

How to make bread

Try this simple recipe for home-baked bread with your children, ready to enjoy at snack time!

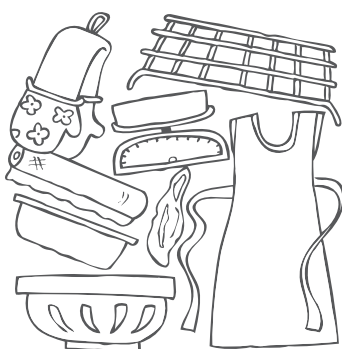
Ingredients

- 500g strong white bread flour
- 1 teaspoon salt
- 1½ teaspoons dried bread yeast
- 2 teaspoons sugar
- 300ml water
- Oil or butter for greasing loaf tin



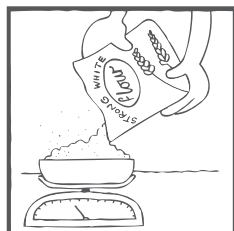
Utensils

- Large bowl
- Small bowl
- Wooden spoon
- Measuring scales
- Measuring jug
- 1 lb loaf tin



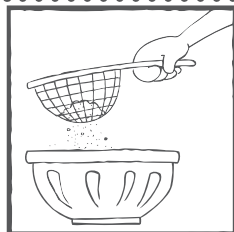
Preparation time:
3 hours (including rising)

Cooking time:
Around 35 minutes



Method

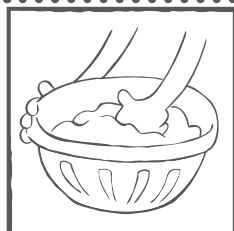
Prepare the ingredients and utensils for use. Ensure children are wearing aprons and have washed their hands thoroughly.



Sift the flour into the bowl and stir in the salt, yeast and sugar.



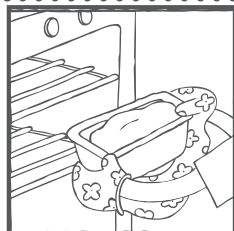
Make a well in the flour mixture and pour in the water slowly, mixing together to form a dough.



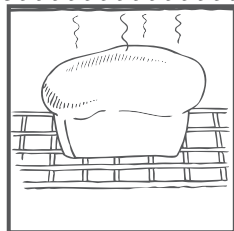
When everything is incorporated, tip the dough onto a clean work surface and knead it until it becomes elastic, usually for around five minutes. Leave the dough in the bowl, covered with a piece of oiled clingfilm, to double in size. This should take between one and a half and two hours in a warm room.



Knock back the dough in the bowl, then push into the tin (or shape into bread rolls, if required) and cover dough again, either with a large oiled plastic food bag, or a tea towel. Allow to rise again for another hour in the tin.



Bake in an oven preheated to 230°C/Gas mark 8 for around 35–40 minutes. Remove when the loaf is golden brown. To test if it is ready, remove the loaf from the tin and lightly tap the base; it should make a hollow sound.



Leave to cool and then slice the loaf and enjoy together.