

## Wheat - grinding and bread

### How it works

If you are talking about arable farming, bring in some grains for the group to look at. Try and bring in a selection of wheat, oats, barley and oil seed rape seeds. If you have access to standing crop this helps the group visualise what the crop looks like.

RHET has a number of grinders and quorn stones, which are available to use with groups. If you are interested, speak to your coordinator. These enable you to show the whole process from seed to flour.

If you have a bit more time, you can make bread with the group. This is possible to do within a 1 ½ hour slot. If you can source locally produced flour this makes it even better!

### INGREDIENTS

Flour (both white and brown or wholemeal), dried fast action yeast, warm water

### EQUIPMENT

plastic mixing bowls, spoons, baking trays, greaseproof paper, antibacterial spray, clothes, flour shakers, washing up liquid, tea towels (several), aprons, jugs

**ASK THE SCHOOL TO PROVIDE** An oven! Access to a sink with warm water.

**All the above equipment if you do not have access to it. Each child will need something to put the roll they make into, so either ask them to bring a plastic pot from home or ask the teacher to get a roll of plastic bags for this**

### What to do

1. Wipe down the tables you are going to be working at (if possible request to work in a non carpeted area).
2. Get the group to wash their hands (get long hair tied up).
3. Each person need to write their name in pencil on a piece of baking parchment (this will be used for sitting the roll on when in the oven).
4. Go through the wheat story, where flour comes from and bread making first to set the scene.
5. Divide (or ask the teacher to divide) the group into pairs.
6. Each pair needs 1 mixing bowl and 1 spoon.
7. The flour is measured into the bowl using the spoon. Demonstrate how much flour should be put on the spoon.
8. In the pair, each person measures in 5 spoons of white flour and 1 spoon of brown flour (giving a total of 10 spoons of white and 2 brown).

9. As they are measuring, go round and add the yeast to the bowls. You require around 3g of dried yeast.
10. Mix ingredients together.
11. Get the pair to make a well in the middle of the bowl.
12. Take a jug of warm water around and add this to the bowl. The quantity you need to add will vary from bowl to bowl so start with around 100ml.
13. Get the pair to mix the flour, yeast and water with the spoon (no hands at this point).
14. Add sufficient water to bring the mixture together into a dough.
15. Split the dough into 2 pieces - 1 for each person.
16. Ask each person to kneed their piece of dough (demonstrate beforehand).
17. Shape into a roll (you can do simple round rolls, knot rolls or cottage rolls).
18. Sit the formed roll on the named baking paper. The rolls then need to go onto the baking tray where they can sit for a bit to give the yeast a chance to rise (at least 10 minutes is required).
19. Bake at 180°C for around 12 minutes (school ovens vary considerably in the time they take to cook so take the advice of the teacher).
20. Allow to cool on tray.
21. Distribute to group using the names on the baking paper to help.

## TIPS

- Have images of crops at different growth stages
- Carry your grain samples in pots with tight lids - these can be passed round the group (provided there are no allergies in class - your local coordinator will be able to provide this information)
- Talk about the differences between white and brown flour
- Demonstrate as you go along
- Utilise the teacher to help where required for example with distributing yeast and warm water.
- Have plenty of flour on hand if the dough gets sticky but don't give out too much at any one time

## HEALTH & SAFETY

- Check for allergies
- Make sure that the group wash their hands before cooking or if you are only delivering a talk and looking at grains hands should be washed at the end of the session

**If you are tasting and/or making food/s in school, make sure you inform your local coordinator so that they can ensure the relevant risk assessment is completed.**