



Baking with Friends

Recipes, Tips, and Fun Facts for Teaching Kids to Bake

Fruited Focaccia

Ingredients:

Dough

2½ to 3 cups bread flour
or unbleached all-purpose flour, divided
½ cup whole wheat flour
1 (¼ ounce) package
or 2¼ teaspoons fast-rising dry yeast
1 cup very warm water (120 °F)
¼ cup sugar or honey
2 tablespoons vegetable oil
1 teaspoon salt
1 cup moistened raisins*
½ cup moistened dried fruit bits*

Topping Ingredients:

Egg wash (1 egg beaten with 1 tablespoon milk)
2 tablespoons granulated or coarse sugar

*Cover dried fruit with cold water for 5 minutes and drain.

Preparation Time: 75 minutes

Baking Time: 15 to 20 minutes

Makes: One large loaf, 15 slices

Serving: 1 slice

Directions:

1. Combine 1 cup bread flour, ½ cup whole wheat flour and yeast in large mixing bowl.
2. Stir in very warm water, sugar, oil and salt.
3. Stir in enough remaining bread flour until dough forms a rough ball and pulls away from sides of the bowl.
4. Place dough on lightly floured surface; knead about 10 minutes until smooth and elastic.
5. Flatten dough, put raisins and fruit in middle and bring edges of dough over the raisins; then knead carefully to mix into dough. The dough will become somewhat stickier as the raisins are kneaded into the dough.
6. Place dough into large greased bowl; turn dough; greased-side is up. Cover; let dough rest at room temperature for 10 minutes.
7. Grease or line baking sheet with parchment paper. Flatten the dough with hands into a rectangle about 1/2-inch thick and place on prepared pan. Cover with oiled or sprayed plastic wrap.
8. Let dough rise at room temperature 45 minutes or until doubled in thickness.
9. Dimple the dough by pressing fingertips or thumbs into it, about 1/2-inch deep, 2 inches apart, all over the surface. Let rise until double in size about 30 minutes, at room temperature.
10. Preheat oven to 400 degrees. Brush egg wash over the dimpled dough and sprinkle with sugar. Bake 15 to 20 minutes or until golden. Cool on wire racks. Serve warm.

Fun Fact:

Yeast bread was first baked by the Egyptians, more than 5,000 years ago. They used wild yeast, captured from the air, in starters.

Vocabulary:

Focaccia

was originally baked on a stone hearth and often included fresh grapes during grape harvest. It was considered "fast food" for Italians.

Family Activity:

For a savory focaccia omit the raisins and fruit. Top the dough before baking with 2 small red or yellow onions, sliced into thin rings and sautéed, 2 tablespoons fresh rosemary or basil, snipped into small pieces, 2 tablespoons olive or vegetable oil and 1 teaspoon salt (may be coarse or kosher salt) if desired.

Special Fundraiser Contact Information

Benjamin Franklin Award winner and 2011 Kansas Notable Book

By Sharon Davis and Charlene Patton, illustrations by Coleen McIntyre

With quirky animals like Dragonfly Bakers and Bumble-bee Spice Specialists, this unique baking book with recipes from the Home Baking Association will excite children into learning to bake their own special creations.

Baking is a great family activity. It covers a wide array of life skills including learning how to find a recipe, shopping for ingredients, measuring, and even cleaning up! What a valuable way to teach the children in your life the importance of following instruction and self-sufficiency. And then there is always sharing in the tasty success.



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