

Bake your own tasty bread!

Things you will need

- A big bowl
- A cloth to cover the bowl
- A baking sheet or two small loaf pans
- Olive or vegetable oil
- A helpful adult

Ingredients for the bread

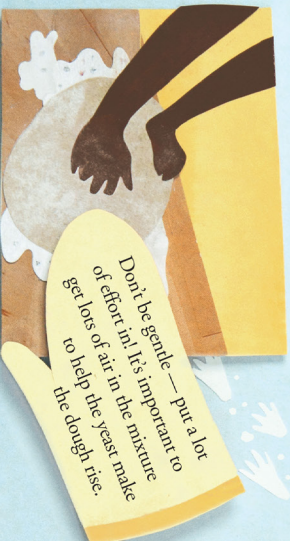
- 750g or 7½ c whole grain or whole meal bread flour
- 400ml or 1½ c warm water
- 2 tsp dried yeast
- 1 tsp flaky or small sea salt

Makes: 2 loaves (or lots of small bread rolls)

How to make your bread

1 Stirring

Put the flour, yeast and salt into a bowl. Make a hole in the pile of ingredients. Pour the warm water (this should be body temperature) into the hole bit by bit, and stir the mixture with your fingers, until you have used up all the water and have a slightly tacky dough.



Don't be gentle — put a lot of effort in! It's important to get lots of air in the mixture to help the yeast make the dough rise.

Ask an adult to boil the water for you. You need 1 part hot boiled water to 3 parts cold water.



2 Kneading

Knead the ball of dough just like the little red hen does. On a lightly-floured surface, knead the dough by pulling the dough outwards and then pressing it back into the middle of the ball with your knuckles. Keep doing this until the dough looks smooth. This should take about five minutes. You can add a little more flour to stop the dough being too sticky. When the dough is smooth, keep kneading it for another five minutes.



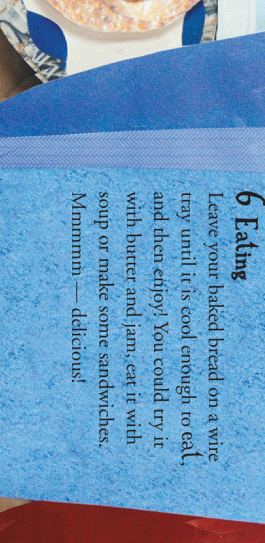
3 Proving

Shape the kneaded dough into a good firm ball again. Place it back in the bowl and ask an adult to cut a cross in the top with a sharp knife. This will let the dough rise, or 'prove'. Cover the bowl with a damp cloth and leave it in a nice warm place to rise for about an hour and a half. The dough is ready when it has doubled in size.



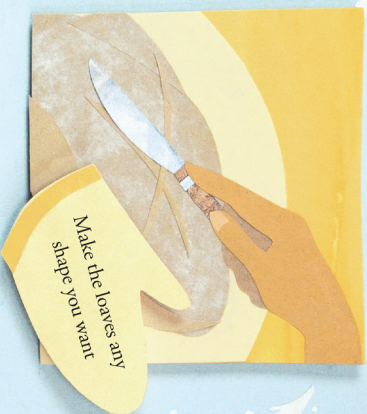
5 Baking

When your oven is hot enough, and the dough has risen again, bake the loaves for around 30 minutes (20–25 minutes for rolls). When they are golden brown and look yummy, the loaves should be done. Lift them carefully up out of the tins and tap them on the bottom. If the bread sounds hollow then it is ready.



4 Shaping

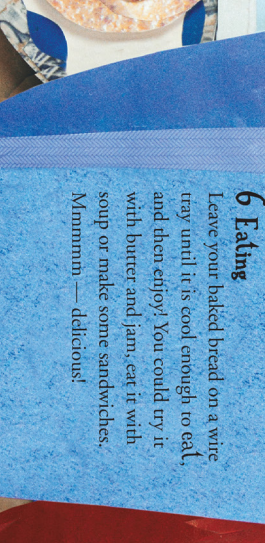
Lightly grease the baking sheet/loaf pan. When the dough has risen, place it on the sheet/pan and shape it into loaves. When you have shaped your bread, turn on the oven for 15 minutes to heat up to 200° C or 400° F. While the oven heats up, the dough will rise again — this is called the "second prove".



Make the loaves any shape you want

6 Eating

Leave your baked bread on a wire tray until it is cool enough to eat, and then enjoy! You could try it with butter and jam, eat it with soup or make some sandwiches. Mmmmm — delicious!



a Barefoot
ACTIVITY!



The Little Red Hen

Written by *Mary Finch*
Illustrated by *Kate Slater*
Narrated by *Debra Messing*

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