

Combining ingredients: making bread

Design and technology - Cooking and nutrition: celebrating culture and seasonality

Mrs Mee



In this lesson, you will need:

Recipe card - Baking bread

Ingredients

- 500g strong white bread flour
- 300ml warm water
- 2 tbsp salt
- 2 tbsp caster sugar
- 7g sachet of fast acting yeast
- Oil

Equipment and materials

Mixing bowl, spoon to mix, scales, measuring jug, tablespoon, baking tray, oven, cling film, greaseproof paper.



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Recipe card - Baking bread

Method

1. Measure flour and add to large mixing bowl
2. Add the yeast, salt and sugar and mix
3. Measure 300ml warm water and add to the bowl
4. Mix all together to form a soft, sticky bread dough
5. Then you will need to knead your dough for 10 minutes
6. Prove the bread by putting your dough in a oiled bowl and leave for 45 minutes to rise (you are waiting for it to double in size)
7. Line your baking tray with greaseproof paper
8. Give the dough another knead to try and remove any air
9. Split your dough into 8 parts and roll into balls
10. Place them on the tray cover with cling film and leave somewhere warm for 30 - 60 minutes
11. Place in preheated oven 200C for 10 -15 minutes until golden brown
12. Remove and allow to cool

