

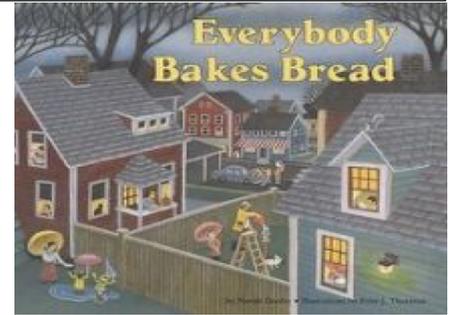


Everybody Bakes Bread

A Book and Bake Lesson

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Elementary Reading Connections



Objectives--Participants will work in teams to

- + Identify a variety of breads and with the countries and grains associated.
- + List bread's human nutritional values.
- + State bread's basic ingredients and their functions.
- + Conduct a bread baking ingredient "farm to mixing bowl" search.
- + Use a scale to both measure ingredients and portion dough.
- + Plan and bake a bread for family, class, or community service.
- + Read or share a bread story with a younger family or team member.

Leader Guide: Please allow 60 to 90 minutes for this lesson, depending on the ages involved and the activities and recipe you select to prepare.

Activity 1: Name breads you love to eat! Who bakes your favorite bread? Are any of your favorites "flat breads?" (Pita, pizza, focaccia, chapatti, tortillas, fry bread)

- Show bread pictures. Place where the breads are from on the map.
- Name the GRAIN used to bake the breads listed: wheat, corn, rye, sorghum, oats

Activity 2: All over the world bread is eaten every day, often at every meal! Why is it such an important, nutritious food? (Breads provide carbohydrates for brain and muscle energy; B-vitamins to help our body repair and absorb other nutrients; protein for muscles; iron for red blood cells to carry oxygen; fiber for a healthy gut)

Activity 3: What are the ingredients in bread? Flour (may be wheat, barley, rye, sorghum, and/or cornmeal or oatmeal; water; leavening; salt and sometimes sugar, honey or molasses and a fat like vegetable oil, butter or shortening.

- Do you know...if farmers grow any of these bread grains near you?

What does each ingredient do? (Flour—structure; gluten elasticity; leavening—CO2 gas so bread expands; water—to moisten flour and help flour make gluten structure; salt—flavor, control leavening—expands dough; sugars—sweetness,color; fat--tenderizes, flavorful)

Activity 4: Learn more about how ingredients are produced and function!

- How is wheat turned into flour? (View How Flour is Milled)
- Where does sugar come from? (See Sugar 101, Farm to Table at sugar.org)
- What IS yeast? How does it grow? (Learn Yeast Science at redstaryeast.com)

Activity 5: Let's bake! Review the Baking Food Safety guide and choose your recipe! If you don't have an oven, you can bake tortilla and pita on a griddle!

Bread Around the World

John Serrano

Bread, Bread, Bread. Ann Morris

Bread Song. Frederick Lipp

Everybody Bakes Bread.

Norah Dooley

The Sleeping Bread. Stefan

Czernecki & Timothy Rhodes

Tony's Bread. Tomi dePaola

Larissa's Breadbook. Lorraine

Johnson-Coleman

On-line Bread & Grain Resources

Age-Appropriate Baking Tasks

Thrill of Skill at HomeBaking.org

Baking Food Safety 101

HomeBaking.org

Breads around the World, list

https://en.wikipedia.org/wiki/List_of_breads

Fun Kids™—George Explores

Breads around the World (UK)

<https://www.funkidslive.com/learn/the-grain-chain/>

View How to Measure Flour,

KingArthurflour.com

How Flour is Milled (USA)

<https://www.namamillers.org/education/kid-zone/>

Six Classes of Wheat—see where

wheat is grown; Flour 101 and

Sprouting UP! How Wheat Grows

Wheatfoods.org

Whole Grains 101—Grain of the

Month Calendar

wholegrainscouncil.org

Sugar 101, sugar.org

Supplies:

Wash and clean-up supplies

Photos of types of bread (books, on-line resources above)

World map or globe of countries

Grain photos/examples: corn, wheat, rye, barley, millet, sorghum

A kitchen scale to weigh ingredients or dough to divide or portion it equally

Plastic food mats to stir, mix, knead and roll out dough

Small rolling pins for tortillas or pita

Recipe ingredients X number of teams

Measuring and mixing tools: bowls, stirring spoons, liquid and dry cups

Oven and baking pans OR griddle

Oven mitts

Paper plates to cool and serve bread

Plastic bags

Food Bags if sending home to eat!

Butter, olive oil, hummus, grated cheese,

salsa—to enjoy with your bread



Tortillas in a Bag Makes six, 8-inch tortillas

A daily staple—corn or wheat-- of North, Central and South Americans.

Ingredients

1 ½ cups all-purpose flour (or see variations*)

1 teaspoon baking powder

½ teaspoon salt

2 tablespoons vegetable shortening

½ cup hot water

Instructions *May also be mixed in a bowl!*

1. In a large self-locking plastic bag, combine flour, baking powder, and salt. Close bag and shake to mix. Add shortening and work into flour until fine particles form. Add hot water; knead the dough in the bag to form a ball.

2. Remove dough from bag and place on a lightly floured mat or surface; knead 15 strokes. Divide into six equal pieces; shape into balls. Cover; let rest 15 minutes.

3. On a lightly floured surface, roll each piece as thin as possible. Roll from the center out, turning several times to form an 8-inch circle.

4. Heat an ungreased griddle or skillet over medium heat. Cook until the surface begins to bubble and the under side is speckled golden-brown, about 15 to 20 seconds. Cook other side. Stack tortillas under a cloth as they bake; serve warm.

***Variations:** Use ½ cup corn meal and 1 cup all-purpose flour, or use ¾ cup whole wheat flour and ¾ cup all-purpose flour.

Nutrition information per serving (one tortilla): 152 cal, 5 g fat, 0 mg chol, 234 mg sodium, 24 g carbo, 1 g fiber, 3 g pro, 48 mcg folate.

EVERYBODY BAKES BREAD

Pita Pocket Bread *A Mediterranean and Middle Eastern staple*

Makes 12, 6-inch pitas

Ingredients

2 ¼ teaspoons (1/4 oz/7g) RED STAR® Active Dry Yeast
1 ¼ cups (10 oz) lukewarm water (110-115°F)
1 Tablespoon (0.5 oz/14g) olive or vegetable oil
1 cup (4.25 oz) whole wheat flour
1 teaspoon (6g) salt
2 cups (8.5 oz) all-purpose flour, divided
Cornmeal or wheat germ

Instructions

1. In large mixing bowl, dissolve yeast in ½ cup water. Stir in remaining ¾ cup water mixed with oil. Vigorously stir in 1 cup whole wheat flour, salt, and 1 ½ cups all-purpose flour to form a soft dough.
2. Turn dough onto floured surface. Knead dough about 10 minutes or until elastic, adding only enough flour to manage the dough. Place dough in greased bowl. Cover, let rise at room temperature until double, about 1 ½ hours. (Dough may be refrigerated, but will need a punch. Will keep 1-2 days.)
3. Punch down dough and roll into long cylinder on lightly floured surface. Cut into 12 equal pieces.
4. Form each piece into a smooth ball. Cover, let rest 5 minutes.
5. With rolling pin, roll each ball out on lightly floured surface, flipping circles and using just enough flour to keep it from sticking. Make rounds as even and flat as possible, about 6 inches in diameter and ¼-inch thick.
6. Sprinkle cornmeal or wheat germ on baking sheet to prevent sticking. Place 3 to 4 pitas on each baking sheet. Move oven shelf to lowest position and allow pitas to rest while oven preheats to 500°F.
7. Work quickly so heat is not lost placing baking sheet on bottom oven rack. Bake 1 ½ minutes without peeking. Dough will begin to puff up. Continue baking 1 to 2 more minutes. (Little browning will occur since there is no sugar in the recipe.)
8. Remove from oven and cool on rack. Cut each pita in half. Eat fresh with a variety of fillings, or package and freeze.

Nutrition information (one pita): 123 cal, 2 g fat, 0 mg cholesterol, 196 mg sodium, 24 g carbohydrates, 2 g fiber, 4 g protein, 60 mcg folate.



NationalFestivalofBreads.com
View Making Flat Bread video
<http://homebaking.org/foreducators/portablekitchen1.php>

Pilgrim Bread Makes two large loaves or two dozen 2 oz. round rolls

This bread is made from grains from our immigrant roots--Europe (rye), East Asia (wheat), Americas (corn)

Ingredients and Instructions:

Combine in a mixing bowl

½ cup (2.5 oz/70g) yellow cornmeal

1/3 cup (2 oz/55g) brown sugar

2½ teaspoons (15g) salt

Gradually stir in 2 cups (16 oz) boiling water

Add ¼ cup (1.5 oz/45g) vegetable oil

Cool to lukewarm (105 to 115 ° F)

Stir together 2 pkgs (1/2 oz/14g) active dry yeast and ½ cup (4 oz) lukewarm water

Beat into lukewarm mixture.

1 ½ cups (6.25 oz/180g) whole wheat flour

½ cup (2 oz/55g) rye or sorghum flour

Stir in 4½ cups (1 lb 1 oz) unbleached all-purpose flour (use higher protein all-purpose)

View How to Knead in the
Baking Glossary,
HomeBaking.org



Instructions to complete bread dough and bake--

STEP 1: Turn rough mixture of dough onto a lightly flour surface to knead until smooth and elastic OR using a dough hook attachment knead on a mixer 10 minutes or more until dough picks up and cleans the mixing bowl.

TIP: If kneading by hand, take a break—turn bowl over partially kneaded bread and return to complete kneading after about 5 minutes. If dough is too dry, add 1 -2 T. water as it mixes/kneads. Higher protein flour will absorb more moisture.

STEP 2: Fermentation--Place dough in a lightly greased bowl, turn to grease dough surface. Cover and let rise in a warm (78-80°F) place until doubled in size. Punch dough gently to deflate. Knead 3 more minutes. Round the dough into a ball. Cover the dough with the bowl and let rest 5 minutes.

STEP 3: Weigh dough—divide evenly in half or into 24 small dough pieced. Round each into a smooth ball, pinched at the bottom. Place on a greased or parchment lined baking sheet pan. Cover and allow shaped bread to double in size.

STEP 4: Preheat oven to 375°F. Bake large loaves 35 to 40 minutes-- 200°F at center of loaf. Rolls, bake 15-18 minutes, until golden. Cool on a wire cooling rack—don't slice, eat or package bread until cooled to 100°F. at center.

Nutrition Information: One slice (1 oz/28g): 107 calories; 3g protein; 19g carbohydrates; 2 g dietary fiber; 2 g fat; 0 mg cholesterol; 7 mg calcium; 86mg potassium; 188mg sodium

Source of original recipe: *The More-with-Less Cookbook*, Mennonite Central Committee, Doris Janzen Longacre with Ruth B. Hess.