

# *A Bread Baking Day*

*Waldorf Curriculum  
Preschool Newsletter*

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## **90 Minute Bread**

yield: 2 loaves

this recipe can easily be scaled up or scaled down depending on the size of your group

ingredients:

2 cups warm water  
2 packets dry yeast (or 4 ½ tsp)  
1 tsp salt  
1 T sugar  
3 T vegetable oil  
4 ½ cups white flour

method:

Pour water into bowl and sprinkle yeast over it. Sprinkle sugar and salt over yeast and wait until yeast bubbles and comes to the surface. (In our family we say that the yeast has woken up and is ready to bake bread with us!) Stir in oil. Add *4 cups* of flour all at once.

Mix with your hands until dough gathers together in a ball. If dough is sticky, add *additional flour* until it can be handled easily (the best way to do this is to set aside a measuring cup with the remaining flour before you start mixing; once you have your hands in the dough, it will be a real mess and it's a hassle to open the flour container again and measure out some more).

Turn dough out onto a floured cutting board and divide into two loaves. Shape each loaf and place into greased bread pans and cover with a wet dish towel. When bread has doubled in bulk (about 20 minutes), bake 375 degrees F in a preheated oven 30-35 minutes until brown. Turn out onto a rack to cool.

tips:

- make sure all ingredients are at room temperature before beginning
- to measure your flour, first fluff up the flour in your container. spoon the flour into your measuring cup gently, then level off the top with the back of a knife
- dough rises best when the top has been rounded and smoothed. shape your loaf and place it in an oiled loaf pan. turn the loaf over one time so that the top is oiled as well.
- for more bread baking tips, see **Bread 101**

## **Bread Baking Verse**

Here is a verse to say while you are mixing the dough, or to introduce the activity:

*The farmer gave us golden grain  
For us to grind and grind.  
Now it's flour brown and white,  
Soft and very fine.  
Add the water, yeast and honey,  
Mix it with our hands.  
When it's soft and not too runny  
Let it stand and stand.  
Shape the dough into a loaf.  
Put it in to cook.  
When it's crusty, crisp and brown,  
We'll all have a look.*

## **Timing**

The entire process of making this bread should take 90 minutes. This means, roughly,

10 am	start recipe
10:15 am	let bread dough rise
10:35 am	preheat oven (remove bread first)
10:40 am	bake bread
11:15 am	set aside to cool
11:30 am	snack time!

## **Storytelling**

Begin recipe; when you get to the rise time take the children into another room and share a bread-baking story. Some options here

first choice: [The Unbeatable Bread](#) by Lyn Littlefield Hoopes

second choice: [The Little Red Hen](#) by Paul Galdone

if you have extra time to prepare, you may want to make a set of finger puppets for "The Little Red Hen" (you will need the little red hen, the duck, the cat, and the dog – patterns can be found in [Feltcraft](#) by Petra Berger which you can borrow – or you can use my set). most children know this story and may get restless hearing it read; seeing it performed will be more fun.

the basic text of this story may also be found online:

[http://www.bres.boothbay.k12.me.us/wq/nnash/WebQuest/little\\_red\\_hen.htm](http://www.bres.boothbay.k12.me.us/wq/nnash/WebQuest/little_red_hen.htm)

third choice:

if you have a group of children who will sit well for storytelling, tell the following story

### **The Sunday Bread Story**

In the town lives the baker. On Saturday he wants to bake. He takes a bowl and from his sack pours flour into it, and then he adds milk. He kneads and leaves it on the table to rise. Then he goes off to the garden to have a rest. He lies down under a tree and soon dreams his sweet baker's dream.

The dough in the bowl rises, and rises over the edge and looks around and says:  
"Oh, how large the world is. I want to rise more and see the whole wide world:

I rise and rise, higher and high  
I rise and rise to see the sky."

And the dough rises up the chimney, and to the top of the chimney there he sings:

"I rise and rise, higher and high  
I rise and rise to see the sky."

The song awakens the baker. He looks up, sees the dough on the chimney and says;  
"What are you doing up there?" - "I want to see the whole wide world." says the dough. "Well, I will help you to see the whole wide world, come down."

The dough comes down and goes back into the bowl. Then the baker takes the dough, adds raisins and nuts and divides the mixture into pieces. He rolls each piece out and kneads it and kneads it. Then he puts the loaves on the baking tray and pushes them into the oven. When they are baked golden brown and crisp, he lays them into his basket and goes into the street, where he calls out:

"Sunday bread, Sunday bread,  
Baked with nuts and raisins red."

Doors open and children come running along and say: "A Sunday loaf, please." - "Yes, here you are," says the baker. "A Sunday loaf please!" - "Yes", says the baker and shares out the loaves of bread. The children say: "Thank you," and skip away. Then the baker looks into his basket and says: "And now my dough has gone into the whole wide world!" and he goes home.

from <http://www.waldorfhomeschoolers.com/bakingbread.htm>

### **Extra Project**

If the bread is taking too long to rise, be prepared with an extra project. Making butter is a good one. Take a sturdy glass jar with a tight fitting top (such as a canning jar) and pour heavy whipping cream into it, about  $\frac{3}{4}$  full. Take turns passing the jar around the circle and shaking it, let children stand up and dance if they want to, to put their whole

bodies into it. First you will get whipped cream; keep shaking and then, suddenly, the cream will seize and you will have butter floating in a pool of buttermilk.

With a large jar the process will take about 15 minutes. Children also enjoy each having their own jar to shake; if you have a number of baby food jars, you can dole out cream into each one. Then each child will have their own little pat of butter for snack time.

Press the fresh butter into a dish to squeeze out any remaining buttermilk and then serve it with your fresh bread. This is not very expensive and it is a lot of fun for children! Yes, it is safe for the kids to drink the buttermilk, too, and they can taste it now or have it with their snack.

After your storytelling and/or butter making, take the children back into the kitchen to see how the bread has magically gotten bigger. (If your bread doesn't rise, see **Bread 101**. If there's no way to fix your loaf of bread, you may want to have some store bought bread on hand and the children can spread their freshly made butter on that.)

Let the children have free time to play while the bread is baking, then it's time for snack!

## **Snack Time**

When the bread comes out of the oven, let them see it. Then have the children help set the table while the bread is cooling.

Here is a nice verse for snacktime:

*Slice, slice, the bread looks nice.  
Spread, spread butter on the bread.  
On the top put jam so sweet,  
Now it's nice for us to eat.*

## **Parent Suggestions**

When parents find that their children really enjoy baking bread, they may ask you for additional suggestions. Try

- ❖ [Sun Bread](#) by Elisa Kleven
- ❖ [Pancakes Pancakes](#) by Eric Carle
- ❖ [Walter the Baker](#) by Eric Carle
- ❖ [The Duchess Bakes a Cake](#) by Virginia Kahl
- ❖ [Little House in the Big Woods](#) by Laura Ingalls Wilder

## Bread 101

Bread rise times are typically between 1 and 2 hours for a homemade loaf. This dough recipe is unusual in that it only takes about 20 minutes to double in bulk.

*If your bread is not rising:*

There are a couple of reasons why bread won't rise the first time.

1. Yeast is a living organism and needs to be fresh. Make sure the date on the package has not expired.
2. Yeast can be killed by hot water and only lukewarm water should be used. Sprinkle the yeast granules (active dry) or crumble (cake) over the surface of 110-115 F liquid – about the temperature of a warm baby's bath.
3. The room is too cold. Cold retards rising. The dough should be left in a warm (75 degrees F and 85 degrees F is ideal) draft-free place to rise.  
  
tip: Turn your oven on to its lowest setting while mixing the dough. Then turn the oven off, place the dough in, and shut the door. This is a perfect warm, draft-free place.
4. Too much or too little kneading. Kneading is a process that develops and strengthens the gluten in the dough. Knead for a full 8 - 10 minutes. I use a timer to help me keep track of the time. If not done correctly, the structure of the bread will be under- or over-developed.
5. If the recipe contains 100% whole wheat, rye, and other grains, a lot of sugar, or too many add-ins such as dried fruit and nuts, they prevent the dough from rising efficiently. If you substitute the flour in this recipe with whole wheat flour, it will take longer to rise.
6. Salt kills yeast. Always follow the directions in your recipe. Here, you must add the sugar before adding the salt.
7. Dough rises best when the top has been rounded and smoothed. Shape your loaf and place it in an oiled loaf pan. Turn the loaf over one time so that the top is oiled as well.

### HOW TO TELL IF YOUR DOUGH HAS FULLY RISEN -- THE TOUCH TEST:

A reliable way to check if the bread dough passes the 'doubled in size' stage and is ready to be baked:

★ Press the dough on the top with the tips of two fingers lightly and quickly about 1/2 inch into the dough. If the impression you made stays, the dough is doubled. If the indent quickly disappears, it needs a little more time; cover and let rise longer.

★ **Do NOT let your bread dough rise more than double. If the dough has collapsed, it has over-risen.**

# GROCERY LIST

**for the Bread:**

dry yeast (packets or in a jar)

salt

sugar

vegetable oil

white flour

**for the Butter:**

heavy whipping cream

canning jar or small baby food jars

# RESOURCE GUIDE

Waldorf Verses for Circle Time and Play

<http://www.waldorfhomeschoolers.com/VERSES.htm>

## **Storytelling**

The Unbeatable Bread

by Lyn Littlefield Hoopes

Feltcraft

by Petra Berger

The Little Red Hen

by Paul Galdone

or online at

[http://www.bres.boothbay.k12.me.us/wq/nnash/WebQuest/little\\_red\\_hen.htm](http://www.bres.boothbay.k12.me.us/wq/nnash/WebQuest/little_red_hen.htm)

Storytelling with Children

by Nancy Mellon

“The Sunday Bread Story”

## Additional Suggestions

- Sun Bread by Elisa Kleven
- Pancakes Pancakes by Eric Carle
- Walter the Baker by Eric Carle
- The Duchess Bakes a Cake by Virginia Kahl
- Little House in the Big Woods by Laura Ingalls Wilder

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