



How to...



FUN FACT
The largest loaf of bread ever made weighed 3,463 pounds. It was baked in Brazil in 2008.

A tasty bread recipe to try

These instructions are easy to follow and don't take too much time.

Ingredients

- 3 cups flour
- ¼ cup sugar
- 1 packet yeast
- 1 cup warm water
- 1 teaspoon salt
- ¼ cup butter, melted

WARNING!

Ask an adult's permission before using the oven.



Instructions

1. Pour 1 cup of the flour, sugar, and packet of yeast into a gallon-size zip-top bag. Add the warm water. Press air out of the bag, then seal it. Shake bag well to mix the dough. Let it sit on the counter for 10 minutes.
2. Combine 1 more cup of flour and the salt in a bowl. Pour into bag and add the melted butter. Press out air from bag and seal. Squeeze bag with your hands to mix ingredients. Add the remaining 1 cup of flour, seal bag, and mix again.
3. Take dough out of the bag and place on a floured surface. Knead for 5 to 10 minutes.
4. Grease a loaf pan with some extra butter and place dough in it.
5. Place a clean dish towel over loaf pan and set it in a warm spot in your house. Wait 30–45 minutes to allow the dough to rise.
6. Bake in oven at 375°F for 25 minutes.

Learn to bake bread

This hands-on activity is one part art, one part science, and all fun.

Let's count the ways to love bread: in a sandwich, toasted with butter, dipped in a tasty sauce, and more. What's better than bread you buy? Bread you've made yourself. Not only is it delicious, it's also a fun project you can do at home. It even involves some cool science. Here's what you need to know to get started.

Brief history of bread

Did you know that humans have been making bread for more than 30,000 years? The first breads were probably flatbreads made from a rough flour of ground-up roots combined with water. They are most similar to breads like naan and pita. Flatbreads don't contain yeast, which is what makes other types of bread light and fluffy. As finer flours made from wheat became available, people started using it along with other ingredients to make dough, and bread became more like the loaves we eat today.

Rise in popularity

Making bread has become a popular activity for people to do while staying at home during the pandemic. In fact, so many people were baking bread last spring that there was a national flour shortage. But now flour is once again easy to find on grocery store shelves. Bread baking is a relaxing activity you can do anytime you have a few hours to spare.

Simple ingredients

The three main ingredients in bread are flour, water, and yeast. Most basic recipes (like the one on this page) also include salt, sugar, and butter or olive oil. There are many recipes for bread in cookbooks and on websites. Some recipes also call for ingredients like oats, dried fruits, and spices. But there's more to baking bread than just throwing the ingredients together.

Dough magic



Kneading the dough is an important step.

Two crucial steps in bread baking are kneading and proofing the dough. Kneading is when you massage the dough with your hands. Doing so adds air into the dough and develops the dough's gluten (an ingredient in flour that helps bread keep its shape and have a good texture).

After you knead and shape the dough into a ball, proofing is the next step. Proofing is when you let the ball of dough rest so the yeast can work its magic. While

the dough sits there, the yeast—which is made up of tiny, living organisms—reacts with the other ingredients. The yeast slowly releases gases that cause the dough to rise (grow in size). Once the dough has risen to nearly double the size, it's ready to go in the oven. Then you can sit back and enjoy the delicious smell of fresh-baked bread in your kitchen.