



Recipe From Phyllis' Kitchen



www.phyllisfitzgerald.com

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 2 small loaves or one large loaf, or about 2 dozen rolls. Measurements for water and yeast must be accurate.

Ingredients:

3 ½-4 cups all-purpose flour
2 tablespoons nonfat dry milk
1 package (1 tablespoon) yeast
1 ¼ cup warm water

1/3 cup sugar
1 teaspoon salt
3-4 tablespoons vegetable oil or butter
¼ cup instant potatoes, optional

1. In a one-gallon zippered plastic bag, mix 1 cup of the all-purpose flour, 1 ¼ cup of warm water, the sugar, 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 dry milk, the vegetable oil or butter, one cup flour, the optional instant potatoes, 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 1 cup more of the flour. Reseal the bag and mix in the manner described above. Then, a little at a time, add ½ cup or more of all-purpose flour, working the dough in the bag until the flour is well blended. Add another ¼- ½ cup of flour, (if needed) massaging the dough until it is no longer sticky. If the dough is sticky and does not pull away from the bag, add a little more flour—about 1/8 cup. Do not add too much flour or the dough will be dry and stiff.
4. 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. (If you wish to bake your bread soon, allow the dough to rise until double in the bag, not refrigerated.)
5. **Easiest Method; the texture will not be perfect, but the bread will be good:** Turn the dough out of the bag, into 1 greased loaf pan, about 9" X 5", or 2 3" X 6" pans, or a round pie pan.. (Proceed to # 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 until no longer sticky.)
6. **Cover the dough** with a plastic bag and let it rest for 10 minutes. Shape into one 9" X 5" loaf, or 2 3" X 6" loaves, or a round loaf in a pie pan. (Just make sure that you get the air bubbles out by kneading, and that the pans are well greased.)
7. **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. Place bread in oven, and bake for about 25 minutes (small loaves) to 35 minutes (large loaves). Remove bread from the pans and cool on a rack. Slice and enjoy, with or without butter! Give lots of hugs to the bread maker!
8. If making rolls, instead of shaping loaves, roll the dough to ½", and cut biscuits with a glass or can. Place them close together on a greased cookie sheet. Cover with plastic, and let them double in bulk, ½ to 1 hour. Bake in a preheated 425 degree oven for 10-12 minutes, until golden brown.