

## How To: Make Bread

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Children love making shapes with bread, such as these animals

This recipe makes around 12 portions of dough that children can shape into rolls or something more creative. It can easily be batched up to make greater quantities by doubling the ingredients and following the same method.

### Ingredients:

- 450g strong white bread flour
- 15g fresh yeast or 7g dried yeast and a teaspoon of caster sugar
- 2 tsp salt
- 500ml warm water
- (optional) milk to glaze/ raisins to decorate

### Make

- ➔ Sieve the flour and salt into a large mixing bowl.
- ➔ Dissolve the sugar in the warm water. Sprinkle over the dried yeast and leave for about 10 minutes or until the mixture is frothy.
- ➔ Add it to the dry flour and mix into a dough with a wooden spoon.
- ➔ Turn the dough onto a floured surface and knead for 10 minutes. Then roll into a ball, put it inside a plastic bag or cover with cling film and leave at room temperature for around 90 minutes, or until the dough has doubled in size.
- ➔ Work the dough into the desired shapes – rolls, animals, letters, faces, fruit etc. Add raisins for eyes if required.
- ➔ Place shapes onto a lightly greased baking sheet and loosely cover with cling film and leave in a warm place for 30 minutes until it has risen.
- ➔ Place in an oven preheated to 230C/Gas mark 8 for 20 minutes until golden.
- ➔ Transfer onto a rack to cool.

### Tip

Bread making is a great activity to spread across a morning or an afternoon, but needs careful planning. Make sure that you allow the dough enough time to prove.

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Make Bread

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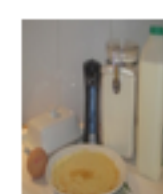
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