



Breadmaking for One and All

Breadmaking is a great way to get kids AND adults excited about being in the kitchen. Bread recipes can be very elaborate or quite simple, but they all start with some form of the same ingredients—flour, liquid, leavening (like yeast), sugar and salt. Most have some type of fat, too—shortening or oil are common types. Some recipes, like French bread, are very simple with as few as four ingredients. Other doughs may contain additional ingredients like eggs, seeds, additional types of flour, and so on. The process of kneading, when stiff dough is folded and worked, helps develop the texture of the bread.

Though we don't have to bake our own daily bread like our ancestors did, many people find bread baking fun and relaxing—not to mention delicious!

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

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