



# TEACHING METHODS

## Bread Making

### MATERIALS NEEDED FOR IN-PERSON TEACHING:

- KITCHEN (WITH OVEN, STOVE, SINK, UTENSILS)
- INGREDIENTS (SEE RECIPE)
- APRONS

### MATERIALS NEEDED FOR VIRTUAL TEACHING:

- KITCHEN
- INGREDIENTS
- COMPUTER
- AUDIO/VIDEO
- INTERNET ACCESS

### EMPOWERING LEARNING:

- NEW SKILL
- ACTIVE PARTICIPATION

### DESCRIPTION

Using the teaching method of baking bread invites students into the process of bread making. Throughout they will have opportunities for participation, wondering about outcomes, and predicting next steps. Students will also be invited to consider broader themes such as the importance of rest and the process of change.

### INSTRUCTIONS FOR IN-PERSON TEACHING

First, ensure that you are familiar with the process of bread making, the specific recipe used, and the kitchen where you will be teaching. Prepare ingredients in advance and have them prepared before students arrive. Take into consideration where you will be delivering other portions of your lesson during the rest periods and the logistics involved. Maintain proper kitchen safety at all times!

### INSTRUCTIONS FOR VIRTUAL TEACHING

First, determine whether or not you will invite students to make bread with you in their own locations, or whether they are participating by watching. Ensure that students have all instructions sent in advance so they have the proper ingredients and tools. Set up your video camera and computer in a safe location that will not cause a hazard in the kitchen, but in an area where the students can both see and hear you- this may require an additional microphone. Anticipate the process to take longer when trying to sync with your students online. Incorporate more buffer time, etc. Maintain proper kitchen safety at all times!

### IDEAS FOR USING THIS METHOD

- Vacation Bible School Station (kneading, then eat during snack/dinner time)
- Youth retreats
- Special worship service with Communion (hold a special study before worship to make bread during)
- Any time when you are with your community for a long stretch of time!



# Bread Making

## Yeast Bread Recipe

### INGREDIENTS

- 1 TABLESPOON ACTIVE DRY YEAST
- 1 TABLESPOON SUGAR
- 1 TABLESPOON SALT
- 2 CUPS WARM WATER NOT OVER 110°F
- 5 1/2 TO 6 CUPS ALL-PURPOSE FLOUR
- CORNMEAL OR FLOUR FOR DUSTING
- BOILING WATER

### INSTRUCTIONS

- In a large bowl mix together the yeast, sugar, salt and water. Let this stand until the yeast is dissolved. Gradually add the flour, one cup at a time to the liquid and mix thoroughly until the dough pulls away from the sides of the bowl. Turn the dough out onto a floured surface to knead. (This may be a little messy, but don't give up!)
  - Knead It: Fold the far edge of the dough back over on itself towards you. Press into the dough with the heels of your hands and push away. After each push, rotate the dough 90°. Repeat this process in a rhythmic, rocking motion for 5 minutes, sprinkling only enough flour on your kneading surface to prevent sticking. Let the dough rest while you scrape out and grease the mixing bowl with a few drops of olive oil (preferred) or non stick baking spray. Knead the dough again for 2 to 3 minutes.
  - Let It Rise: Return the dough to the bowl and turn it over once to grease the top. Cover with a damp towel and keep warm until the dough doubles in bulk, about 1 to 2 hours.
  - Shape it: Punch down the dough with your fist and briefly knead out any air bubbles. Cut the dough in half and shape into two Italian- or French-style loaves. Place the loaves on a cookie sheet generously sprinkled with cornmeal. Let the loaves rest for 5 minutes.
- Bake it:
- Lightly slash the tops of the loaves 3 or more times diagonally and brush them with cold water.
  - Place an aluminum roasting pan on the bottom of the oven. Fill 1" deep with boiling water. Slide loaves onto baking stone\* in a cold oven. I use this one. Bake at 400°F for 35 to 45 minutes, until the loaves are golden brown and sounds hollow when tapped.