Aim:
Investigates the effects of different ingredients in bread making.

- Your class will be split into 6-8 groups: A to F/H.
- Each group will make one sample of basic bread, with a variation (see below).
- Complete the chart (next page), sharing your results with others.
- Examine all samples and note their shape, volume, surface features, colour, texture and flavour.
- Comment on your findings with reference to the function of ingredients in bread making, as well as healthy eating guidelines.

Basic bread ingredients
- 200g Strong white flour
- 1 x 7g sachet quick yeast
- 1 x 5ml spoon salt
- 125ml warm water

Equipment
- Weighing scale, measuring jug, sieve, measuring spoons, mixing bowl, mixing spoon, timer, loaf tin, cooling rack.

Basic method
1. Preheat the oven to 220°C or gas mark 7 and grease/line the loaf tin.
2. Sieve the flour into the mixing bowl and stir in the yeast and salt.
3. Make a well in the flour and add the water.
4. Mix for two minutes, forming a soft dough.
5. Place the dough on a floured work surface and knead for 10 minutes.
6. Put the dough into the loaf tin and leave to prove for 30 minutes.
7. Bake for 25 minutes.
8. Remove from the tin and allow to cool.
Variations

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Follow the basic recipe</td>
<td>Swap to strong wholemeal flour</td>
<td>Swap to plain white flour</td>
<td>Remove all salt from the recipe</td>
<td>Add an extra 3 x 5ml spoon salt</td>
<td>Use 100g strong white and 100g wholemeal flours</td>
<td>Add 50g caster sugar to recipe</td>
<td>Swap to brown flour</td>
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</tbody>
</table>

Investigation

- Cut your bread in half. Look at its texture and internal structure.
- Complete the chart for your bread sample.
- Complete the chart for the other bread samples.
# Bread baking experiment

## Conclusions