



SMALL GROUP / FAMILY & CONSUMER SCIENCE

# Planning Guide

> LEARN. BAKE. SHARE <

# THIS GUIDE IS DIVIDED INTO THREE SECTIONS

## Section 1



For small groups of less than 30, such as scouts, 4-H, and after-school clubs, and those who may be new to baking together.

## Section 2



For FCS and culinary teachers who plan to bake with multiple classes over the course of the school year and are having supplies shipped to their school.

## Section 3



Ingredient and Equipment Charts, Baking Timelines, and Shaping Tips.



# SECTION 1

## SMALL GROUP

## Flour and Materials

Flour and materials are based on the number of students and the number of batches of bread your group will be making. For example, if you have an after-school club of 12, and they are working in teams of 3, your group will be making 4 batches of bread.

### EACH STUDENT WILL RECEIVE:

- Recipe booklet
- Dough scraper
- Bread bag
- Golden Wheat Whole Wheat Flour, All-Purpose Flour, and yeast will be sent based on the batches of bread you are making.

### SHIPPING

Flour and materials will be shipped via FedEx. When the order leaves the King Arthur warehouse, you will receive a shipping confirmation with tracking information. When your boxes arrive, open them to be sure you have all the materials you need.



### ATTENTION LIBRARIES AND SCOUTS

To stretch our resources and reach as many young bakers as possible, participants in non-school groups may receive a Mini Kit. This includes yeast, a recipe booklet, a bread bag, a dough scraper and two coupons towards King Arthur flour. The recipe calls for two kinds of flour, All-Purpose and Golden Wheat Whole Wheat (or traditional Whole Wheat) and can be found in your local grocery store. The Mini Kits come pre-assembled and will be shipped via FedEx. Each participant will receive their own Mini Kit.



# Baking with a Group

Baking together presents unique challenges and great rewards. If you are new to baking with a group, planning ahead will result in a more positive experience for all involved. We hope these tips will help you. Please do not hesitate to contact the BFG team with any questions.

## LOGISTICS TO CONSIDER

- **Space:** Decide where, when, and how you will screen the video to your group. How much room will you need for your group to bake? Students work at tables in pairs or teams. You'll need access to sinks for warm water and cleanup. Several bowls of dough will need a safe place to rise.
- **Refrigerator?** If you are rising your dough overnight, you'll need enough refrigerator space.
- **Ovens!** Consider oven space — you may have several loaves or dozens of rolls ready to bake at the same time. If you are baking in a school/facility where breakfast or lunch are prepared, be sure ovens are available when it's time to bake. Be sure the pans are evenly spaced in the oven so the heat can circulate around them.
- **Extra Adults:** It's a good idea to have extra grown-ups around to assist on baking day, especially with younger students. They will have questions and may need a hand. This is a great opportunity for volunteers to get involved.
- **Size of teams:** Decide if your students will be working individually or in teams, we recommend teams of 2 to 3 at most.
- **Other ingredients:** The number of teams you have will become the number of batches of bread you are making. Determine your ingredient and equipment totals based on the number of teams who will be baking. Please see the chart attached to help you make your shopping list.
- **Time:** Everything will take longer with a group. Make sure you have time to set up before the students arrive, time for them to make the recipe at their pace, and to clean up afterwards.

## PREPARE YOURSELF

- Watch the instructional video and make the recipe yourself beforehand. Any assistants should also bake the recipe before the lesson. Even though your students will learn from the video, they will look to you for help on baking day.
- If possible, practice the recipe where and how your group will be baking. For example, follow the same timeline your students will be using (see our timeline suggestions below). This will help you see where you may need to adjust the recipe or timeline to ensure your group is successful.



# SECTION 2

## FCS AND CULINARY CLASSES

Teachers can apply for your full year of students all at one time. If needed, we can break the shipments of flour into two, spaced out over the school year. If there are multiple instructors in one school, please submit one application for your whole school.

## Flour and Materials

Flour and materials are based on the number of students and the number of batches of bread your classes will be making. For example, if you have a class of 30 working in teams of 3, your group will be making 10 batches of bread.

### EACH STUDENT WILL RECEIVE:

- > Recipe booklet
- > Dough scraper
- > Bread bag
- > Golden Wheat Wheat Flour, All-Purpose Flour, and yeast will be sent based on the batches of bread you are making.

### SHIPPING

Flour will be shipped via FedEx or freight truck , or via frieght and arrive on a pallet. Please let your front office, facilities manager, and/or custodial staff know you are expecting this shipment. We ask the shipping company to call the school the day ahead to alert you to delivery. The shipping company may call ahead to schedule delivery.

Other supplies (booklet, yeast, dough scraper, etc.) will be shipped via FedEx. When this order leaves the King Arthur warehouse, you will receive a shipping confirmation with tracking information. When your boxes arrive, open them to be sure you have all the materials you need.



# SECTION 3

## INGREDIENT CHART & TIMELINES

### Ingredient and Equipment Chart

Each recipe makes 2 loaves of bread or 32 rolls

INGREDIENTS	1 RECIPE	4 RECIPES	6 RECIPES	10 RECIPES	25 RECIPES
WARM WATER	2 CUPS	1 QUART	3 QUARTS	5 QUARTS	3 ¼ GALLONS
SUGAR	¼ CUP	1 CUP	1 ½ CUPS	2 ½ CUPS	6 ¼ CUPS
OIL	¼ CUP	1 CUP	1 ½ CUPS	2 ½ CUPS	6 ¼ CUPS
SALT	1 TABLESPOON	¼ CUP	½ CUP	¾ CUP	3 CUPS
KING ARTHUR GOLDEN WHEAT WHOLE WHEAT FLOUR	3 CUPS	12 CUPS	18 CUPS	30 CUPS	75 CUPS
KING ARTHUR ALL-PURPOSE FLOUR	3 CUPS	12 CUPS	18 CUPS	30 CUPS	75 CUPS
YEAST PACKET(S)	1	4	6	10	25

\* There are approximately 18 cups of flour in each 5lb bag.

EQUIPMENT	1 RECIPE	4 RECIPES	6 RECIPES	10 RECIPES	25 RECIPES
MIXING BOWL	1	4	6	10	25
XL BOWL FOR FLOUR	1	1	2	4	8
MIXING SPOON	1	4	6	10	25
1 OR 2 CUP LIQUID MEASURE	1	4	6	10	25
1 CUP DRY MEASURE	1	4	6	10	25
1/4 CUP DRY MEASURE	1	4	6	10	25
TABLESPOON	1	4	6	10	25
SCISSORS	1	1	2	4	8
PASTIC WRAP/ BOWL COVER	1	4	6	10	25
CLEAN TOWEL	1	4	6	10	25
DOUGH SCRAPER (PROVIDED)	1 to 3	4 to 12	6 to 18	10 to 30	25 to 75

# Single Day Baking Timeline *We recommend this timeline when possible*

## 4.5 to 5 hours

*On hand and ready: video, ingredients, and equipment*

- > **40 minutes:** Watch BFG video and review recipe.
- > **45 minutes:** Bakers assemble dough, label and cover. Clean-up.
- > **90 minutes:** Dough rises in bowls. Watch additional shaping techniques. Prepare work area for shaping.
- > **30 minutes:** Deflate and divide dough (one recipe = 2 loaves or 32 rolls) shape, place on pans, cover. Preheat ovens.
- > **30 minutes:** Rolls or loaves rise. Clean up, make bread donation labels.
- > **15 to 20 minutes:** Bake 375°F.
- > **30 to 40 minutes:** Cool bread completely.
- > **15 to 30 minutes:** Bag bread for donation, attach labels.

You can complete your actual dough making and bread baking in 3½ to 4 hours by watching the video and having instruction on one day, and then making and baking the bread the following day.

# Two Day Baking Timeline

## DAY 1: 1½ to 2 hours

*On hand and ready: video, ingredients, and equipment*

- > **30 to 50 minutes:** Watch entire BFG video, watch additional shaping video clips, and review recipe.
- > **45 minutes:** Bakers assemble dough, label and cover, clean-up.
- > **Overnight:** Dough rises in refrigerator.

## DAY 2: 1 to 1½ hours

*On hand and ready: video, ingredients, and equipment*

- > **60+ minutes before class:** Remove dough from the refrigerator so it can come to room temperature before shaping.
- > **15 minutes:** Watch BFG shaping video.
- > **30 minutes:** Deflate and divide dough (one recipe = 2 loaves or 32 rolls) shape rolls, place on pans, cover.
- > **30 minutes:** Let loaves rise on pans. Preheat oven to 375°F. Clean up, make bread donation labels.
- > **15 to 25 minutes:** Transfer rolls or loaves to oven and bake. Follow timing instructions in the recipe booklet.
- > **30 to 40 minutes:** Cool on wire rack.
- > **15 minutes:** Bag rolls for donation, attach labels.

### IMPORTANT

This schedule is based on your group meeting 2 consecutive days, with no longer than a 24-hour refrigerator rise. If you cannot meet 2 days in a row, please note that 48 hours is the maximum the dough can rise in the fridge, if you make two small adjustments to the recipe.

1. Decrease the sugar from ¼ cup to 2 tablespoons.
2. Use cold (not warm) water.

# Three Day Baking Timeline For FCS/Culinary teachers with short class period

## DAY 1: 45 to 55 minutes

*On hand and ready: video*

- **35 to 50 minutes:** Watch entire BFG video, remove recipe, and plan lab.

## DAY 2: 45 to 55 minutes

*On hand and ready: ingredients and equipment*

- **45 minutes:** Bakers assemble dough, label and cover, and clean-up.
- **Overnight:** Dough rises in refrigerator.

## DAY 3: 45 to 55 minutes

*On hand and ready: video, ingredients, and equipment (dough replaces video)*

- **1½ to 4 hours before class:** Remove dough from the refrigerator so it can come to room temperature before shaping. If the dough has been in the refrigerator a long time, it may need longer to come to room temperature.
- **15 minutes:** Deflate and divide dough. Shape and place on pans, cover.
- **30 minutes:** Let loaves rise on pans. Preheat oven to 375 degrees F. Clean up, make donation labels.
- **15 to 30 minutes:** Transfer rolls or loaves to oven and bake. Follow timing instructions in the recipe booklet. NOTE: The teacher or next class of students may need to remove the baked goods from the oven.
- **30 to 40 minutes:** Cool completely and bag for donation.





# Four Day Baking Timeline For FCS/Culinary teachers with short class period

## DAY 1: 35 to 45 minutes

*On hand and ready: video*

- **35 to 50 minutes:** Watch entire BFG video, review booklet, and plan baking lab.

## DAY 2: 35 to 45 minutes

*On hand and ready: ingredients and equipment*

- **35 minutes:** Bakers assemble dough, label and cover, and clean-up.
- **Overnight:** Dough rises in refrigerator.

## DAY 3: 35 to 45 minutes

*On hand and ready: dough, ingredients, and equipment (dough replaces video)*

- **1 hour+ before class:** Remove dough from the refrigerator so it can come to room temperature before shaping. If the dough has been in the refrigerator a long time, it may need longer to come to room temperature.
- **15 minutes:** Deflate and divide dough (one recipe = 2 standard loaves or 3 smaller loaves or 32 rolls). Shape dough, place on pans, cover well and place in refrigerator.
- **Overnight:** Loaves rise in the refrigerator.

## DAY 3: 35 to 45 minutes

*On hand and ready: dough, ingredients, and equipment*

- **1½ hours+ before class:** Remove loaves/rolls from the refrigerator so it can come to room temperature before baking. If the dough has been in the refrigerator a long time, it may need longer to come to room temperature.
- **30 minutes:** Preheat oven to 375 degrees F. Transfer rolls or loaves to oven and bake. Follow timing instructions in the recipe booklet. Make donation labels.
- **30 to 40 minutes:** Cool completely, bag for donation and attach labels.  
NOTE: The teacher or next class of students may need to bag the baked goods after they have had an opportunity to cool down.

### IMPORTANT

Plan for the refrigerator and oven space needed for the amount of dough your students will be refrigerating and baking. You can fit more loaves in pans into the fridge than baking sheets with free-form loaves.



# SECTION 4

SHAPING TIPS & IDEAS

## Shaping tips and Ideas

There are many shaping options shown in the Recipe Booklet and the BFG Video. Below are a few more options suggested by FCS teachers.

### LOAF PANS:

Using loaf pans will allow you to fit more shaped loaves in your refrigerator and oven. We recommend using small loaf pans, 7" x 3". A batch of dough will make 3 small loaves, 1 for the students to taste in class, and then 2 loaves to share. You can fit 6 small loaf pans in an oven (spaced apart) at one time.

Other supplies (booklet, yeast, dough scraper, etc.) will be shipped via FedEx. When this order leaves the King Arthur warehouse, you will receive a shipping confirmation with tracking information. When your boxes arrive, open them to be sure you have all the materials you need.

#### TIP

Students can make braided loaves and fold them into loaf pans- this makes a beautiful loaf of bread!

### ROLLS:

If you have 4 or more students working on a batch/recipe, we recommend making rolls. It's easier to evenly divide the dough, everyone gets a chance to shape, and there are rolls to taste in class and some left over to share. You can find roll shaping videos on the King Arthur website, but also online.

#### TIP

Keep in mind, the larger the baked good, the longer it takes to rise and bake (like a full loaf). The smaller the baked good, the faster it rises and bakes (rolls).

