

Mrs. Farmers' Bread Recipe

Lesson 1

Baking 2 loaves of bread



Warm the oven at very low heat (under 200 degrees) for 10 minutes. Turn off the oven.

Heat 1 1/2 cups of water to boiling

In a large bowl

Slice up a stick of butter into small cubes

Add 2 teaspoons of salt

1/4 cup sugar

1/4 cup dried milk powder

Pour the hot water over the mixture in the bowl. Stir to blend in the milk. Let stand while the butter melts.

In a smaller bowl,

Pour in 1/2 cup of hot water. Let it cool until it is very warm but not hot.

Add 2 Tablespoons of dried yeast

2 Tablespoons of bread flour

1 teaspoon of sugar

a pinch of salt

Stir gently, then let it rest.

It will start to bubble.

When the milk mixture is lukewarm, add

1 cup of bread flour, stir in.

Add yeast mixture. stir in.

Add flour a half cup at a time until the dough is thick and stiff to stir. Usually 4 to 5 more cups of flour.

Turn out onto a floured bread board. Knead gently and add small amounts of flour until the dough elastic and smooth.

Wash out the large bowl, dry and butter the in side of the bowl.

Place the dough in the bowl and cover with a dry towel.

Put in the oven and allow the dough to rise until double in size. (usually 3 hours)

Place the risen dough on the bread board and knead again to smooth out air bubbles. When dough is smooth and elastic, cut it in two parts, knead each into a loaf and place in a greased pan. Cover both pans with a dry towel and let rise in a warm place away from drafts.

Heat the oven to 325°.

When the dough has risen rounded above the pan...

Place in the preheated oven and bake until golden brown. (35 minutes or more). A baked loaf will sound hollow when tapped.

Place loaf pans on their sides on a bread board and allow to cool. They should drop out easily. Use a thin knife blade to loosen any crust that sticks to the pan. Let cool before cutting.



The Farmers' Toast

From Wheat to Bread

Lesson 2

Growing Wheat



Overview:

Students will learn how bread is made, from the wheat being grown, to the grinding of flour, and to the baking of bread, and will become more informed about the positive nutritional benefits of homemade bread. They will learn that flour contains Vitamin B.

Time:

3 hour class work, 3 to 4 weeks of growing time

Groupings:

Whole class and individual

Materials:

One tablespoonful of wheat seed for each student
6" coffee cans or pots with holes in the bottom for each student
Dirt
Potting Soil
Small shovels or spoons
Water
Watering can
Apron or old clothes
Pencils
Paper

Teacher Tips:

Read "The Farmer's Toast" before starting project

Preparation:

Prepare coffee cans or pots with drainage holes in the bottom. One to two weeks before the project, send home letters to parents to save old coffee cans or any container that would hold a plant and be able to have holes put in the bottom. This is a messy project but fairly simple and easy. Have an area set up outside the classroom to do the planting so as not to leave a mess in the classroom. Bring dried wheat stalks and books about grist mills into the classroom. Also, for bread-making, have sugar, salt, flour, yeast, butter and milk. Prepare the classroom to get excited about how flour and yeast create the bread we eat. Plan to have parent volunteers if possible.

Pass out wheat seeds. (Wheat can often be purchased at organic markets)

Procedure:

1. Present information about wheat and bread making. Go outside and pass out a pot or can to each student.
2. Pass out wheat seeds to each student. Instruct the students to fill their container up a bit over halfway with soil.
3. Take the seeds out of their packaging and spread them evenly over the soil.
4. Cover the seeds with more soil and press down with the heel of their hands.
5. Saturate each pot with a good drink of water with the watering can.
6. Place the pots in a bright, sunny place, possibly a windowsill or outside.
7. Be sure to have the students water the pots every other day.
8. Ask student to draw pictures and label the plant growth on paper or in their journals.
9. When the wheat ripens, the stalk bends over with the weight of the seeds, strip the stalk so that the wheat seeds (or berries) fall off!
10. These wheat berries can be ground in a hand mill or in a stone or metal dish. The students will have a tiny bit of flour.
11. Question: Does anyone appreciate the process of bringing bread to their lunch box more after raising wheat and grinding flour? How? What did they learn?

