

23 North Center
 Barnes, Kansas
www.Our-DailyBread.com
 or www.barnesks.net

Give us this day
OUR DAILY BREAD

785-763-4269
 1-866-50 – BREAD
 e-mail: ourdailybread@barnesks.net
 Open Mon-Sat 8:30am-4pm
 Lunch served 11am-2:30pm



BAKE SHOPPE & BISTRO

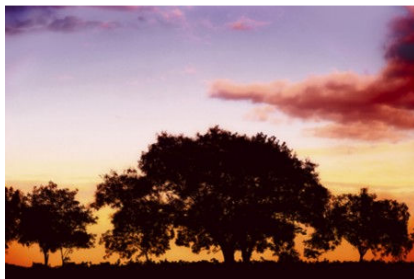
"I am that Bread of Life" ...John 6:48

January 2009

*We bring you wonderful taste as well as the feeling of home,
 of times gone by, of good quality, of healthy food and warm hearts.*

We welcome our guests to take advantage of our Handicap Entrance and Beautiful Deck Area which is located at the rear of the building just off the I.O.O.F. Park

"... my earnest expectation and hope that in nothing I shall be ashamed, but with all boldness, as always, so now also Christ will be magnified in my body, whether by life or death"
Philippians 1:20



And another year begins.... With all of it's expectations, hopes, and fears. Without your Help, Lord, we could not face unafraid the year that lays before us. If this past year has taught us anything...it is how fast the things around us can change. Had more than your share? Wishing you could freeze frame the video of your world? Save your breathe. If you are looking for a place with no change, with life comes change. With change comes fear, insecurity, sorrow, stress. So what do you do? Hibernate? Take no risks for fear of failing? Give no love for fear of losing? Some opt to. They hold back. A better idea is to look up. He stands between the years. The light of His Presence is flung across the year to come – the radiance of the Sun of Righteousness. Backward, over the past year, is His Shadow thrown, hiding trouble and sorrow and disappointment. Like Paul reminds us in the Philippians verse...it is not about my personal comfort. We are all too often unresponsive to His gentler nudges..and so He brings us to a place...all too often a crisis...where we have to decide –for or against. The moment becomes a

great crossroads in our lives and in the wake of the surrender of our defiant will He reminds us that we must not see as the world sees. He will guide us one day at a time. He holds the year in His hands and we must not anticipate the gift by fears or thoughts of the day ahead. For each day.....He will supply the wisdomand the strength.

.....Blessings! Cindy+
 ..One of the Ladies of Our Daily Bread

Changes....in the Newsletter!!!!

One of the changes for Our Daily Bread is the DISCONTINUATION OF THE PRINTED NEWSLETTER. Our customers that already received the monthly newsletters will see no change (only improvements), however- our mailing list has become so large that we cannot financial afford to continue mailing it out. We will continue to publish the newsletter monthly and email it out as a pdf file. We will also continue to send out the Birthday Cards.

Our customers will be able to have a friend who has internet connection either print them a copy or download the monthly newsletter from our web site. If you do not have access to either of there you can still receive a mailed copy by paying a subscription charge of \$12 per year to cover mailing costs. You will find a form to fill out and send in this newsletter if you wish to still receive the printed copy.

To improve the newsletter...we will plan to include each month one of our tried and true recipes, which are formatted to be folded over and fit in the Our Daily Bread Cookbook. We



Saturday, January 31st

Give us this day....

OUR DAILY BREAD
"I am that Bread of Life"
 John 6:48

Open Mon-Sat 8am-4pm
 Open Lunch Hours
 11:00 - 2:30
 785-763-4269 Barnes, KS

Special Events
 By Reservation Only
 Seating from 5:00 to 7:00

1-866-50-BREAD

King Cake

- 2 envelopes active dry yeast
- 1/2 cup granulated sugar
- 1/4 pound (1 stick) unsalted butter, melted
- 1-1/2 cups warm milk (about 110°F)
- 1/2 cup warm water
- 5 large egg yolks, at room temperature
- 4 1/2 cups bleached all-purpose flour
- 2 teaspoons salt
- 1 teaspoon freshly grated nutmeg
- 1 teaspoon grated lemon zest
- 1 teaspoon vegetable oil
- 1 pound cream cheese, at room temperature
- 4 cups confectioner's sugar
- 1 plastic king cake baby or a pecan half
- 5 tablespoons milk, at room temperature
- 3 tablespoons fresh lemon juice
- Purple-, green-, and gold-tinted sugar sprinkles



Combine the yeast and granulated sugar in the bowl of a stand mixer fitted with a dough hook. Add the melted butter and warm milk and warm water. Beat at low speed for 1 minute. With the mixer running, add the egg yolks, then beat for 1 minute at medium-low speed. Add the flour, salt, nutmeg, and lemon zest and beat until everything is incorporated. Increase the speed to high and beat until the dough pulls away from the sides of the bowl, forms a ball, and starts to climb up the dough hook. If the dough is uncooperative in coming together, add a bit of warm water (110 degrees), a tablespoon at a time, until it does.

Remove the dough from the bowl. Using your hands, form the dough into a smooth ball. Lightly oil a bowl with the vegetable oil. Place the dough in the bowl and turn it to oil all sides. Cover with plastic wrap and set aside in a warm, draft-free place until doubled in size, about 2 hours.

Meanwhile, make the filling. In a large mixing bowl, combine the cream cheese and 1 cup of the confectioner's sugar. Blend by hand or with an electric mixer on low speed. Set aside.

Line a baking sheet with parchment paper.

Turn the dough out onto a lightly floured work surface. Using your fingers, pat it out into a rectangle about 30 inches long and 6 inches wide.

Spread the filling lengthwise over the bottom half of the dough, then flip the top half of the dough over the filling. Seal the edges, pinching the dough together. Shape the dough into a cylinder and place it on the prepared baking sheet seam side down. Shape the dough into a ring and pinch the ends together so there isn't a seam. Insert the king cake baby or pecan half into the ring from the bottom so that it is completely hidden by the dough.

Cover the ring with plastic wrap or a clean kitchen towel and place in a warm, draft-free place. Let the dough rise until doubled in size, about 45 minutes.

Meanwhile, preheat the oven to 350°F.

Brush the top of the risen cake with 2 tablespoons of the milk. Bake until golden brown, 25 to 30 minutes. Remove from the oven and let cool completely on a wire rack.

Make the icing. Combine the remaining 3 tablespoons milk, the lemon juice, and the remaining 3 cups confectioner's sugar in medium-size mixing bowl. Stir to blend well. With a rubber spatula, spread the icing evenly over the top of the cake. Sprinkle with the sugar crystals, alternating colors around the cake. The cake is traditionally cut into 2-inch-thick slices with all the guests in attendance.

YIELD: 20 to 22 servings

Ernie & Cindy were first introduced to the tradition of the King Cake on one of their visits to New Orleans as youth ministry leaders in their church. The Mardi Gras season begins on January 6th, also known to Christians as "Epiphany". As a symbol of the Holy Day of Epiphany, a tiny plastic baby representing the Christ Child is hidden inside and oval shaped bakery delicacy that is rich in both flavor and history. The King cake is decorated in the three Mardi Gras colors that have certain historical and symbolic significance. Green stands for "Faith" and is the color for the first day of Mardi Gras that falls on Epiphany and honors the Wise Men who visited the Christ Child. GOLD stands for "Power" and hors the day of Transfiguration, which is during this time. PURPLE symbolizes "Justice". A small plastic baby is hidden inside the King Cake when it is baked. At a party the cake is sliced and served and each person looks to see if their piece contains the "Baby". A chant of "I've got the baby!" means that person is obligated to supply the next cake. Cakes are brought to offices, school, meetings, and parties, and the tradition of the person finding the baby encourages the celebration to continue. The King Cake Tradition is thought to have been brought to New Orleans from France in 1870. King Cakes are only available during the Season of Epiphany, which is January 6th through the day before Lent.

are starting that this month with the "King Cake" Recipe.

Thank you for message that all of you have carried far and wide. You have allowed our small family business to grow. Remember to support the other small businesses around you...to ensure that they are there to serve you in 2010.

*Today is Thanksgiving, and I was lucky enough to be having dinner with friends where a pecan pie from this shop was one of the desserts. It was absolutely WONDERFUL!! Not only was the filling exceptionally tasty, but the crust was VERY good, too. I've never had a bakery pie as good...it rivalled those my Grandma made.
.....Sarah Neely Roodhouse, Illinois*



Special Event Evening Dinners begin for 2009.....

January is the beginning of the Special Events Evening Meals. Once a month (except for May, November, and December) Our Daily Bread hosts Special Evening Events for our customers. These are by reservation only and seating time begin at 5pm. It is your chance to experience the exquisite dining that we serve to groups that plan events during the year with our events coordinator. Guests also have a chance to experience a full buffet of wonderful and delicious desserts, some that only are served on the buffet as well as some of your favorite pies. The Calender of Special Events listed below is subject to change, and can also be seen at <http://www.barnesks.net/SpecialEvents.html>

January 31: Winter White Special Event Dinner

February 14: Valentines Special Event
(This meal include a rose for your guest...Make reservations early, as we usually fill quickly.)

March 28: St. Patricks Special Event Meal

April 18: Sping Special Events Dinner

April 24th: KCLY Spring Fair in Clay Center

May 2-3: Kansas Sampler Festival in Concordia

May 9: We have a Wedding in our Family...call to see if we are open!

Our Daily.....

BREADS

"I LOVE YOUR BREADS"



It seems that the word has gone out about how wonderful our breads are! Whether it is Connie's Sunday dinner rolls that we serve at lunch, or our Heavenly Oatmeal made with local honey and nutritious whole oats... they are real, nutritious, and made without preservatives. After the bread is completely cooled, we double wrap it and freeze it so it is fresh when you come in our door.

Our Bread Selections include:

Heavenly Oatmeal Bread— Made with Kansas honey, oatmeal, and white flour. Combining the flour and oatmeal together in this bread makes a complete protein and a delicious flavor.

Heavenly Oatmeal Cinnamon Swirl— The delicious oatmeal bread with cinnamon and sugar, rolled to make a unique swirl that creates an enjoyable breakfast bread or a sweet snack.

Sweet Italian Bread— Our version of French bread, this delectable bread is shaped as a long loaf. Made with white flour, the bread is so delectable because of its sweet taste and beautiful texture.



Cookies..

Our handmade lboxed cookies are just delicious and a wonderful gift for loved ones anytime of the year. You can choose from a variety of drop cookies, or a mixture of gourmet and drop cookies. They can be picked up at the Bake Shoppe or shipped to your friends and family by USPS.

Whole Wheat Bread— Unlike supermarket wheat bread our bread is made from 100% whole wheat flour. Our bread offers the wonderful taste and texture of delicious whole wheat bread and the goodness of whole wheat to your diet.

Whole Wheat Cinnamon Swirl Bread— Delicious, hearty whole wheat bread baked with cinnamon and sugar to create a sweet delectable bread.

Harvest Grain Bread— This hearty bread includes honey, white flour, whole wheat flour, multigrain flour, and cracked wheat. It receives its nutty texture from poppy seeds, sesame seeds, and sunflower seeds. Together the ingredients create a hearty bread that tastes amazing and is amazing for you.

Health Bread— Precisely as it is named, this bread is made with whole wheat flour, flaxseed, sunflower seeds, cracked wheat, canola oil, honey, and molasses to make a bread that tastes delicious and is great for you.

Please send me the monthly newsletter by mail...my \$12 is enclosed.

Name _____

Address _____

City _____ State _____ Zip _____

Birthday _____

Mail to: Our Daily Bread, 23 N Center St. Barnes, KS 66933

Our Daily Bread is a Bake Shoppe, which also serves lunch. Our fresh baked goods, pies and entrees are served daily but are also available for your family. Because they are made fresh for you –order ahead so that we can work your order into our schedule.

“**The Garden Room**” is available for Groups wishing to arrange an evening event by contacting our Events Coordinator, Kate Olson either by calling the Bake Shoppe at 1-866-50-BREAD or by emailing her at kolson@bluevalley.net

Enjoy Historic Barnes...

Barnes has three antique shops that are open for your enjoyment. You can enjoy your meal, and enjoy browsing through the unique shops, around the park and fountain in our historic little town. While in Barnes enjoying staying at one of the several Bed & Breakfasts.

You can visit Barnes on the web at www.barnesks.net. Or call 888-511-4569 for more info.

There is also a DVD available called

“Barnes, Kansas A historical Pictorial Story of a Small Town in Kansas.”

Would you like to have this newsletter emailed to you?

To our customers with email we send it out monthly...or it can be downloaded from our website or picked up at our store.

You can visit our website at www.barnesks.net and click on “Events Calendar” You will receive our newsletter in full color and also be notified of all the Special Events that are taking place in Barnes. You may also download current as well as archived copies of all our newsletters at www.barnesks.net/newsletter.html

