



ESTD

1790

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?

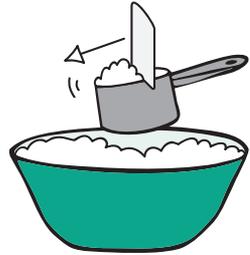
Pour the flour from the bag into a medium-sized bowl.



Fluff



Sprinkle



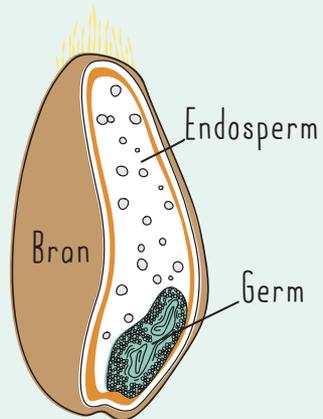
Sweep

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

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

* Remember to read through the recipe twice!

Instructions

1. In a large bowl, combine warm water, sugar, yeast, and **2 cups** King Arthur White Whole Wheat Flour (orange bag). Let mixture rest a few minutes. When you see CO₂ bubbles stir in **1 more cup** white whole wheat flour.
2. Stir in salt and cooking oil.
3. 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 that flour over the sticky dough. Using your dough scraper, clean the flour from the sides of the bowl and press into the dough until the dough is covered with flour and no longer sticky.
4. Plop dough onto a clean, lightly floured surface. Knead the dough. (See **fold, push, turn** page 3.) To prevent sticking, take a little flour from your measuring cup and sprinkle it on your hands or the work surface. Use your dough scraper, too.

What's the Difference?



vs.



Liquid Measuring Cup

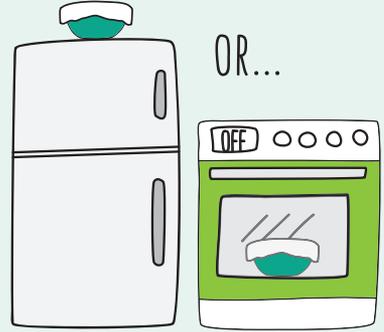
Dry Measuring Cup

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

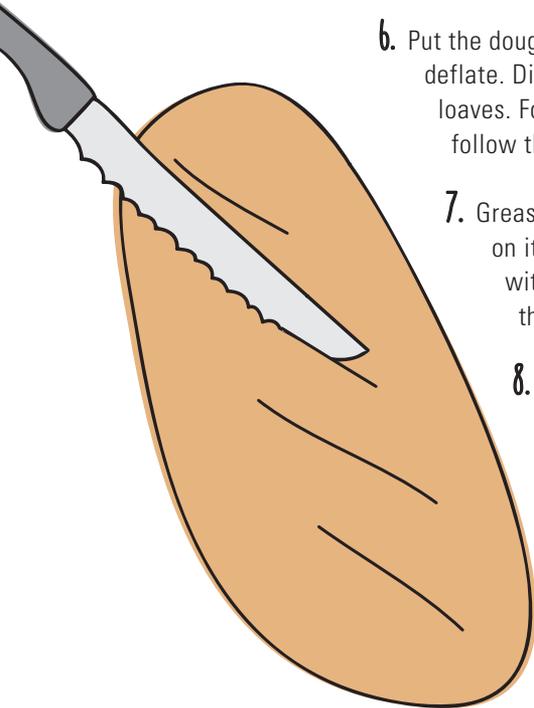
5. Knead the dough for a few more minutes. Gather the dough into a ball. It's ready when you lightly press it with your fingertips and it bounces right back. Put the dough into the oiled bowl, flip the dough once, and cover dough with plastic wrap and a clean towel. Put the dough in a warm place to rise 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).

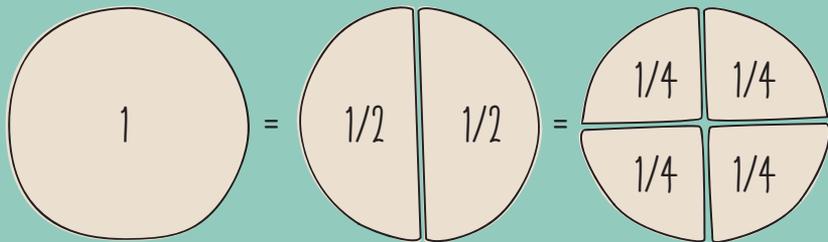


6. Put the dough onto a floured surface and gently deflate. Divide the dough in half; form into two loaves. For other shapes (braid, pizza, rolls) follow the instructions on pages 6 - 9.
7. Grease a cookie sheet; put your shaped dough on it. Preheat oven to 375°F. Cover the dough with plastic wrap and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



CAUTION: Do not put warm bread into a plastic bag!

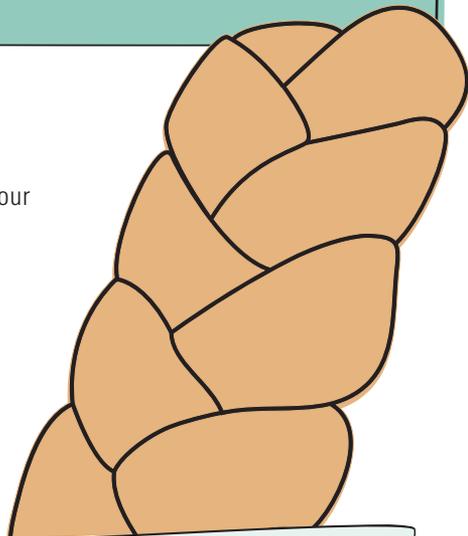
Ideas for Your Bread Recipe



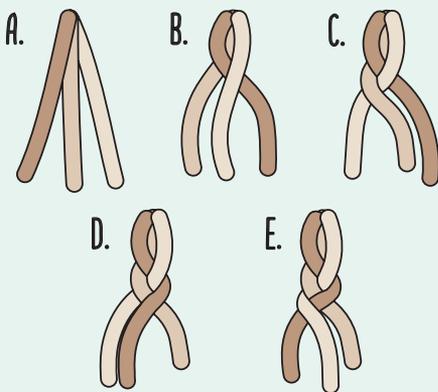
Beautiful Braid

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 the dough together at one end, and braid the three strands. Tuck the ends under and make it look beautiful. Preheat oven to 375°F. Cover and let rise 30 minutes.
4. Bake braid for 30 minutes.
5. Remove and cool braid on a rack.



Braiding Bread



Share!

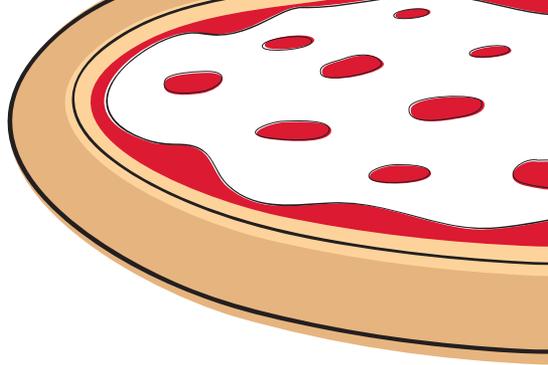
pictures of your
beautiful creations
on Instagram at
#learnbakeshare

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 your pizza pan.
2. Gently press, roll out, or toss the dough to desired size. If the dough "fights" you, let it rest for a few minutes.
3. Bake your pizza crust without anything on it for 5 minutes.
4. Add toppings and bake 10 - 15 minutes more.

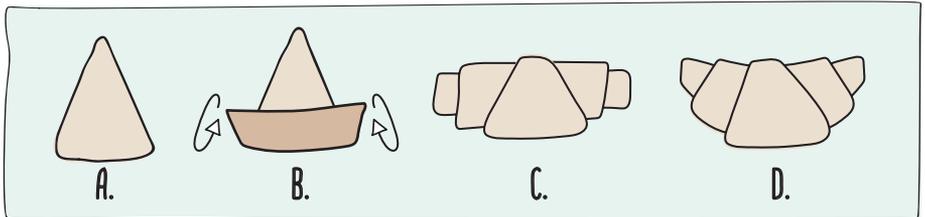
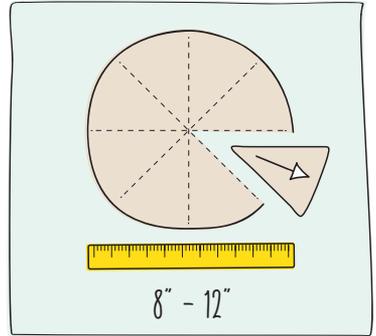


Curvy Crescents

1/4

Note: After the first rise, use 1/4 of your dough to make 8 crescent rolls.

1. Gently roll or press your dough into an 8" - 12" circle. Cut the circle into 8 triangles.
2. Start with the wide end of a triangle and roll the dough towards the pointed end. Place on a lightly greased sheet. Curve the edges of the roll into the shape of a "crescent" moon. 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. Cool rolls on a rack.

More Ideas For Your Dough

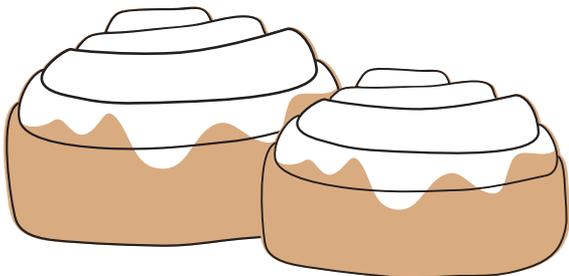
ROLLS! ROLLS! ROLLS!

1/4

Scrumptious Cinnamon Rolls

Note: After the first rise, use 1/4 of your dough to make 8 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. Starting with the long edge, roll up the dough toward the bare 1" strip. Pinch the long seam together.
3. Lightly mark your dough into 8 equal pieces. Pass a length of dental floss under the dough where you want to cut it. Wrap the floss around the dough and make one knot (like you're tying a shoelace). Pull both ends and *voila!*
4. Place rolls, cut side up, onto an oiled 8" or 9" cake pan. Preheat oven to 350°F. Cover and let rise 30 minutes.
5. Bake rolls 20 - 25 minutes, until brown and puffy. Cool rolls on a rack.



Cinnamon Sugar

Use ratios to make your own cinnamon sugar!



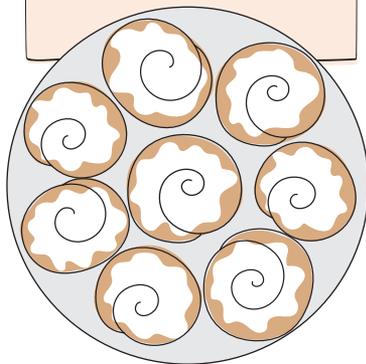
1 part
cinnamon

4 parts
sugar

Glorious Glaze

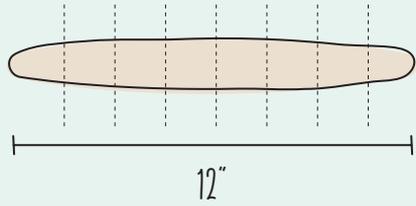
- 1 1/4 cups confectioners' sugar
- 1/2 teaspoon vanilla extract
- 2 - 3 tablespoons milk (enough to make a soft, pourable icing)

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



START HERE!

For the Basic and Knotted Rolls, roll a log 12 inches long. Divide and cut the log into 8 equal pieces.

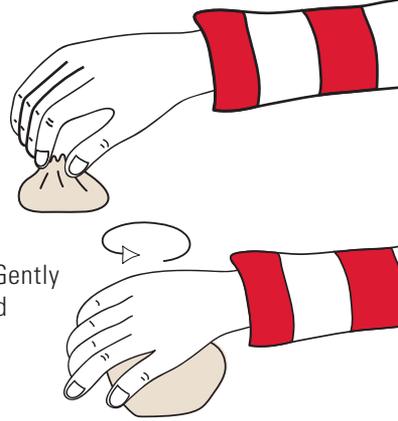


1/4

Basic Dinner Roll

Note: Use 1/4 of your dough. Makes 8 rolls.

1. Working with one piece at a time, fold the dough edges into the middle and pinch together. It will look like a dumpling or little purse.
2. Put the pinched side down on an un-floured surface. Gently press and roll the dough into a ball, using your 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 10 - 12 minutes. Cool rolls on a rack.

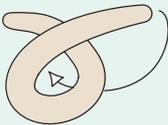


1/4

A Knotted Roll

Note: Use 1/4 of your dough. Makes 8 rolls.

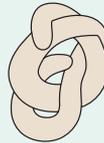
1. Working with one piece of dough, roll out a rope about 8" long.
2. Tie rope into a loose knot, leaving one end longer than the other. Loop the long end through the loose knot again.



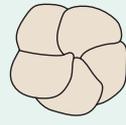
A.



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 10 - 12 minutes. Cool rolls on a rack.

Whole Wheat Blueberry Muffins

Note: Makes 12 muffins.

Dry Ingredients

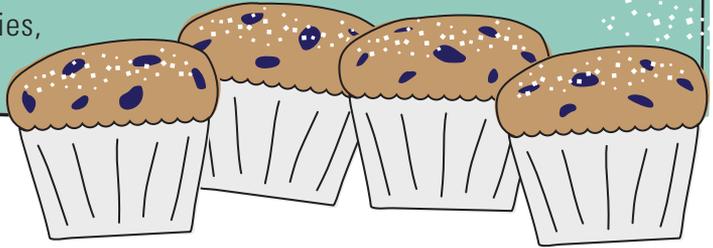
- 2 cups King Arthur White Whole Wheat Flour
- 1 cup brown sugar
- 1 teaspoon baking powder
- 3/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon (optional)
- 1 cup blueberries, fresh or frozen

Wet Ingredients

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

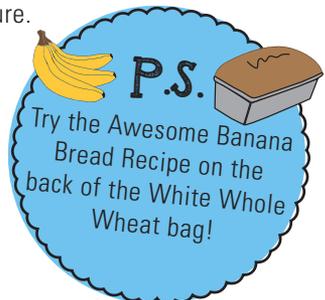
Topping

- 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 of the dry ingredients and the blueberries.
3. In a separate bowl, whisk together the vanilla, vegetable oil, and buttermilk or yogurt.
4. Pour the liquid ingredients into the dry ingredients, stirring just to combine.
5. Spoon the batter into the prepared muffin cups, filling them nearly full.
6. Sprinkle the tops with sugar if desired. Bake muffins for 18 - 20 minutes.
7. Let muffins rest for 5 minutes. Remove from pan and cool on a rack. Serve warm or at room temperature. Store leftovers loosely wrapped at room temperature.





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