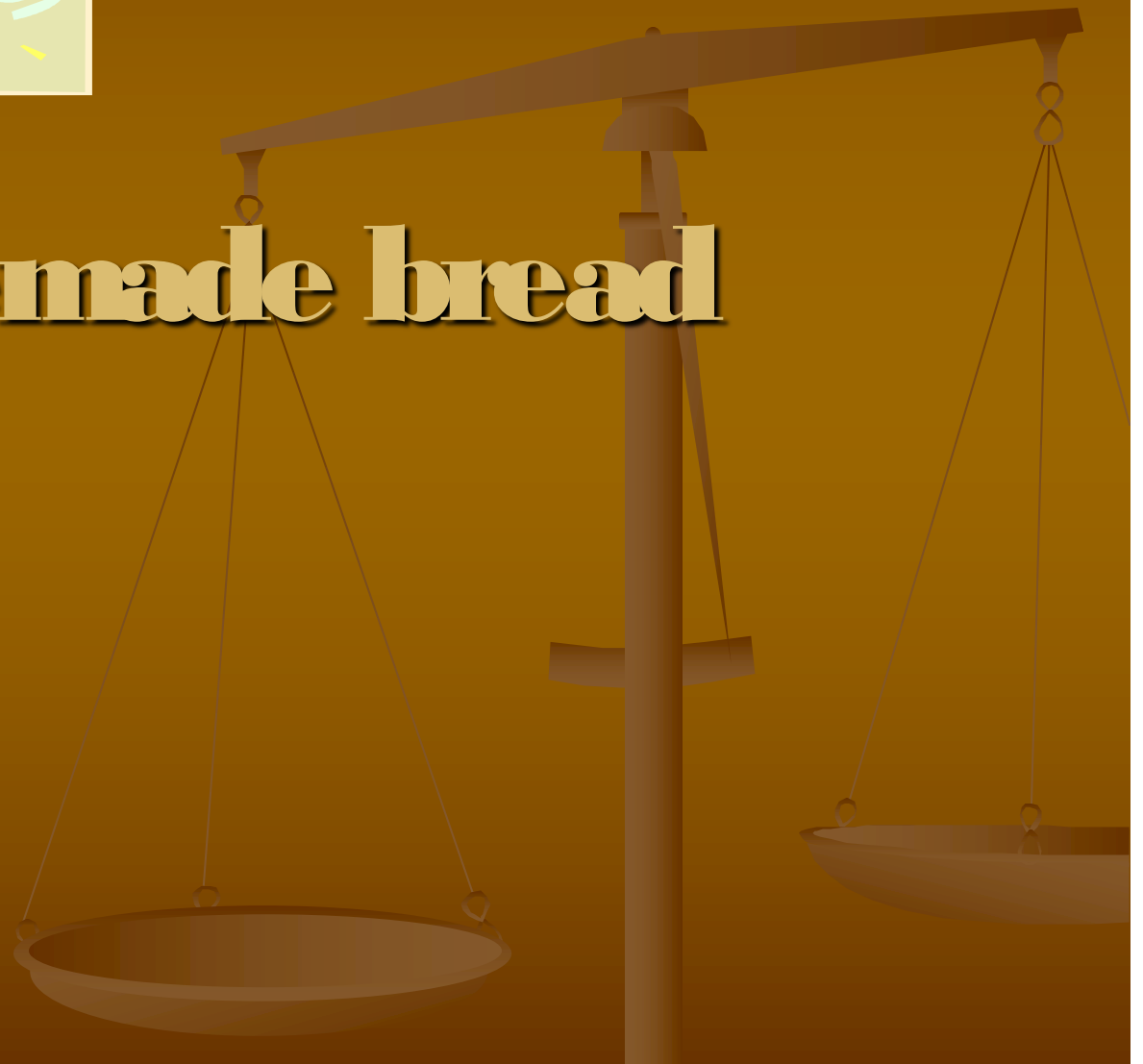
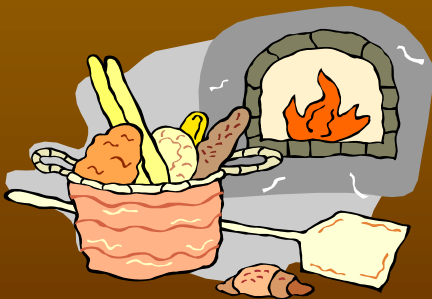




Homemade bread



- *It is simple to create a light airy loaf of bread. All you need are a few basic ingredients – flour, yeast, salt and water. The most important thing is to learn special bread making skills such as kneading and knocking back.*



Technical Vocabulary

- **Kneading** – pressing and folding the dough with your hands until it is smooth and stretchy. This spreads the yeast evenly around the dough and helps it to rise.
- **Knocking back** – deflating the dough with a GENTLE punch. This evens out the texture of the bread.
- **Proving** – this is the correct name for the process of rising in bread making.
- **Rising** – the time it takes for the dough to increase in size.

Food Safety.

- Before you start this recipe prepare your working area by wiping down and spraying with an antibacterial spray. Collect and prepare all of your equipment, making sure it is clean and in good working order. Collect your ingredients. Wash your hands and tie back long hair. Wear an apron.

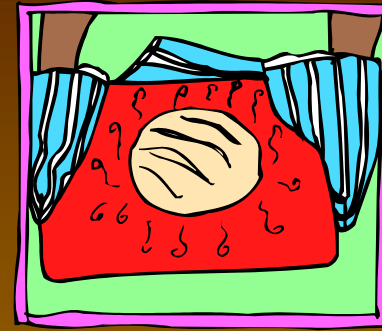


Ingredients.

- **This simple recipe will make a medium sized plain loaf.**
- **You will need:**
 - 1 dessertspoon of sunflower oil
 - 2 teaspoons of salt
 - 450 ml (3/4 pint of water)
 - 450g (14 ½ oz) strong white or wholemeal flour
 - 1 sachet (17g or 1/2 oz) of easy blend yeast



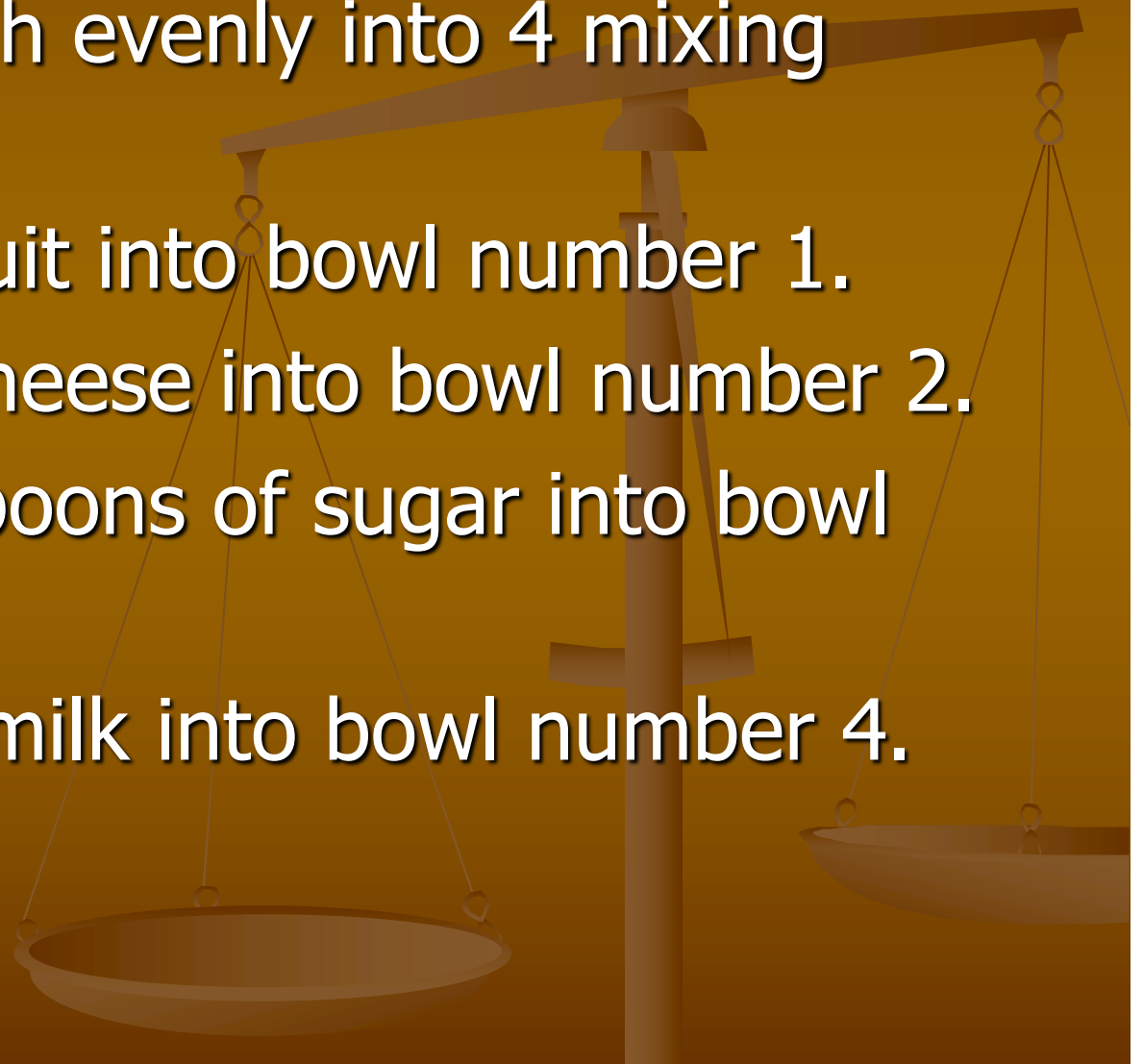
Method.



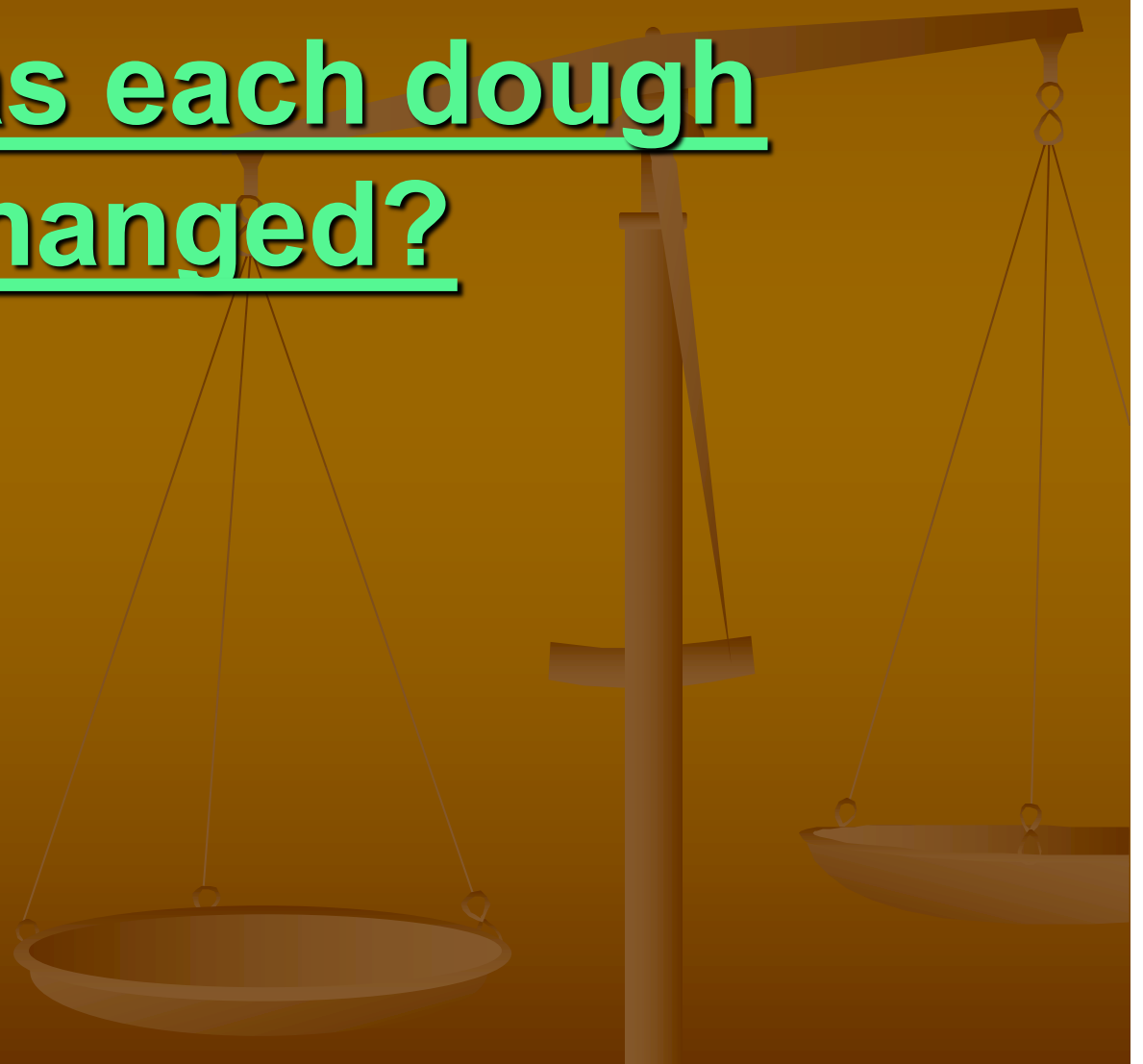
- Put the flour, salt and yeast together into a bowl
- Add the sunflower oil and water and stir it together until you have a soft dough
- Sprinkle some flour onto the table. Knead the dough for about five minutes until it is smooth and elastic. This needs to be done with lots of energy!

Varieties of bread.

- Divide the dough evenly into 4 mixing bowls.
- Knead mixed fruit into bowl number 1.
- Knead grated cheese into bowl number 2.
- Knead 2 tablespoons of sugar into bowl number 3.
- Knead 50ml of milk into bowl number 4.



How has each dough
changed?



Method.

- Put the 4 different types of dough into oiled tins. Cover each with a tea towel and put in a warm place for 40 minutes.



Visit the ICT Suite.

- Visit the Warburton's website and explore how bread is made on a larger, commercial scale.
- Copy the web address down into your Independent Books...

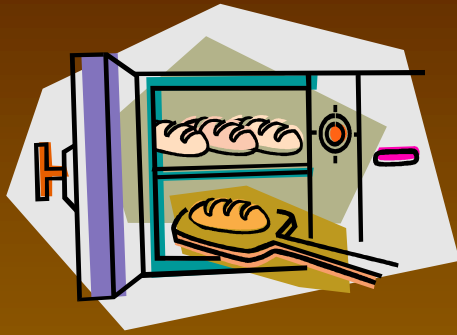
http://www.warburtons.co.uk/curriculum/repurposed/making_bread.html

- Extension activity

Have a look around the Warburton's page

http://www.warburtons.co.uk/our_products/index_flash.html





Method.

- Set the oven to 220 °C / 425 °F / Gas mark 7
- The loaf is risen when it has doubled in size. Bake the loaf for 35 minutes.
- Check to see if the bread is ready. It is done when it sounds hollow if you tap it underneath.
- If the bread is not quite ready then bake it for a little longer.
- Once done, put the bread on a wire rack to cool. Bread is easier to slice when it is completely cold

How does the bread look now it is cooked?

How does it taste?

Which is your favourite?

