

“BREAD MAKING”

On February 28th we took part in a project with the class called ‘Hands in the dough / Hands on!’.

Together with three classmates we prepared 4 types of bread with 3 different varieties of flours: type 00 flour, Manitoba flour, rye flour and in another one we mixed type 00 and Manitoba flour.



We stocked up on 4 bread machines and after washing our hands we started by taking the following ingredients: 280 g of type 00 flour (which I made), 1 tablespoon of salt, 1 tablespoon of sugar, 1 tablespoon of dry yeast, 1.5/2 tablespoons of oil, 155 ml of water.



We put the ingredients directly into the bread machine, in the end we set the hours for leavening and cooking (4 hours)

