

RECIPE

Bread in a Bag Honey Wheat Bread

INGREDIENTS:

- 1/3 cup of white flour with 2 tsp. instant yeast
- 2 tsp. honey
- 1/2 cup warm water
- 1 ¼ cup whole-wheat flour
- 2 tsp. honey and 1 tsp. oil
- 1/3 cup warm water
- 1 cup of white flour
- Extra flour for kneading
- Some oil for greasing pan
- Something yummy to eat with the bread!!

YIELD:

1 loaf about 16 slices of 1 oz each.

TIME TO PREPARE:

30 min + cook time

TIME TO COOK:

Convection 20 min
Conventional 40 min

TOOLS NEEDED:

Ziplock bag gallon size, clean Surface to work on it, a baking pan loaf size

PROCEDURE:

1. Make a mixing bowl with the bag by turning down top of the bag, insert hands into bag to flatten bottom.
2. Pour the 1/3 cup of white flour with yeast, add 2 tsp honey and 1/2 cup of warm water.
3. Close the mixing bag getting out as much air as possible, then twist the bag two times and gently squeeze and mix ingredients for about 30 sec. using your fingertips. Do not zip the bag.
4. Fold the bag in 3 parts and let it rest for about 10 minutes.
5. Unroll the bag. Add the whole wheat flour to the bread batter, 2 tsp. honey and 1 tsp. oil. Add the 1/3 cup of warm water.
6. Close the bag and mix the batter for about 40 sec.
7. Open the bag and pour the last ingredient 1 cup of white flour, close bag and mix for about 5-8 min. until is even in color and texture. Now the batter had transformed into dough.
8. Sprinkle some white flour over a clean surface to knead the dough. Push and fold about 3 times and then roll and shape it like a potato and place on the grease pan
9. Cover with a kitchen towel and let it elevate for about 20 min.

TIPS: When closing the bag do NOT zip the bag, when kneading the dough limited to 3 times otherwise all the bubble air in it will decrease. My fav things to eat it with are orange marmalade and provolone cheese.



Child Nutrition Services

Nutrition Education Team

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