

Fun Nutrition

Bread in a Bag

Purpose:

- Learn recipe and process for making yeast breads
- Practice making a yeast bread to take home to bake

Supplies for each participant:

One-gallon size zip top freezer bag
Greased 8 ½ x 4 ½ x 2 ½ loaf pan.
2 c. all-purpose flour
1 7/8 c. whole wheat flour
1 pkg. active dry yeast
1 ¼ c. warm water (110°)
2 T. honey and 2 T. nonfat dry milk
1 T vegetable oil
1 ½ t. salt

Note: Cover work surfaces to minimize clean-up time required.

Steps for baking bread:

1. Combine in a one-gallon size zip top freezer bag:
 - ½ c. all purpose flour, 1 pkg. active dry yeast, ½ c. warm water, and 1 T. honey
2. Squeeze upper part of bag to force out air. Close top of bag tightly.
3. Rest bag on table and mix by working bag with fingers, about 20 seconds or until all ingredients are completely blended. Let mixture rest in bag for 15 minutes.

4. Open bag and add: ¾ c. warm water, 1 T. honey, 1 T vegetable oil, 2 T. dry milk, 1 ½ T. salt.
5. Mix well by working bag with fingers. Add 1 7/8 c. whole wheat flour and mix thoroughly.
6. Gradually add remaining white flour until dough pulls away from sides of bag (approx. 1 ¼ c.) There will be about ¼ c. remaining to use while kneading.
7. Turn dough onto a floured surface. Knead about 5 minutes until dough is smooth and elastic. Add more flour gradually if needed to work dough.
8. Place dough back in bag and let rest 10 minutes.
9. Remove dough from bag and on a floured surface, flatten dough into a 12" x 7" rectangle. At narrow end of dough, fold the corners to center to form a point (similar to folding a paper airplane). Beginning at the point, roll dough tightly towards you. Pinch the edges to seal. Press dough at each end to seal and fold ends under.
10. Please seam side down in a greased loaf pan.
11. Cover loaf with plastic bag and let rise in a warm place until double (about 45 minutes).
12. Uncover dough and bake on the lower rack in a 400° oven for 35 – 40 minutes or until deep golden brown. Remove from pan immediately and cool on a wire rack.

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Activities for youth grades 2 - 7. Allow 60 minutes - Science Standard - Measuring
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