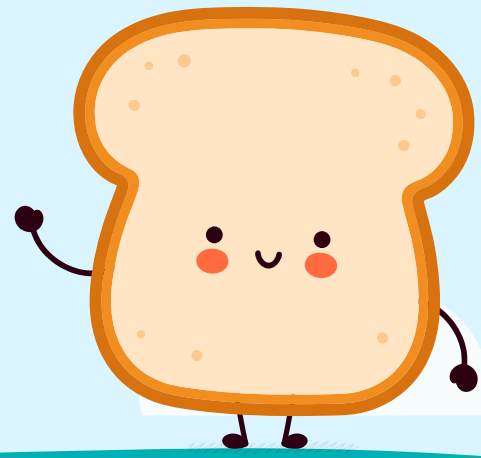


FOOD FESTIVAL

By Aspens



BREAD

1

Bread is eaten all over the World and used in lots of different dishes such as pizzas, burgers and bread pudding!

2

Most bread is leavened, which means it is made with yeast or a rising agent to make the dough grow bigger.

3

There isn't just one type of bread. There are lots! From sourdough to ciabatta and brioche to whole-grain.

5

Flat breads are made from grains such as corn, barley, wheat, or rye.

4

Whole-grain bread provides essential vitamins and minerals to maintain a healthy diet.

Did you know?

The word sandwich is named after John Montagu who was the 4th Earl of Sandwich! He asked for his meat to be put between two slices of bread so it was easier to eat.

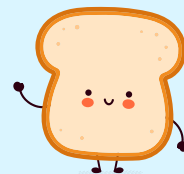
FUN FACTS

Remember...

Bread is a starchy food which should make up around a third of what you eat. Starchy foods provide a good source of fibre and energy for your body.

Turn over for an amazing recipe!

BREAD



Classic White Loaf Recipe & Method

Ingredients

100g Strong Bread
Flour

70ml Lukewarm
Water

2 tsp Salt

7g Yeast Dried

1 Heat oven to 220C/fan 200C/gas 7..

Mix 100g strong white flour, 2 tsp salt and a 7g sachet of fast-action yeast in a large bowl.

2

Make a well in the centre, add 70ml of water, and mix well. If the dough seems a little stiff, add another 1-2 tbsp water and mix well.

3

Tip onto a lightly floured work surface and knead for around 10 mins.

4

Once the dough is satin-smooth, place it in a lightly oiled bowl and cover with cling film. Leave to rise for 1 hour until doubled in size or place in the fridge overnight.

5

Line a baking tray with baking parchment. Knock back the dough (punch the air out and pull the dough in on itself) then gently mould the dough into a ball.

6

Place it on the baking parchment to prove for a further hour until doubled in size.

7

Dust the loaf with some extra flour and cut a cross about 6cm long into the top of the loaf. Bake for 25-30 mins until golden brown and the loaf sounds hollow when tapped underneath. Cool on a wire rack.