

Individual Bread Kit

Contents:

- 1-gallon size closeable bag to be used as a mixing bag
- 1-quart size bag filled with white flour
- 1- sandwich size bag filled with wheat flour, dry milk and salt
- 1- 2 oz. portion cup to be used to measure flour
- 1-2 oz. portion cup to be used to measure water
- 1- bag containing yeast
- 2- bags containing sugar
- 1- foil mini loaf pan
- 1- hand wipe

Other items needed to complete the activity but not provided in the kit are:

- Warm water (105-115°)
- Vegetable oil
- 1 teaspoon measure
- 1/2 teaspoon measure

Instructions:

Combine in the gallon zip lock bag:

- 1 portion cup filled level full of white flour
- 1 bag of sugar
- 1 bag of yeast
- 1 portion cup filled with warm water (105-115°)

Close the top of the bag securely. Mix thoroughly by gently working the bag from the outside with your fingers until all the ingredients are blended. The mixture will be very liquid.

Let the mixture rest in a warm place for 15 minutes to let the yeast rise. During this time the student may choose to watch an educational video such as this one: *Meet Me at the Flour Mill*
<https://www.youtube.com/watch?v=Zr1z1iYmOis&feature=youtu.be>

After the 15 minutes are finished, add and mix the following ingredients in the bag:

- The remaining bag of sugar
- 1 and ½ teaspoons of vegetable oil

One portion cup full of warm water and another $\frac{1}{2}$ full portion cup of warm water
Next add the entire sandwich size bag of wheat flour. Mix thoroughly by working the bag from the outside with your fingers until all the ingredients are blended. There should be no dry flour showing.

Next add 2 portion cups filled level full with white flour to the mixture. Mix thoroughly until a stiff dough is formed. All the dough should be the same color when the mixing is completed, and the mixture should begin to pull away from the sides of the bag.

Now it is time to take the dough ball out of the bag, so the student should clean their hands thoroughly with the provided hand wipe before touching the dough.

First sprinkle a small amount of flour onto a clean table or kitchen counter. Turn the bag inside out, pull the dough out of the bag and place on the floured surface. If the dough is too wet and sticky it is ok to add a little more flour, but be careful not to add too much!

The student may then put a little flour on their hands and begin to knead the dough. To knead the dough, use the palms of your hands to flatten it into a shape like a personal pan pizza. After it is flat, fold the dough in half, turn it $\frac{1}{4}$ turn and then press it again into the pizza shape. Repeat this process 4 times. With the dough flattened one last time, start at one side and roll the dough into a cylinder as if you are rolling a burrito. Place the dough cylinder seam side down on your working surface and fold the ends under towards the seam.

Spray the inside of the foil bread pan with cooking spray. If you do not have cooking spray you can use your fingers to spread a little vegetable oil or butter in a thin layer on the inside of the pan. Place the dough roll seam-side down into the bread pan. Do NOT flatten the bread dough once it is placed in the pan!

Cover the bread loosely and let rise in a warm place for about 30 minutes or until the dough has doubled in size.

Uncover and bake at 375° for 5 minutes, then reduce the temperature to 350° and bake an additional 30-35 minutes until the loaf is deep brown in color. A well-baked loaf sounds hollow when thumped lightly with a finger.

Cool the bread on a rack until it is safe to handle, then eat and enjoy!