

Bread-in-a-Bag

This recipe uses a different way to make bread which is lots of fun. It is great if you are short on equipment and space, but the recipe does take a bit longer to make.



Milk and wheat (gluten)*

Nutritional information per portion (55g):

Energy 569kJ 134kcal 7%	Fat 0.7g 1%	Saturates 0.2g 1%	Sugars 0.9g 1%	Salt 0.34g 6%
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of an adult's reference intake.
Typical values per 100g: energy 1035kJ/244kcal.

Equipment

Weighing scales
Muffin case
or baking parchment
Clean flowerpot
or foil container
Large heavy-duty
ziplock bags
Measuring spoons
Measuring jug
Oven gloves

Ingredients

Makes approx. 6 slices
225g strong white flour
½ x 5ml spoon salt
1 x 7g sachet dried yeast
100ml warm water (OR 50ml
milk and 50ml water)
Pinch of extra flour

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

Method

1. Preheat the oven to 220°C/200°C fan or gas mark 7.
2. Put a piece of baking parchment or a muffin case at the bottom of the flowerpot (ensure this is clean).
3. Place the ziplock bag on the scales and measure the flour in.
4. Add salt and dried yeast, close the bag and give it a good shake.
5. Add the warm water (and milk if using), close the bag, squeeze the air out and knead it with fingers until the ingredients are completely blended. All ingredients should remain in the bag.
6. Continue to knead and manipulate the dough for at least 10 minutes, eventually the dough will no longer stick to the bag.
7. Open the bag, shape the dough with your hands and place into the flowerpot and sprinkle with flour.
8. Loosely cover the pot with your ziplock bag and allow to rise for 45-60 minutes
9. Remove the ziplock bag and place the bread into the oven and bake for 20-25 minutes.

Skills used include:

Weighing, measuring, kneading and baking.



Top Tips

- Add seeds or fresh or dried herbs into your flour mix. You can also sprinkle more on before putting in the oven.
- Most yoghurt pots are 125ml if you don't have a measuring jug.
- This recipe also works without a ziplock bag if you want to practice traditional kneading.