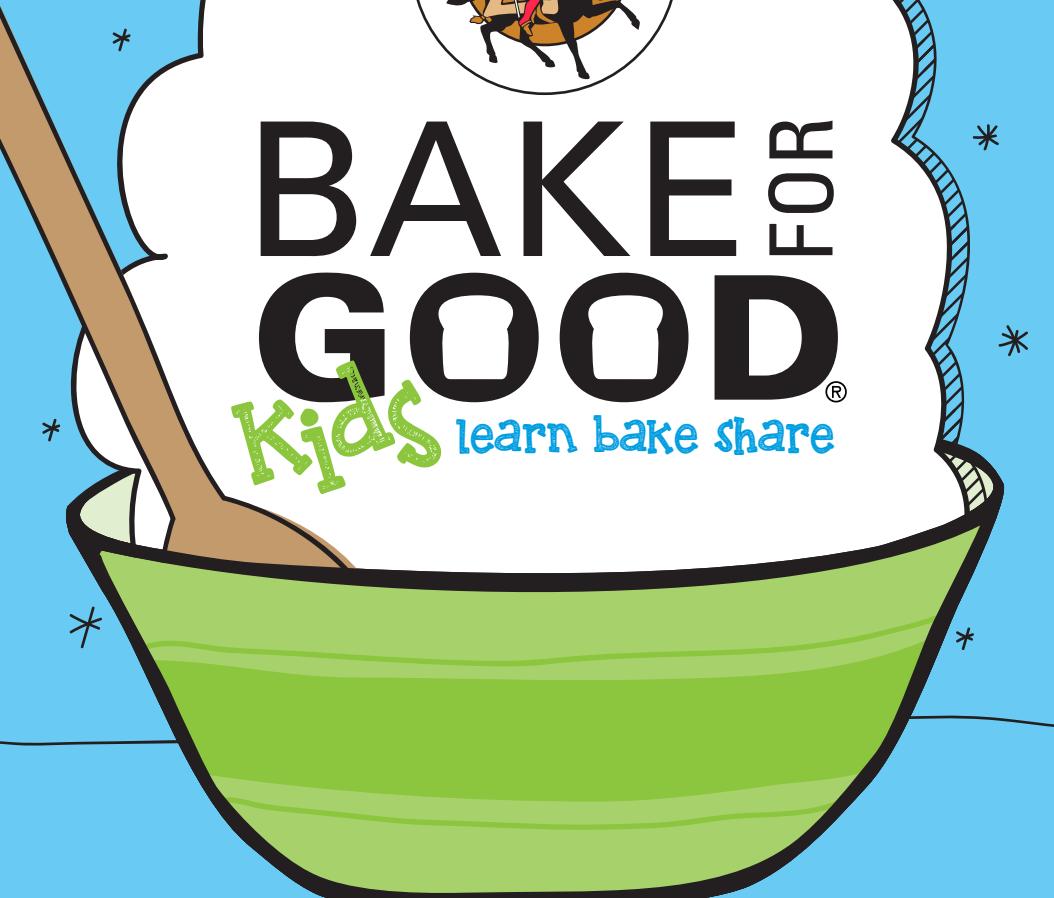




BAKE FOR
GOOD®

Kids learn bake share



Are You Ready?

Get it Together

Get everything together before you start. And remember to wash your hands!



Equipment

- 2 bowls
- 1/4-cup DRY measure
- 1-cup DRY measure
- 1- or 2-cup LIQUID measure
- Measuring spoons
- Mixing spoon
- King Arthur dough scraper
- Cookie sheet
- Plastic wrap
- Clean dishtowel
- Scissors
- Ruler (optional)

Ingredients

- King Arthur White Whole Wheat Flour
- King Arthur Unbleached All-Purpose Flour
- 1 Red Star Yeast packet
- Sugar
- Salt
- Cooking oil



TIPS

How hot is hot?

If the water is too hot, it will kill the yeast. Test the water temperature; it should feel comfortably warm.



How do you measure up?

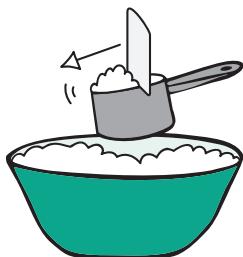
Pour the flour from the bag into a medium-sized bowl.



Fluff



Sprinkle



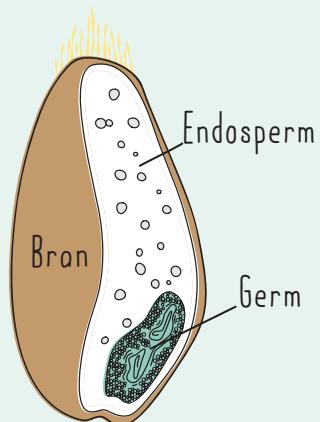
Sweep

Fold-Push-Turn.

Kneading has three easy steps. It develops gluten and gives your bread structure so it rises and won't be flat like a pancake.

1. **Fold** the far edge of the dough over itself towards you.
2. Gently **push** the dough away with the heels of your hands.
3. Pick up the dough and **turn** it a quarter turn.

Wheat Berry Diagram



Bake For Good: Kids Bread Recipe

Note: Makes 2 loaves or 32 rolls

- 2 cups warm water
- 1/4 cup sugar
- 1 packet Red Star Yeast
- 3 cups King Arthur White Whole Wheat Flour
- 1 tablespoon salt
- 1/4 cup cooking oil
- 3 cups King Arthur Unbleached All-Purpose Flour

 Remember to read through the recipe twice!

Alert!!!
This recipe takes
about 3 1/2 hours
to make.

Instructions

1. In a large bowl, dissolve sugar in warm water. Stir in yeast.
2. Add **2 cups** King Arthur White Whole Wheat Flour (orange bag). Let mixture rest a few minutes. When you see CO_2 bubbles, stir in **1 more cup** white whole wheat flour.
3. Stir in salt and cooking oil.
4. Stir in **2 cups** King Arthur Unbleached All-Purpose Flour (red bag). The dough will get harder and harder to stir! Measure out **1 more cup** of all-purpose flour. **Estimate** and sprinkle about **1/2 cup** of flour over sticky dough. Using your dough scraper, clean flour from the sides of the bowl and press into the dough until dough is covered with flour and no longer sticky.
5. Plop dough onto clean, lightly floured surface. Knead dough. (See **fold, push, turn** page 3.) To prevent sticking, take a little flour from your measuring cup and sprinkle

What's the Difference?



VS.



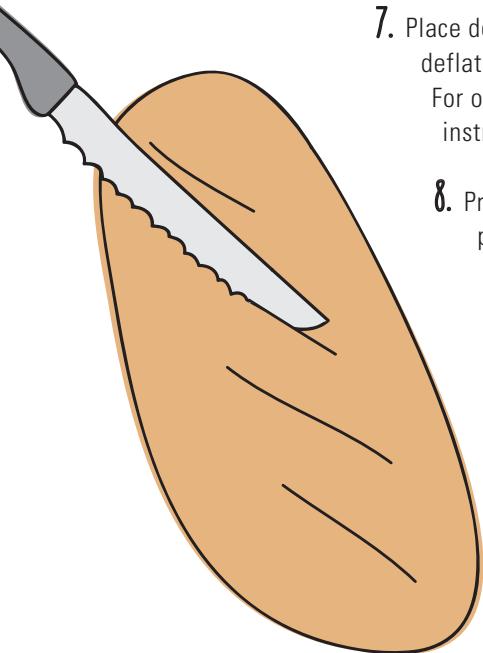
Liquid Measuring Cup

Dry Measuring Cup

it on your hands or work surface. Use your dough scraper, too.

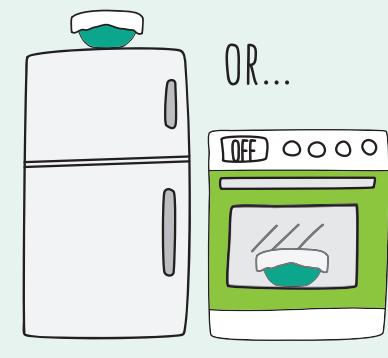
Knead for 5 minutes, then take a break and let dough rest (bench rest). While dough is resting, scrape out mixing bowl, and smear a little oil around the inside.

6. Knead dough for a few more minutes. Gather dough into a ball. It's ready when you lightly press it with your fingertips and it bounces right back. Put dough into oiled bowl, flip dough once, and cover dough with plastic wrap and a clean towel. Put dough in a warm place to rise until double in size, about 1 1/2 hours.



Ready to Rise?

Two good spots for your dough to rise: on top of the fridge, or in your oven (turned OFF).

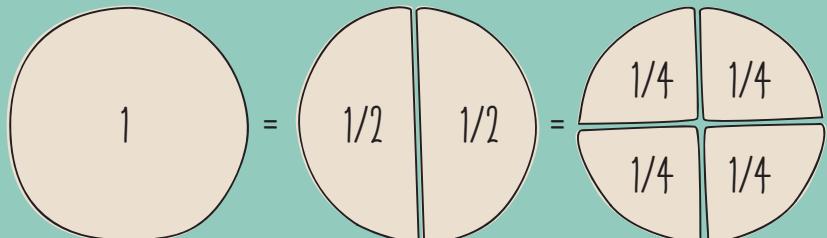


7. Place dough onto a floured surface and gently deflate. Divide dough in half; form into two loaves. For other shapes (braid, pizza, rolls) follow instructions on pages 6 - 9.
8. Preheat oven to 375°F. Grease a cookie sheet; put shaped dough on it. Cover dough with plastic wrap and a clean towel and let dough rise again for 30 minutes.
9. Carefully remove plastic wrap and slash tops of the loaves with a sharp knife (serrated works best). Bake loaves about 30 minutes until crust is golden brown.
10. Remove loaves from oven and cool on a rack. Enjoy!



Be sure bread is completely cool before storing in a plastic bag!

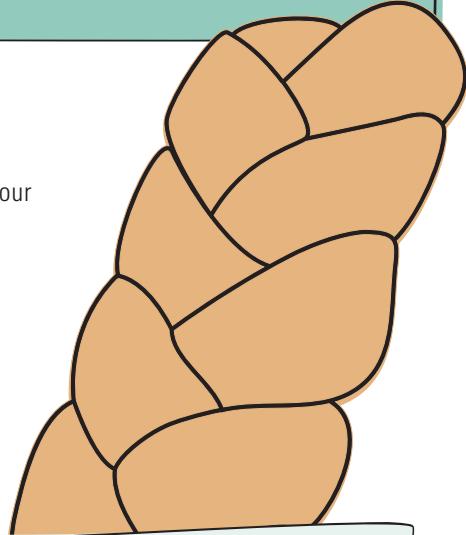
Ideas for Your Bread Recipe



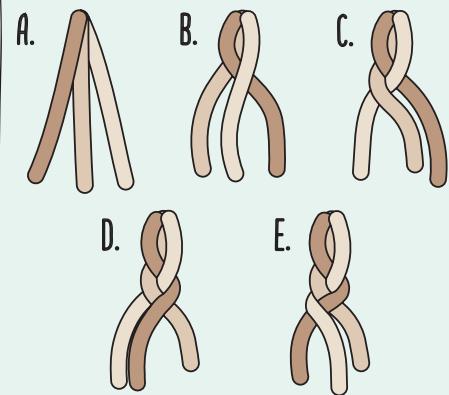
Beautiful Braid

Note: After the first rise, use 1/2 of your dough to make one loaf.

1. With your dough scraper, divide dough into three equal pieces.
2. Roll pieces into ropes of equal thickness and length.
3. Pinch dough together at one end, and braid the three strands. Tuck ends under and make it look beautiful. Preheat oven to 375°F. Cover braid and let rise 30 minutes.
4. Bake braid for 30 minutes.
5. Remove from oven and cool braid on a rack.



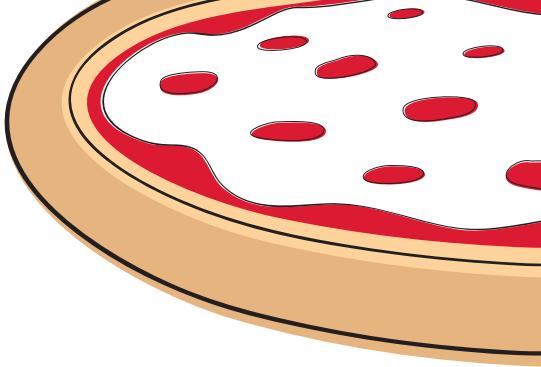
Braiding Bread



Perfect Pizza

1/4

Note: After the first rise, use 1/4 of your dough to make one small pizza.



1. Preheat oven to 450°F. Shape dough into a ball, and let it rest for 5 minutes. Oil pizza pan.

2. Gently press, roll out, or toss dough to desired size. If dough "fights" you, let it rest for a few minutes.

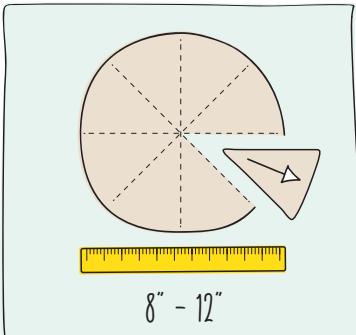
3. Bake pizza crust without anything on it for 5 minutes.

4. Add toppings and bake an additional 10 - 15 minutes.

Curvy Crescents

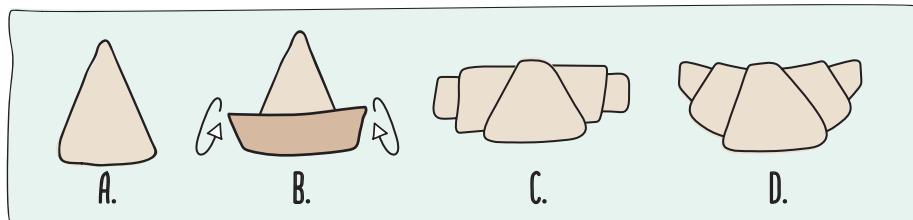
1/4

Note: After the first rise, use 1/4 of your dough to make eight crescent rolls.



1. Gently roll or press your dough into an 8" - 12" circle. Cut circle into 8 triangles.

2. Start with wide end of a triangle and roll dough towards pointed end. Place on a lightly greased sheet. Curve rolls into "crescent" moon shape. Repeat with remaining triangles.



3. Preheat oven to 350°F. Cover rolls and let rise for 30 minutes.

4. Bake rolls for 10 - 12 minutes. Remove rolls from oven and cool on a rack.

More Ideas For Your Dough

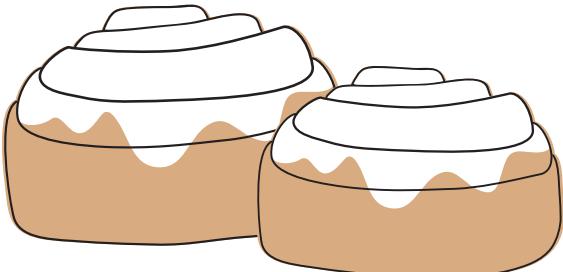
ROLLS! ROLLS! ROLLS!

1/4

Scrumptious Cinnamon Rolls

Note: After the first rise, use 1/4 of your dough to make eight cinnamon rolls.

1. On a lightly floured surface, roll dough into a rectangle about 8" x 12". Sprinkle dough with cinnamon sugar **except** for a 1" strip along one long edge.
2. Roll up dough toward the bare 1" strip. Pinch seam together.
3. Lightly mark dough into eight equal pieces. Pass a length of dental floss under dough where you want to cut. Wrap floss around dough, make one knot (like you're tying a shoelace), and quickly pull both ends apart. *Voila!*
4. Place rolls, cut side up, onto an oiled 8" or 9" cake pan. Preheat oven to 350°F. Cover rolls and let rise 30 minutes.
5. Bake rolls 20 - 25 minutes, until brown and puffy. Remove from oven and cool rolls on a rack.



Cinnamon Sugar

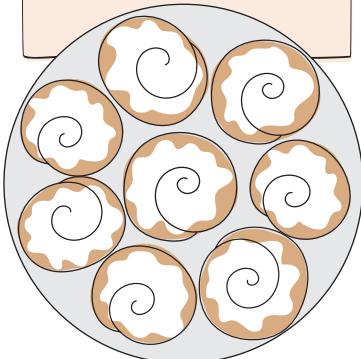
Use ratios to make your own cinnamon sugar!

:
1 part cinnamon 4 parts sugar

Glorious Glaze

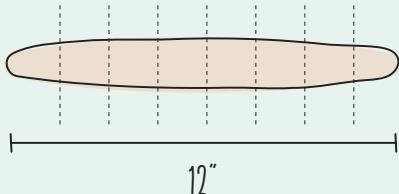
1 1/4 cups confectioners' sugar
1/2 teaspoon vanilla extract
2 - 3 tablespoons milk (enough to make a soft, pourable icing)

In a small bowl, combine sugar, vanilla, and milk.
Drizzle over cooled cinnamon rolls.



START HERE!

For Basic and Knotted Rolls,
roll a log 12" long. Divide and
cut into eight equal pieces.

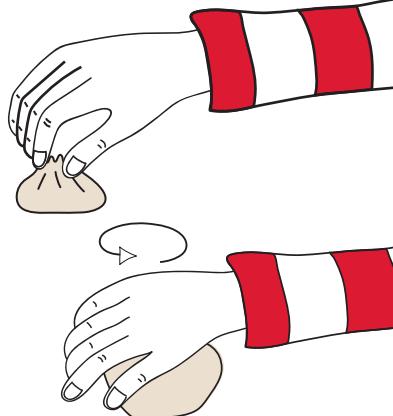


1/4

Basic Dinner Roll

Note: Use 1/4 of your dough to make eight rolls.

1. Working with one piece at a time, fold dough edges into the middle and pinch together. It will look like a dumpling or little purse.
2. Place pinched side down on an un-floured surface. Gently press and roll dough into a ball, using cupped fingers and palm of your hand. Place roll on a lightly greased cookie sheet. Repeat with remaining dough.
3. Preheat oven to 350°F. Cover rolls and let rise for 30 minutes.
4. Bake rolls for 12 - 15 minutes. Remove from oven and cool rolls on a rack.

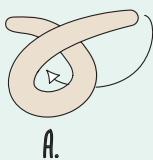


1/4

A Knotted Roll

Note: Use 1/4 of your dough to make eight rolls.

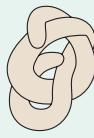
1. Working with one piece of dough, roll out a rope about 8" long.
2. Tie rope into a loose knot, leaving one end longer than the other. Loop the long end through the loose knot again.



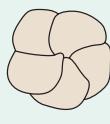
A.



B.



C.



D.

3. Pinch the two ends together and turn the roll over. Place on pan, pinched side down.
4. Preheat oven to 350°F. Cover rolls and let rise for 30 minutes. Bake rolls for 12 - 15 minutes. Remove from oven and cool rolls on a rack.

Whole Wheat Blueberry Muffins

Note: Makes 12 muffins.

Dry Ingredients

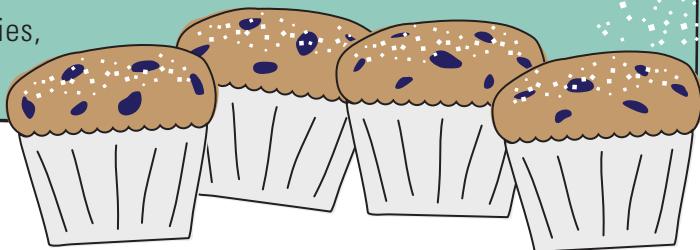
- 2 cups King Arthur White Whole Wheat Flour
- 1 cup brown sugar
- 1 teaspoon baking powder
- 3/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon (optional)
- 1 cup blueberries, fresh or frozen

Wet Ingredients

- 1 teaspoon vanilla extract
- 1/3 cup vegetable oil
- 1 1/2 cups buttermilk or plain (not Greek) yogurt

Topping

- Cinnamon-sugar or coarse white sparkling sugar for topping (optional)



Instructions

1. Preheat oven to 400°F. Lightly grease a 12-cup muffin pan; or line with greased paper muffin cups.
2. In a medium-sized bowl, mix together all dry ingredients and blueberries.
3. In a separate bowl, whisk together vanilla, vegetable oil, and buttermilk, or yogurt.
4. Pour liquid ingredients into the dry ingredients, stirring just to combine.
5. Spoon the batter into prepared muffin cups, filling them nearly full.
6. Sprinkle tops of muffins with sugar, if desired. Bake for 18 - 20 minutes.
7. Remove muffins from oven and let rest for 5 minutes. Remove muffins from pan and cool on a rack. Serve warm or at room temperature. Store leftovers loosely wrapped at room temperature.



How did it go?

Bakers make notes about their baking to remind themselves of what went well and what to do differently next time. Make your notes here!

NOTES:



Bake for Good: Kids Video

Designed specifically for kids! This free, online, 30-minute video teaches the preparation, steps, and techniques for assembling BFGK bread dough. The video covers how to measure accurately, and how to shape a basic loaf, a braided loaf, scrumptious cinnamon rolls, and several types of dinner rolls; even how to toss a personal-sized pizza! Use the video with this BFGK Recipe Booklet. Find the BFGK video at: kingarthurflour.com/learnbakeshare



Parents / Teachers / Grown-ups

We teach kids all over the country how to **learn bake share**.

To find out how to bring our FREE Bake for Good: Kids program to your area, please contact us:

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