

Simple recipe for white bread

Ingredients and materials

For one full-sized loaf or four large rolls (15 cm in diameter):

- 500 g strong white flour plus extra for dusting surfaces
- 2 teaspoons of salt
- 7 g dried yeast
- 2 tablespoons of granulated sugar
- 3 tablespoons of olive oil, plus extra for greasing the loaf tin
- 300 ml warm water
- Baking tray or loaf tin
- Tea towel
- Weighing scales
- Large mixing bowl
- Measuring jug
- Cup
- Teaspoon
- Fork for mixing

Method

1. In the cup, dissolve the sugar in the water and sprinkle on the dried yeast, then whisk well with a fork. Leave in a warm place for half an hour.
2. When the yeast mixture is frothy, pour it bit by bit into a bowl containing the flour, olive oil and salt, and mix well. Stop adding the water when the dough forms a soft ball.
3. Take the dough out of the bowl and knead it on a floured surface until it is elastic and smooth.
4. Put the dough back in the bowl, cover loosely with a tea towel and place it in a warm location until it has doubled in size – approximately an hour.
5. Take the dough out of the bowl and knock the bubbles out of it by kneading it again. Shape it into the type of loaf you want and put it in a greased loaf tin or on a baking tray. Cover loosely with a tea towel and leave in a warm place until doubled in size (about 90 minutes).
6. Place the loaf carefully in an oven preheated to 220 °C and bake for 30 minutes or until it is brown on top and sounds hollow when tapped.
7. Tip it onto a cooling rack and be patient!

Supporting material for:

Lewis D (2012) Bread making: teaching science in primary school. *Science in School* **23**: 33-37. www.scienceinschool.org/2012/issue23/bread