

Bread in a Bag

Wyoming Ag-tivity

Activity Procedure:

This activity works best when students work in small groups or with a partner. If you are making bread as a microorganism experiment, vary the yeast, sugar, salt, or water temperature for interesting results.

In a one gallon (heavy duty) Ziploc bag, mix:

- 1/2 cup all-purpose flour
- 1 package or 2 1/4 teaspoons yeast
- 1/2 cup warm water
- 2 tablespoons sugar

Close bag and knead it with fingers until the ingredients are completely blended. Leave bag closed, with contents in the corner, and let dough rest 10 minutes

Then add:

- 2 cups flour
- 3/4 cup warm water
- 1 tablespoon vegetable oil
- 2 teaspoons salt

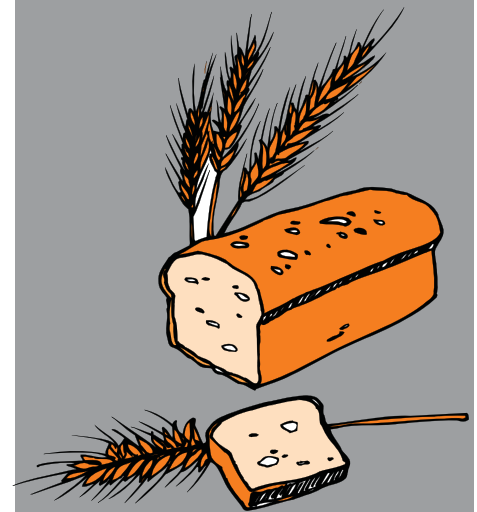
Mix Well.

1. Add enough all-purpose flour to make a stiff dough, about 1 or 1 1/2 cups.
2. Close the bag and knead it (you may need to remove some air in the bag.)
3. Add more flour until dough no longer sticks to the bag. Let the dough rest for 5 minutes.
4. Open the bag and allow the dough to fall out onto clean or gloved (food handler's gloves) hands. ***Spray the hands or gloves with oil so there will be no sticking.***
5. Form the dough into a loaf, place in a loaf pan or onto a cafeteria cookie sheet. Remember the dough will grow 1 1/2 times larger, so leave space between loaves if baking on a cookie sheet.
6. Allow it to rise 30 (quick rise) to 45 minutes.
7. Bake 30-35 minutes in a 350 degree oven. ***Delicious!***



Materials

- 4 cups flour
- 1 pkg. or 2 1/4 teaspoons yeast
- warm water
- 2 tablespoons sugar
- 2 teaspoons salt
- 1 tablespoon vegetable oil
- Gallon Ziploc bag



Estimated Time

30 Minutes Mixing

Plus

Time for bread to rise,
bake, and cool.

Grades K-6