND MORE...**

**COVER RECIPE:  
CHOCOLATE BUNDT CAKE**





## MESSAGE *FROM THE* PRESIDENT

Perhaps the chocolate Bundt cake on the cover caught your attention; it certainly has me interested. We introduce baking chef Gemma Stafford along with her amazing social media reach and a few of her recipes, including that chocolate Bundt cake.

We also feature our star athlete Michele Tuttle's recent outstanding performance in Australia at the World Triathlon Championships and profile our member Ohio Corn & Wheat in this issue of Kernels. We look forward to offering interesting information in each issue you can enjoy and use.

**Tim O'Connor**  
President, Wheat Foods Council



## OUR BIGGER BOLDER PHOTO SHOOT

*We are always on the lookout for creative ways to spread the wheat foods story to as many people as we can. So when we found out about Gemma Stafford, we knew we had to get to know her.*



**Strawberry  
Shortcake**





# BE BOLD

And just what is Bigger Bolder Baking? We'll let Gemma explain. "Bold Baking is the style I developed over the years baking in tiny kitchens all the way to a Michelin-starred restaurant. It's about taking risks in the kitchen and being confident that you can create the best results. No special equipment needed, no rare ingredients, just a daring approach to making something impressive for yourself or to share. And you don't have to be a professional to do it."

We've teamed up with her on creating and photographing our latest round of recipes in her studio this summer. You'll find a couple in this issue and we'll be sharing more in the coming months. And if you want to see how to make some of these delicious recipes, check out her website at [www.biggerbolderbaking.com](http://www.biggerbolderbaking.com).

**Whole  
Wheat  
(No-Knead)  
Bread**



**Mushroom  
Galette**



Gemma and her YouTube channel "Bigger Bolder Baking" have become an internet sensation. How popular is she? Take a look at these numbers: Total Video Views: 150,000,000+; Website Monthly Page Views: 2,500,000+; YouTube Subscribers: 1,500,000+; Facebook Followers: 500,000+; Instagram Followers: 65,000+. It's safe to say that she's making an impact!

Gemma is a professionally-trained chef/baker originally from Southeastern Ireland. She worked as a personal chef in Italy and on the slopes in Australia, before landing in the US to ply her skills in bakeries and a Michelin-starred restaurant in San Francisco.

From there, she opened her own catering business for top tech companies specializing in over-the-top breakfast creations. But, she wanted more. So Gemma and her husband quit their jobs, moved to LA and started their own YouTube channel, Bigger Bolder Baking. In just a couple of years they've seen it grow to the success it is today.

**Caprese  
Savory  
Tart**



**Breakfast  
Muffins**



**Perfect  
Buttermilk  
Pancakes**



**You can find the recipes pictured in this issue, and many more,  
at the Wheat Foods Council website. Visit <http://wheatfoods.org/recipes>**



# MICHELE TUTTLE'S ITU WORLD TRIATHLON RACE REPORT

In the weeks leading up to the Gold Coast Final, I had a lot of doubts. I doubted my fitness level. I was concerned about various niggles and pains. I was sure I hadn't trained properly because I'd trained differently than previous years. And, I was completely uncertain of how to ride on the wrong side of the road! In the end, as usual, NONE of those concerns or doubts were valid and NONE of them were factors in my performance. In fact, in many ways I had one of my best races. I ended up in 5th place, just over a minute behind the winner. Yes, I wish I had finished in front but I knew I had given everything I had that day and that's how it played out.

At the age of 55, and after a lifetime of athletics including 10 years in the sport of triathlon, every year I am incredibly grateful and thankful to still be willing and able to race. The amount of effort and energy that I put into being an athlete would be labeled by some as obsessive. I think of it more as a creative process akin to dancing or painting: it's something that I do, redo, and study from all angles attempting to create a specific type of performance. It is ultimately an incredibly selfish endeavor that takes time and energy away from other things I could be pursuing. Thankfully, I am surrounded by a family and support team that seems to understand this pursuit.

Lausanne, Switzerland is 10 months away. I'm already implementing my new training plan...

Editor's note: This was Michele's sixth consecutive trip to the ITU Worlds as a member of Team USA and her 3rd top 5 finish.

FIND OUT WHAT MICHELE IS DOING IN THE OFF-SEASON BY VISITING HER PAGE AT THE CENTER FOR NUTRITION AND ATHLETICS:

<http://www.centerfornutritionandathletics.org/about/michele-bio/>



## LESSONS FOR NEXT TIME

1. Train harder for the swim. Must be able to be in the top 5 out of the water.
2. Pay attention to how the swim start is organized and choose positioning carefully.
3. Ride as hard as possible and make others ride hard too by breaking away if at all possible.
4. If running with someone of comparable speed, make them take the lead and stay on their heels. Train for sprint finish.



# BIGGER. BOLDER. BAKING.

CHECK OUT SOME OF THE LATEST AND GREATEST RECIPES PROVIDED TO THE WHEAT FOODS COUNCIL BY GEMMA STAFFORD OF BIGGER BOLDER BAKING. YOU CAN FIND MORE OF HER RECIPES AT [WWW.WHEATFOODS.ORG/RECIPES](http://WWW.WHEATFOODS.ORG/RECIPES)

## INGREDIENTS:

6 eggs  
1¼ cup (10oz/300ml) milk  
¼ tsp salt  
Black pepper to taste  
7 cups (14oz/420g) lightly packed  
baguette / french stick cut into 2 cm  
/1 inch cubes (preferably slightly  
stale)  
10 slices of bacon, cooked  
2 cups (6oz/189g) grated cheddar  
cheese  
Parsley , finely chopped for garnish

## NUTRITION:

Servings: 8  
Serving size: 1 slice  
Calories/Slice 216  
Nutrition: One serving/slice provides  
approximately: 14 g Protein, 6 g Car-  
bohydrates, 4 g Fiber, 16 g Fat (7 g  
Saturated), 47 mg Cholesterol, 479 mg  
Sodium

## DIRECTIONS:

Whisk the eggs, milk, salt and pepper in a large bowl. Place the bread in a large bowl and pour in the egg mixture, cheese and cooked bacon. Gently fold together and set aside in the fridge for an hour or until all the egg is soaked into the bread. (I leave mine overnight in the fridge for really good soakage)

To Cook: Preheat oven to 350°F/180°C

Grease a 21cm/8" springform cake tin. Pour the bread mixture into the cake tin, pat down the bread cubes to compress and scatter over a little more bacon and cheese if you have it. Cover loosely with foil.

Bake for 25 minutes, then remove the foil and bake for a further 10-15 minutes or until firm to touch in the middle.

Allow to rest for 5 minutes before removing the springform and cutting into slices to serve. Garnish with parsley and enjoy!



## BACON & CHEESE BREAKFAST STRATA

## CHOCOLATE BUNDT CAKE

### CAKE:

1 cup coffee  
1 cup butter  
¾ cup cocoa powder  
2 cups sugar  
¾ teaspoon baking powder  
¼ teaspoon baking soda  
2 cups all purpose flour

### DIRECTIONS:

Preheat the oven to 350°F (180°C).  
Generously butter a 10- to 12-cup Bundt pan, preferably non-stick. Add the coffee, butter, and cocoa in a large bowl and microwave for 2 minutes until the butter is melted. Whisk until smooth. Set aside to let the mixture cool for 10 minutes.

Combine sugar, baking powder, baking soda, salt, and flour in a large bowl. Pour the cooled chocolate mixture into the bowl with the dry ingredients, and mix until thoroughly combined. In a large jug, whisk together the vanilla, eggs, and sour cream. Mix into the chocolate batter, stirring until thoroughly combined. Pour the batter into the prepared bundt tin.

Bake the cake for 50-55 minutes. Remove the cake from the oven, wait 5 minutes, and turn the pan over onto a cooling rack. After 5 more minutes, lift the pan off the cake. Let the cake cool completely before glazing.

While the cake is cooling make the glaze:  
Combine chocolate and cream in a microwave-safe bowl, or in a saucepan set over medium heat. Heat until the cream starts to bubble around the edges. Stir the warm cream and chocolate together until the mixture is smooth and shiny.

Once the bundt cake has cooked, transfer to a serving plate or cake stand and spoon the icing over the top of the cake, letting it drip down the sides. Cover and store the cake at room temperature for up to 3 days.

## INGREDIENTS:

2 teaspoons vanilla extract  
2 eggs  
½ cup sour cream

### GLAZE:

⅔ cup bitter-sweet  
chocolate, chopped  
½ cup cream

### NUTRITION:

Servings: 20  
Serving size: 1 slice  
Calories/Slice 451

Nutrition: One serving/slice provides  
approximately: 6 g Protein, 60 g Car-  
bohydrates, 3 g Fiber, 23 g Fat (14 g  
Saturated), 91 mg Cholesterol, 364 mg  
Sodium







## MEMBER PROFILE: OHIO CORN & WHEAT

Working on behalf of Ohio's corn and small grain farmers to create opportunities that provide a sustainable future.

*In an ongoing effort to let our readers know more about who we are and what we do at Wheat Foods Council, we've been highlighting a different member in each issue of Kernels for the last couple of years. Alternating between the growers and other members of WFC, you can get a pretty good idea of how the grain chain works and a little about the people who work hard to deliver delicious food to your table. This month it's a trip to Ohio and a chat with Brad Reynolds, Director of Communications for Ohio Corn & Wheat.*

Ohio Corn & Wheat is a strategic partnership of three organizations, which include the Ohio Corn & Wheat Growers Association, the Corn Checkoff and the Small Grains Checkoff. The Checkoff is a voluntary, marketing program that collects half of one percent of net local market price from each bushel of wheat, barley, rye, and oats commercially sold. Funds from the program are invested in research and development, market development and promotion, and education and outreach initiatives in order to benefit Ohio farmers.

While these organizations operate independently through separately elected boards of directors, they form an alliance of Ohio farmers who collectively promote Ohio grown grains. However, only the Ohio Corn & Wheat Growers Association can actively engage in legislative and regulatory advocacy on behalf of its dues-paid members. We recently caught up with Brad Reynolds, Director of Communications, to learn more about Ohio Corn & Wheat.

### **Where is Ohio Corn & Wheat currently focusing its energy to advocate for issues on behalf of Ohio farmers?**

Trade initiatives being negotiated in Congress as a part of the new farm bill are vital to developing foreign trade markets. Access to these markets is a significant issue for farmers, as ninety-five percent of the world's population lives outside of the U.S. NAFTA has been very good for Ohio's farming community. Canada and Mexico, are the largest customers of Ohio grown grains. Ohio's wheat farmers are also sensitive to water quality issues in the Western Lake Erie Basin. Our farmers are great stewards of the environment and work hard creating and implementing better farming practices to improve water quality and soil health.

### **When advocating for your members, how do you balance the concerns of small growers and large growers?**

The Ohio Corn & Wheat Growers Association is committed to helping all Ohio growers. The leadership of our organization is comprised of multi-generational family farmers from all over Ohio.





Membership in our association, enables farmers to help guide policy decisions and actively advocate for issues important to all members. Our leadership always considers what is good for Ohio farmers in a way that meets a diverse set of needs.

***How does Ohio Corn & Wheat work to support the state's wheat farmers? What specific programs promote Ohio product at home and abroad?***

Ohio grows nearly a half million acres of mainly soft red winter wheat used for baking cookies, crackers and pastries. Ohio Corn & Wheat works collaboratively with the Wheat Foods Council (WFC), and other national organizations to market and promote the use of wheat domestically and abroad. We advocate on behalf of Ohio farmers at the state and national level about issues of interest for small grain farmers. In addition, we maintain a close working relationship with the wheat buyers in our state to keep them up-to-date about how we are promoting the wheat and small grains industry.

***The wheat industry has worked to better inform consumers about the nutritional value of grain foods. How has Ohio Corn & Wheat been a part of this effort?***

Our consumer outreach efforts with the WFC and other organizations have been effective in promoting the nutritional benefits of eating a balanced diet that includes grain and grain co-products. Today's non-farming consumers are bombarded by inaccurate and mixed messages about food. Ohio Corn & Wheat strives to be a trusted source of information for consumers surrounding hot-topic issues, such as gluten and biotechnology. One common misunderstanding is that not all wheat is non-GMO. The truth is that the U.S. government has never approved a variety of GMO wheat for commercial production. By law, all wheat grown in the U.S. for human and livestock consumption is non-GMO.



***Overall, what do you see as the most important challenges and the greatest opportunities for the wheat industry?***

Developing markets, both foreign and domestic, is the wheat industry's greatest challenge, but also its greatest opportunity. Low prices are putting the squeeze on farm families nationwide. The U.S. government must be smart about how it approaches free trade around the world. Agriculture and many industries can benefit from modernized trade agreements that capitalize on both competitive and comparative advantages of all countries parties to formal agreements. Additionally, the industry should continue to engage the greater public about the merits of eating a well-balanced diet that incorporates grains. Great nutrition is deliberate and informed. We can play a huge role in that.

***Finally, what does Ohio Corn & Wheat like most about its association with the Wheat Foods Council?***

We value our relationship with the WFC as we work together to engage the non-farming public about wheat foods. The WFC is especially adept at reaching a diverse array of audiences from bakers to urban and suburban families and even exercise and nutrition professionals. That kind of broad outreach is vital to promoting a strong and growing wheat industry. We are currently working with the WFC to provide expert information about wheat foods to the more than 3,000 licensed Personal Trainers in Ohio. This targeted approach will allow us to reach a specific audience and facilitate conversations about the nutritional benefits of wheat.

***FOR MORE INFORMATION ON  
OHIO CORN & WHEAT, VISIT:  
[HTTP://WWW.OHIOCORNANDWHEAT.ORG](http://www.ohiocornandwheat.org)***



# THREE YOU MAY NOT KNOW FACTS ABOUT HOLIDAY DESSERTS



## QUEEN ELIZABETH I INVENTED THE GINGERBREAD MAN

Thank Queen Elizabeth I for adorable little gingerbread people. While she didn't actually bake the cookies herself (she was a queen, after all), she did request that her royal bakers create gingerbread cookies shaped like visiting dignitaries in order to honor them.

## WE LEAVE COOKIES FOR SANTA BECAUSE OF THE GREAT DEPRESSION

It wasn't standard practice to leave cookies and milk out for Santa Claus until the 1930s. Historians posit that it was something parents encouraged children to do in order to teach them how to share and be charitable during a time of economic depression. What a great tradition!



## 50 MILLION PUMPKIN PIES ARE EATEN ON THANKSGIVING

Although the pumpkin is native to North America, the pumpkin pie was actually first made in England and Europe. Served at the second Thanksgiving, it actually wasn't until the 19th century that pumpkin pies as we know them started showing up in American cookbooks.

