



## BREAD IN A BAG

Here's a cooking experience that children and adults will love. Make bread dough, mixing it in a freezer quality zippered plastic bag, and place it in the refrigerator until you are ready to put it in the pan for baking. It may be done in a classroom setting, then taken home to bake, or made entirely at home from start to finish. This recipe will make one medium- large loaf. Measurements for water and yeast must be accurate.

### Ingredients:

¾ -1 cup white all-purpose flour	2-3 tablespoons honey
2 cups whole wheat flour	2 tablespoons nonfat dry milk
1 package (1 tablespoon) yeast	1 tablespoon vegetable oil
1 cup warm water	1 teaspoon salt

1. In a one-gallon zippered plastic bag, mix ½ cup of the all-purpose flour, ½ cup of the warm water, 2 tablespoons honey, and the yeast. Seal the bag, then blend the ingredients by squeezing the bag with your fingers. When the ingredients are well blended, set the mixture aside for 15 minutes. The mixture will become very bubbly.
2. Next, add the following ingredients to the bag; the remaining ½ cup of water, 1 cup of whole wheat flour, the dry milk, the vegetable oil, and the salt. Seal the bag; then thoroughly mix the ingredients together by massaging the bag with your fingers.
3. When the mixture is well blended, open the bag and add the remaining whole wheat flour. Reseal the bag and mix in the manner described above.
4. Open the bag, and add a little (2-3 tablespoons) all-purpose flour, working the dough in the bag until the flour is well blended. If the dough is sticky and does not pull away from the bag, add a little more flour—about a tablespoon at a time.. Do not add too much flour or the dough will be dry and stiff.
5. After the flour is blended into the dough, place the bag of dough in the refrigerator until it has doubled in bulk. This may take one hour or up to 8 hours. **At this time, a parent/adult should help the child finish the bread.** (If you wish to bake your bread soon, allow the dough to rise until double in the bag, not refrigerated.)
6. **Easiest Method; the texture will not be perfect, but the bread will be good:** Remove the bag of bread from the refrigerator. Punch down the dough, and turn the dough out of the bag, into 1 greased loaf pan, about 8" X 4", or a round pie pan. It will be a little sticky, but that's OK. (Proceed to step # 9)
7. **Method for best texture:** Turn the dough out onto the countertop which has dusted with flour. Knead the dough, adding a little flour at a time, until it is no longer sticky. (You can't knead it too much, but you can add too much flour, making the bread dry; add flour a little at a time, kneading until no longer sticky.)
8. **Cover the dough** with a plastic bag and let it rest for 10 minutes. Shape into an 8" X 4" loaf, placing it in a greased loaf pan, or a round loaf in a greased pie pan. (just make sure that you get the air bubbles out by kneading, and that the pans are well greased.)
9. **Cover bread pans** again lightly with plastic, and allow the loaves to double in size. This could take ½ hour to one hour. Preheat oven to 375 degrees (or 350 degrees if you know your oven tends to be a little too hot.). Place bread in oven, and bake for about 30-35 minutes, until brown on top, and has a hollow sound when you thump the bread with your finger and thumb. Remove bread from the pan and cool on a rack. Slice and enjoy, with or without butter! Give lots of hugs to the bread maker!

Recipe adapted from Dona Oksa's recipe, Plentywood Elementary, MT