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# Bread in a Bag

## Recipe

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### Advance Preparations

*(Enlist parents or older students to help with this activity)*

1. Gather materials for making the bread. (See list of ingredients below. Many of the ingredients will be available from your school's food service.)
2. Pre-measure ingredients into kits, and mark the bags 1, 2 or 3 and the cups 1 and 2, as indicated below.
  - For each kit you will need the following:
    - Bag # 1: 1/3 cup all-purpose flour; 2 teaspoons yeast.
    - Bag # 2: 1 1/4 cup whole wheat flour; 1 teaspoon salt.
    - Bag # 3: 1 cup all-purpose flour.
    - Cup # 1: 2 teaspoons honey.
    - Cup # 2: 2 teaspoons honey and 2 teaspoons oil.
    - One 6-ounce plastic cup marked for 1/2 cup and 1/3 cup.
    - One 2-gallon plastic bag.
    - Two aluminum pans marked with students' names. (Use masking tape and markers.)
3. Clean tables or desktops with hot, soapy water, then tape white paper down. Each pair of partners will need to face one another.

### Ingredients

*Enough for 20 kits, or 40 students*

- 10 pounds whole wheat flour
- 10 pounds all- purpose flour
- 1 cup active dry yeast
- 1/2 cup salt
- 2 cups honey
- 1 cup oil
- 2-4 pitchers of water

### Supplies

- Masking tape
- Felt-tip pen
- White banquet paper for covering tables
- Soapy sponges and water for cleaning
- Kits containing the following for every two students:
  - One 2-gallon heavy-duty plastic bag
  - Three sandwich- size plastic bags
  - Two 1-ounce plastic soufflé cups
  - One 6-ounce plastic cup with lines marked for 1/2 cup and 1/3 cup
  - Two 1-pound size aluminum loaf pans
  - Teaspoon measuring spoons

## Bread in a Bag (continued)

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### Making the Bread

1. Provide one kit for each pair of students.
2. For each bread-making team, have one student roll down the top of the 2-gallon plastic bags to form a bowl and hold it while the other student adds the contents of Bag # 1, Cup # 1 and 1/3 cup of warm water.
3. Have students unroll their bags, hold them tightly at the base, and use their fingertips (not nails) to mix the ingredients together.
4. Have students close their bags loosely by rolling down the tops as in a log roll. Share some of the background information from the Bread in a Bag lesson while you wait for the mixture to rest (about 10 minutes).
5. Have one student roll the top of the bag back into mixing bowl position and hold it while the other student adds Bag # 2, Cup # 2 and 1/2 cup warm water.
6. Have students unroll the tops of the bags, squeeze out the air, hold the bag tightly toward the bottom and mix gently from the outside of the bag. Students should keep mixing until all the ingredients are distributed evenly.
7. Have one student form the bag into a bowl and hold it while the other student adds about half the contents of Bag # 3.
8. Have students unroll the tops of their bags and mix the ingredients thoroughly until all flour is dispersed.
9. Have students lightly dust their desks with flour and roll the dough out of the bag by rolling the sides down, then turning the bag inside out.
10. Have students gently work in enough flour to make the dough soft, but not sticky. Caution students that too much flour will make the dough stiff and cause the bread to be tough.
11. When the dough is ready, have students use the dough scraper to cut it into two equal parts.
12. Demonstrate kneading the bread. Fold it over with your fingertips and press with the heel of your hand. Turn, and repeat. Have students knead their dough for 10 minutes. To help students keep track of their kneading time, prerecord some music that lasts approximately 10 minutes and play it while students are kneading. Dough is ready when it has elasticity.
13. Let dough rest by covering for 10 minutes. Share more of the background information, or read aloud one of the books listed in the resource section below.
14. Have each student form his or her loaf into the shape of the pan.
15. Have students move loaves to a warm place and leave them until they double in bulk.
16. Bake at 350° F in a conventional oven for 25-30 minutes or at 300° F for 18-20 minutes in a convection oven. Students may take their loaves home to share with their families or enjoy the bread during class.