

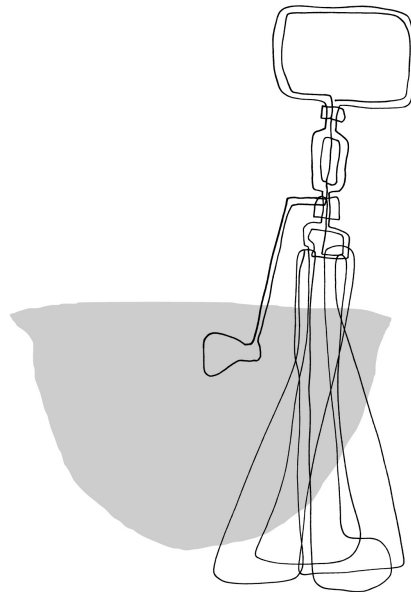
I Can Make Bread

July School Holidays
8-12 years

Menu:

Basic Bread Recipe

**OUR VERY LOVELY ELECTROLUX COOKING SCHOOL
OVEN IS KINDLY SUPPLIED BY WINNINGS APPLIANCES**



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basic bread recipe

I think the process of making bread is fascinating – imagine getting 3 kind of rather boring ingredients that do nothing by themselves until you add a little water to start a whole magic process! Bread making is like a fabulous science experience really except that you get to have something great to eat at the end! This is basic recipe that you can make endless different types of bread from savoury filled rolls to sweet chocolate bread – ANYTHING you want! Don't be put off by this long recipe – I have just given you lots of notes so you can understand the process – its really very easy!

INGREDIENTS

30g fresh yeast OR 3 x 7g sachets dried (ie 21g)
30g sugar
625 tepid water (ie not hot not cold – just warm)
1 kg strong bread flour
30g salt
extra flour for dusting and kneading

EQUIPMENT:

Measuring jugs
2 Bowls
Clean tea towels
baking trays, muffin tins, bread tins etc

METHOD:

PART 1: BRINGING THE YEAST TO LIFE

1. In a small bowl mix the yeast, water and sugar together till dissolve. Set aside and let it get a bit frothy

PART 2: STARTING THE MAGIC

1. Place the flour and salt in a large bowl and make a well
2. Pour in HALF of the yeasty sugar water.
3. Very gently & slowly mix in the flour in a smooth circular motion using four fingers on one hand. Bring in only just enough of the flour till the yeast mix is all soaked up
4. Pour in the other half of the yeast water into the centre and mix through the rest of the dry flour.

Sometime slight changes in the weather and the flour means you may need to add a little more flour or water so just adjust if you think you should – experiment!

PART 3: KNEADING THE DOUGH

1. Tip the dough out onto a lightly floured surface. Using the 'heel' of your hand push the dough forward then use your fingers to lift it back up and fold over to be pushed out again.
2. Knead for about 5 minutes – even if your arms get tired...
3. The dough is ready when it feels silky, elastic and pillowy
4. If your dough is too sticky, knead in tiny amounts of flour

The idea to stretch all of the gluten structures in the bread that you cannot see with your eye. By stretching the gluten structures you ensure the bread rises and bakes lovely and light and fluffy. Don't worry about having messy hands its all part of the fun.

PART 4: RELAX AND WATCH THE MAGIC GROW

1. Flour your hands and shape the dough into a roundish loaf shape
2. Place dough in a big bowl or on a baking tray - don't worry about the shape too much at this stage
3. Then cut deep slashes into the top of the dough with a knife.
4. Cover it with cling wrap and put it somewhere warm (some ovens have a special low temp setting to do this). It will take around 40mins at the most depending on the humidity and weather.

This stage is called 'proving' the dough. It needs this to allow the ingredients work their magic! Slashing the top allows the dough to easily rise

PART 5: TIME TO GET ROUGH!

1. When the dough has doubled in size it is time to knock out all the air.
2. Do this by banging it down on the bench a few times and giving it a quick knead
3. Then choose your shape - rolls, loaf tin etc
4. Then cover with a clean tea towels and place back into the warm spot to rest again for 20 mins or till doubled in size.

Remember when you are shaping the dough that it will double in size again during its second rest so if you want little bread rolls make sure to make them very small & don't overfill tins.

Don't be tempted to miss this second rest, as keen as you maybe to get it into the oven the second 'proving' will give you a lovely soft texture

PART 6: COOKING THE BREAD

1. Be gentle with your dough after the second rest because you want to keep as much air in it as you can. This means gently placing it in the oven and not slamming the door.
2. Dust the top of your dough with a little flour and gently slash the top with some cuts - not too deep this time
2. Cook until it looks golden - to check if it is cooked tap the bottom. If it sounds hollow its done, if not pop it back in the oven for a little longer.
3. When done, place on a cooling rack for a few mins before devouring