

Lesson plan for teachers Lesson 7: How to make bread



	Learning intentions	5		
	 ★ To learn about different types of bread ★ To learn how to make bread ★ To understand that yeast is a living organism that makes bread ris ★ To make Garlic and rosemary focaccia and Easy flatbreads 			
	Key skills * Mixing * Kneading			
	Before the lesson			
	Easy flatbreads	over pupil nent needed for the Garlic and rosemary focaccia and es of bread for the children to taste, or show them images		
	Running order			
	 Welcome children to the classroom Introduce learning intentions Introduce what bread is in its basic form Recap rules and get ready to cook Make dough for the Garlic and rosemary focaccia recipe, explaining what yeast is and how it works, and demonstrate kneading Assemble topping for the Garlic and rosemary focaccia recipe Explore different types and styles of bread (use images if you can't source bread) and get the children to record their observations Assemble Garlic and rosemary focaccia Make dough for the Easy flatbreads recipe Make garlic butter for the Easy flatbreads recipe Cook Easy flatbreads and place Garlic and rosemary focaccia in the oven Taste Easy flatbreads and Garlic and rosemary focaccia Finish with discussion questions 			
	Terms and techniques			
	Bread Focaccia Flatbread Yeast	★ Kneading★ Proving★ Knocking back★ Grilling		
	Curriculum links			
Geography	Locate where different breads co	me from on a world map		
History	Research all about the origins of	focaccia and flatbreads		



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Introduction: 5 minutes



Today we're going to learn all about making bread, then we're going to make two different types: an Italian bread called focaccia, and a flatbread, which is the oldest style of bread in history. Let's start by talking a bit about bread.

First of all, what is it? For thousands of years, grains and pulses have been harvested and ground into flour. When flour is mixed with liquid, it makes dough, and this can be shaped and cooked in hundreds of different ways. In Italy, wheat flour is mixed with eggs or water and then rolled into pasta. In North Africa, semolina dough is turned into tiny grains of couscous, which is then steamed and served with stews called tagines. Native Americans make dough from corn flour, which is then rolled flat for their corn cakes, and in China, wheat or rice dough is stretched into long thin noodles, or rolled into flat, thin pancakes and served with crispy duck. But perhaps the most common use for flour across the world is bread.

In its simplest form bread is made from a mixture of flour and water, with a little seasoning. This simple bread is rolled flat and often grilled or cooked in a wood-fired oven – they're called, flatbreads. Some flatbreads have raising agents, such as baking powder added to them to make them puff up slightly. In the UK, most of the breads we're familiar with are made with a very important ingredient that makes it rise, or prove. Does anyone know what this is called? Yeast.

★ Get one of the children to pour the yeast into a small bowl and pass it around so that all the children can smell it.



Yeast is a living microorganism that eats the sugar in our flour, then releases small amounts of carbon dioxide, which creates little bubbles. The bubbles in the dough are what make the bread puff up and rise, giving it that special light and airy texture. Just like other living things, yeast likes to be kept warm and well fed to be able to do its job.

Let's get our focaccia started so that it has time to rest and rise. Then, while it's rising, we can talk a bit more about different types of bread, explore where they come from in the world and have a go at making our very own flatbreads. Let's get ready to cook!

Children get ready to cook.

- * Roll up sleeves
- Tie hair back
- * Remove jewellery
- * Put aprons on
- **★** Wash hands

Cover the key rules for the kitchen, suggesting ideas if the children aren't heading in the right direction.

Cooking: 1 hour 15 minutes



Alright, we're going to make our bread in small groups today.

♣ Divide the class into three or four small groups.



Let's start by making sure our cooking stations are clean and ready for us to cook.

Lesson 7 continued: How to make bread





The bread we're making first is called focaccia. Has anyone ever heard of this before?

Focaccia is Jamie's favourite type of Italian bread. As far as bread goes, it's not too difficult to make. The great thing about focaccia is that once you've learnt the basic recipe, you can take it in lots of different directions by changing the toppings, and it's very similar in texture and flavour to pizza dough. The name "focaccia" comes from the Latin word for fireplace, because in Roman times the bread was baked in the ashes of the fire.

Now, to get our bread started we each need to add 7 grams (1 packet) of dried yeast to 300ml of warm water, along with half a tablespoon of sugar.

▶ One by one, get a child from each group to measure 300ml of water at the tap and take it back to their station. Go to each station, and get one of the children to add the right amount of yeast and ½ tablespoon of sugar to the water.



Who can remember why we need to add sugar to our yeast? The yeast eats the sugar, and then releases carbon dioxide, which creates the all-important bubbles in our bread.

Now we're going to put the yeast to one side for a minute so it can eat that sugar, while we measure out the rest of our ingredients.

We're going to begin by measuring out 400g of strong white bread flour. When you're making bread, you should always look for the word "strong" on the packet of flour. This means that the flour has more protein in it, called gluten, which makes the bread more elastic and stretchy when we knead it – plain flour won't rise as well. Next, let's weight out 100g semolina flour, which is a bit coarser – you can feel the difference between your fingers. This is what gives your bread that amazing Italian flavour, just like pizza dough. Let's mix our two flours together in a large mixing bowl and then add half a tablespoon of sea salt.

❖ Get the children to measure out the white bread flour, semolina flour and sea salt.



Once we've mixed it all together we need to make a well in the middle of our flour so that we can pour our yeast mixture into it.

lacktriangle Demonstrate making a well, then show the children the activated yeast.



Look at our yeast. See how nice and bubbly it is? What does it smell like? Very occasionally the yeast will not activate because it is too old. When this happens there is nothing you can do apart from starting again with some different yeast.

Next, we need to slowly pour our yeast mixture into the well, mixing with a fork as we go.

* Demonstrate the pouring and mixing, then let the children have a go.



We want to mix everything together, gradually bringing the flour in from the sides, until fully mixed and the dough starts to come together. We want the dough to be a little bit sticky – if there isn't enough liquid, the dough won't be able to expand and rise.

Once the ingredients come together, regroup the children to demonstrate kneading.



The next step for our bread is to dust a clean work surface with a bit of flour and knead our dough. Kneading means pulling and stretching the dough to get the gluten in the flour working to make the dough springy, elastic and spongy.

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❖ Clearly demonstrate kneading the dough. Get the children to return to their stations to
take turns kneading their dough, or break the dough into smaller pieces for each child to
knead his or her own. As kneading takes about 5 minutes, it works well to put music on
and get the children to knead for the duration of one or two songs. Adults should help if
the children are not kneading hard enough. If the dough sticks to the surface, dust with
a little extra flour. Don't be tempted to add lots – with enough kneading, dough that's
slightly sticky will turn soft and springy. To test if the dough is ready, prod it with your
finger – if it springs back, it's ready. Rub your hands together to get rid of any sticky dough
before washing them under the tap. Get the children to wash their floury hands.

▶ Once finished, put the dough into separate, lightly oiled, clean mixing bowls. Dust with a little extra flour and cover with clean tea towels. Get the children to label their bowls with their initials.



While our dough is rising, let's quickly clear up our work stations and prepare our toppings.

We're going to make a really simple garlic and rosemary topping for our bread, but you could take it in all sorts of different directions at this stage. Focaccia is very popular in Italy and is often simply flavoured with olive oil, sea salt and some herbs. We also have a recipe for a lovely tomato and basil topping that would be wonderful in the late summer when tomatoes are in season. Potato and thyme also makes a lovely focaccia topping, as do sweet caramelised onions. You can even make a sweet version of this bread using cherries and vanilla sugar, or different-coloured grapes.

Next, we need to push down hard with the palm of our hands to break the garlic bulb.



 $\mbox{\ensuremath{\bigstar}}$ This might be a bit difficult for some children – an adult may need to do this.

Garlic comes from the same family as the onion and it's been used in cooking for more than 6,000 years. It grows as a bulb, but recipes often use single cloves, which is what you get when you break the bulb apart.

* Show the children the difference between the bulb and the clove. Pass the cloves around for the children to smell and feel.



It has a wonderful strong flavour when raw, but when roasted whole in its skin, like in this recipe, it becomes really sweet and soft. We need to press down hard on each clove to crush them slightly – this will help to release flavour, then add them to our bowl.

❖ Get the children to smash the cloves, then add them to one big bowl.



Next we need to pick the leaves off our rosemary sprigs. Rosemary is a woody herb with a strong scent, a bit like a Christmas tree.

★ Let the children smell the rosemary, then demonstrate how to strip off the leaves by sliding your fingers along each sprig. Get one of the children to measure out 1 tablespoon of extra virgin olive oil and drizzle it over the garlic and rosemary.



Now we need to season with a tiny pinch of salt and pepper and mix it all together.

♣ Get one of the children to season the garlic and rosemary, then pass the bowl around so that everyone gets a chance to mix the topping together with their fingers. Put the topping aside, then get the children to wash their hands.

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	Alright, now let's check on our dough. Does it look like it has doubled in size? Not quite yet? Let's leave it to rise for a bit longer. While we let it rise, let's talk about other types of bread.
	★ Have a variety of breads ready for the children to look at. Show breads from different parts of the world and breads that are made from different types of flours (for example, white country loaf, pitta bread, bagels, wholemeal loaf, chapatis, flour tortillas, etc). If possible, have small pieces of the different types of bread ready for children to taste. If you can't source any, use images instead.
	Let's look at some of these breads and write down our observations. Think about the five senses while you're observing them. What do the breads smell like? What do they taste like? What do you think they're made of? What country do you think they come from?
	♣ Give the children a few minutes to write down their observations.
•	Let's share some of our observations. Can we find some of these different countries on the map?
	♣ By now, the focaccia should have risen.
•	Alright, now our focaccia dough has risen. We need to knock back our bread by pounding it with our fists. This helps to redistribute the air bubbles.
	★ Demonstrate knocking back the bread, then get the children to have a go. Place the loaves onto baking trays, spreading the dough out evenly.
	Now we need to push down into top of the dough, just like playing the piano, to make lots of little dips and dents into the surface. These little dents will give the bread the classic focaccia shape – they're also delicious for capturing all the lovely flavours from our toppings.
	♣ Get the children to make dents in the top of their bread, then pass the bowl of topping round for children to scatter over their bread. Finish each by drizzling each bread with 1 tablespoon of extra virgin olive oil and a tiny sprinkling of sea salt. Cover each with a clean tea towel and leave to prove again while making the flatbreads.
	While we wait for our focaccia to rise for the final time, we're going to make our flatbreads.
	Historically, flatbreads were simple breads made mainly with flour, water and salt. It's the oldest type of bread in the world, and it's one of the simplest and easiest to make. Before people discovered yeast, they worked out that mixing grains with water made a simple and very nutritious dough that could be cooked on hot stones to create super-quick flatbreads. Since there's no yeast, there's no need to wait for the bread to rise like we did for the focaccia, but we are going to add baking powder and use self-raising flour to give them a nice, puffy texture.
	Flatbreads make a great snack served with lovely homemade dips and they're also delicious dunked in soup or served simply with grilled meat or fish.
	Today we're going to make our bread with 350g self-raising flour, a tiny pinch of sea salt, 1 teaspoon baking powder and 350g natural yoghurt.

Adding yoghurt not only gives our bread a really delicious flavour, the acid in the yoghurt

also reacts with the baking powder in the flour to help it rise.

Lesson 7 continued: How to make bread



☀ Work together to measure out and add all the ingredients to a mixing bowl. Use clean
hands to pat and bring everything together, then dust the work surface with flour and tip
out the dough.

❖ Get two children to knead the dough for a minute or so, just to bring all the ingredients together, then put the dough into a floured bowl, cover with a plate, then leave aside.



We're going to let our dough rest for a moment, while we make some garlic butter. Has anyone ever had garlic bread before? Garlic butter is rubbed onto bread to give it that delicious garlicky flavour. All we need to do is melt some butter, crush some garlic and chop up some herbs.

Let's split up into three groups. Group one is going to use the garlic crusher to crush the garlic. Group 2 is going to work carefully on the hob to melt some butter, and Group 3 is going to chop some of these delicious soft herbs.

- ▶ Split the children into three groups, if there's adequate supervision. Get an adult to work with each group to peel and crush the garlic, melt the butter and chop the herbs. Regroup to add the garlic and herbs to the butter, then put aside.
- ▶ Dust a clean surface and enough rolling pins with flour, then divide the dough into equal pieces. Let the children pat, flatten and roll out each piece to create rounds that are roughly 2mm to 3mm thick.
- ▶ Under supervision, get children to cut six lines into the centre of each round (see step-by-step pictures on recipe for reference).



Our focaccia should now be ready to bake, so I'm going to put them in the oven while we finish our flatbreads, then we can sit down to taste them.

- ▶ Put the focaccia in the preheated oven. It will take 20 minutes to bake, so grill the flatbreads and sit down to taste them while the focaccia is cooking. If you've made an extra focaccia before the lesson, cut it up for children to taste. If you haven't, and there's time, taste the focaccia at the end of the lesson. If you run out of time, the focaccia can be taken home or eaten at lunch.
- ▶ Demonstrate preheating a griddle pan over a high heat. Once hot, cook each flatbread for 1 to 2 minutes on each side, or until bar-marked and puffed up, turning carefully with tongs. The flatbreads can burn quite easily, so keep checking them and turn the heat down if you need to.
- ♣ Get the children to take turns using a pastry brush to brush the warm flatbreads with the garlic butter. Wrap the flatbreads in a clean tea towel to keep warm while you tidy up.



We're almost ready to eat our delicious flatbreads. We just need to tidy up, and then we can take everything to the table. Remind the children that they need to be careful when carrying and washing knives and other sharp objects.

- ❖ When clearing up, use a regular eating knife or spatula to remove excess dough from the work surfaces before wiping with a wet cloth.
- $\mbox{\ensuremath{\bigstar}}$ Take the flatbreads to the table and let children help themselves.

Lesson 7 continued: How to make bread



Discussion question suggestions:

- ★ Different parts of the world are famous for different types of bread can you think of some examples?
 - Scandinavia: rye flour is used to make thin, dry, crisp breads that can be kept and eaten over a long period of time.
 - Middle East: wheat flour is used to make soft, round pitta breads and flatbreads.
 - India: wholewheat flour is rolled out to make chapatti and roti.
 - France: refined flour is made into dough, then shaped into long sticks called baguettes.
 - America: corn is turned into flour for cornbread.
- ★ Where is your family from? Do they have different types of bread where they come from?
- 🜟 Are there any special kinds of bread that you eat at home?

Your	notes

Garlic and rosemary focaccia

Makes 18 pieces





Equipment Weighing scales Measuring spoons _ 2 Large mixing bowls Measuring jug Fork Tea towel Mixing bowl Baking tray (roughly 20cm x 30cm) Oven gloves Bread knife Chopping board



You can easily turn this into a sweet focaccia instead - try ripping over some cherries and sprinkling with vanilla sugar. Delicious!

Ingredients

for the dough:

- 400g strong white bread flour, plus extra for dusting
- 100g fine ground semolina flour or strong white bread flour
- sea salt and freshly ground black pepper
- 1 x 7g sachet dried yeast
- ½ tablespoon golden caster sugar

olive oil

Optional -

for the topping:

- 1 bulb garlic
- a few sprigs of fresh rosemary
- 2 tablespoons extra virgin olive oil







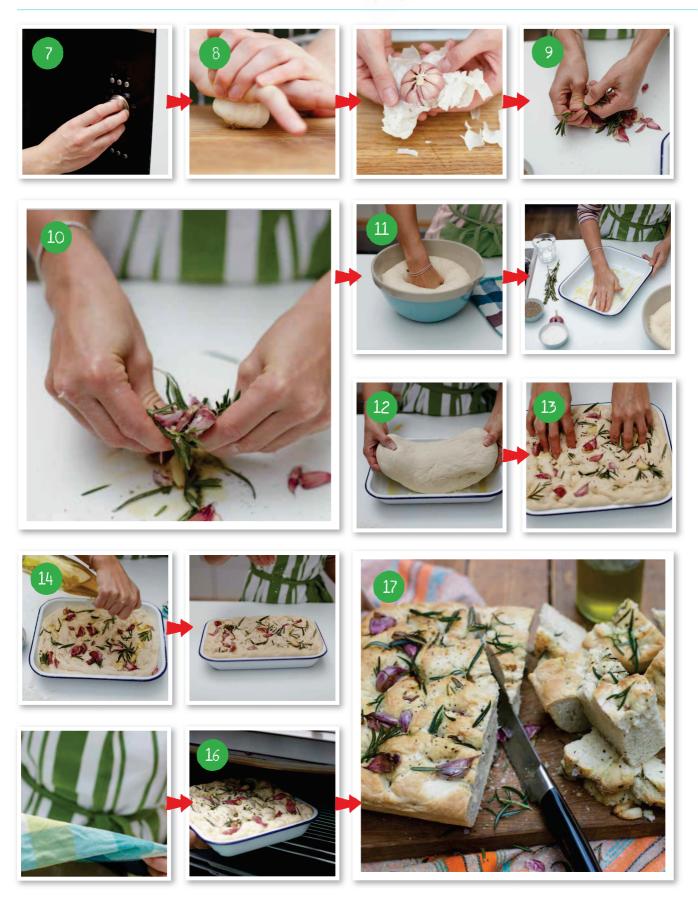
Here's how to make it?

- Place the flours and ½ tablespoon of sea salt into a large mixing bowl or onto a clean work surface, and make a well in the middle.
- Add 300ml lukewarm water to a measuring jug, then add the yeast and sugar and mix with a fork to activate the yeast.
- Leave for a few minutes and, when it starts to foam, slowly pour it into the well, mixing with a fork as you go.
- As soon as all the ingredients come together, which may take a minute or so, dust a clean work surface with flour and knead vigorously for around 5 minutes, or until you have a smooth, springy, soft dough.
- 5 Lightly oil a large clean mixing bowl with some olive oil and add the dough.
- Dust with a little extra flour, cover with a clean tea towel and leave to prove in a warm place for 30 minutes, or until doubled in size.
- While the dough is rising, preheat the oven to 220°C/425°F/gas mark 7. Meanwhile...
- Push down with the palm of your hand to break the garlic bulb apart, discarding the white skin, leaving the purple skins on the cloves. Squash each clove with the palm of your hand, then add to a mixing bowl.
- Pick the rosemary leaves into the bowl, discarding the stalks.
- Drizzle the garlic cloves and rosemary leaves with 1 tablespoon extra virgin olive oil, season with a tiny pinch of salt and pepper and mix and scrunch them together with your fingers.
- 11 As soon as the dough has risen, pound with your fists, then place on a 20cm x 30cm baking tray and spread it out to cover the tray.
- 12 Push down roughly on top of the dough like a piano to make lots of rough dips and wells these little indentations give you the classic focaccia shape.
- Scatter the garlic and rosemary evenly over the surface pushing them into the dimples.

- 14 Finish by drizzling over 1 tablespoon of extra virgin olive oil and adding a tiny sprinkling of sea salt.
- 15 Cover with a clean tea towel and leave to prove and rise for a further 20 minutes.
- 16 Use oven gloves to place in the hot oven, then bake for around 20 minutes, or until golden on top and soft in the middle.
- 17 Use a bread knife to cut it into chunks on a chopping board, then tuck in.

Your notes...





Tomato and basil focaccia



Makes 18 pieces



Focaccia is my favourite type of Italian bread. It's not too hard to make and you can take it in loads of different directions by changing the toppings - just keep it light and you'll be onto a winner.

Equipment Weighing scales Measuring spoons 2 Large mixing bowls Measuring jug Fork Tea towel _ Chopping board Mixing bowl **K**nife Baking tray (roughly 20cm x 30cm) Oven gloves Bread knife

Ingredients

for the dough:

- 400g strong white bread flour, plus extra for dusting
- 100g fine ground semolina flour or strong white bread flour
- sea salt and freshly ground black pepper
- 1 x 7g sachet dried yeast
 2 ½ tablespoon golden caster sugar
- olive oil

Optional - for the topping:

- a big bunch of fresh basil
- 300g ripe cherry tomatoes
- 2 tablespoons extra virgin olive oil 1 tablespoon red wine vinegar
- 2 cloves of garlic





For nutritional information ask your teacher.

Here's how to make it

- 1 Place the flours and ½ tablespoon of sea salt into a large mixing bowl or onto a clean work surface, and make a well in the middle.
- Add 300ml lukewarm water to a measuring jug, then add the yeast and sugar and mix with a fork to activate the yeast.
- Leave for a few minutes and, when it starts to foam, slowly pour it into the well, mixing with a fork as you go.
- As soon as all the ingredients come together, which may take a minute or so, dust a clean work surface with flour and knead vigorously for around 5 minutes, or until you have a smooth, springy, soft dough.
- 5 Lightly oil a large clean mixing bowl with some olive oil and add the dough.
- Dust with a little extra flour, cover with a clean tea towel and leave to prove in a warm place for 30 minutes, or until doubled in size.
- While the dough is rising, preheat the oven to 220°C/425°F/gas mark 7. Meanwhile...
- Pick the basil leaves onto a chopping board, discarding the stalks, then tear the leaves into a mixing bowl.
- 9 Cut the cherry tomatoes in half, then add to the bowl with the basil.
- 10 Season with a tiny pinch of salt and pepper, then add 1 tablespoon of extra virgin olive oil and the red wine vinegar.
- 11 Peel, then finely slice the garlic on a chopping board, then add it to the bowl and mix everything together.
- 12 As soon as the dough has risen, pound with your fists, then place on a 20cm x 30cm baking tray and spread it out to cover the tray.
- Push down roughly on top of the dough like a piano to make lots of rough dips and wells – these little indentations give you the classic focaccia shape.
- 14 Tip the tomatoes and basil mix evenly over the surface, pushing them into the dimples.

- Finish by drizzling over 1 tablespoon of extra virgin olive oil and sprinkling with a tiny sprinkling of sea salt.
- Cover with a clean tea towel and leave to prove and rise for a further 20 minutes.
- 17 Use oven gloves to place in the hot oven, then bake for around 20 minutes, or until golden on top and soft in the middle.
- 18 Use a bread knife to cut it into chunks on a chopping board, then tuck in.

Your notes...







Easy flatbreads

Makes 12









I've given you a recipe for garlic butter here too, but these flatbreads are lovely just as they are alongside some soup, with a fresh salad or dunked in some homemade dip.

Equipment Weighing scales **Measuring** spoons 2 mixing bowls Spoon __ Plate Chopping board Garlic crusher Small saucepan (15cm) Rolling pin Griddle pan Tongs Pastry brush Serving board

Ingredients

for the flatbreads:

- 350g self-raising flour, plus extra for dusting
- 1 teaspoon baking powder
- 350g natural yoghurt

Optional - for the garlic and herb butter:

- 2 cloves of garlic
- a bunch of fresh soft herbs, such as flat-leaf parsley, tarragon, basil, dill
- 40g unsalted butter





Here's how to make it?

- Add all the flatbread ingredients to a mixing bowl and mix together with a spoon, then use clean hands to pat and bring everything together.
- Dust a clean work surface with flour, then tip out the dough.
- Knead for a minute or so to bring it all together (this isn't a traditional bread recipe, so you don't need to knead it for long just enough time to bring everything together).
- Put the dough into a floured-dusted bowl and cover with a plate, then leave aside.
- 5 If making the garlic butter: peel the garlic cloves and crush them with a garlic crusher.
- 6 Pick the herb leaves onto a chopping board and finely chop them, discarding the stalks.
- Melt the butter in a small pan over a medium heat, then stir through the garlic and chopped herbs, then set aside.
- Dust a clean work surface and rolling pin with flour, then divide the dough in half, then divide each half into 6 equal-sized pieces (roughly the size of a golf ball).
- 9 With your hands, pat and flatten the dough, then use a rolling pin to roll each piece into 12cm rounds, roughly 2mm to 3mm thick.
- 10 Use a knife to cut 6 lines into the centre of each round, leaving about 3cm at each end.
- 11 Place the griddle pan on a high heat, then once hot, cook each one for 1 to 2 minutes on each side, or until bar-marked and puffed up, turning with tongs.
- 12 Brush the flatbreads all over with herby garlic butter as they come off the griddle, then pile onto a serving board so everyone can dig in and help themselves.



