### Flour facts
- Types of flour – white, granary, whole-wheat, bread making
- Strong plain – gluten, protein in flour, provides structure to the bread
- Flour from wheat, processed to make flour (show example)

### Yeast facts
- Yeast is raising agent – one celled plant. Correct conditions needed to grow – food, warmth, moisture and time.
- Then produces CO2. Gas forms bubbles in dough and so it rises
- Unleavened bread, no yeast, flat
- Balloon experiment

### Moisture facts
- Make sure it is a soft dough
- Use tepid/warm/blood heat liquid (37°C)
- Liquid is usually water but could be milk, water and milk mix, other liquids

### Equipment facts
- Weighing scales, measuring spoons, measuring jug, large mixing bowl, loaf tin or baking tray for rolls
- Can use a food mixer/processor with dough hook for kneading
- Cover with damp cloth or film when proving to prevent drying out

### Temperature / Time facts
- Bread dough needs time to rise in first instance, yeast has to have time to grow, double in size
- After shaping prove bread (another rising) before it goes into oven, it will almost double again
- Warm conditions allow yeast to grow, CO2 produced and bread rises slowly
- Baking – in hot oven 220°C, yeast grows rapidly so bread rises rapidly. Yeast killed by high temperature. Dough sets in the risen state.

### Method
- Accurate measuring: scales, tablespoon, measuring jug for liquids
- Soft dough but not so soft it sticks to fingers
- Kneading. 5 minutes to develop gluten and make dough soft and smooth.