

GO BEYOND AT HOME!

One of the highlights of our breaks is the delicious food! Most of our meals are prepared by our wonderful cooks, but sometimes we like to give things a go ourselves too!

This National Bread Week, why not get your creative juices flowing and have a go at this recipe for bread animals? You could create a whole family of bread bears, or maybe even your own edible zoo, complete with lions, koalas, turtles and pigs!

Top tip: Tasty bread takes time, so it's best to bake bread when you're not in a rush. Whilst you're waiting for the dough to rise, why not try out some of the other activities from Go Beyond at Home?

What you will need

- 500g strong white bread flour (plus extra for kneading and dusting)
- 7g sachet of fast action yeast
- 1 tsp caster sugar
- 2 tsp fine salt
- 1 tsp sunflower oil
- 300ml warm water (not boiling, just from the hot tap is fine)
- 2 mixing bowls
- Wooden spoon or spatula
- A baking tray

Optional extras: raisins, sultanas, chocolate chips, nuts, sesame or poppy seeds, or anything else you fancy to add detail to your bread animals!

How to make your bread animals

Step 1:

Start by washing your hands and making sure your work surface is clean.

Step 2:

Weigh out your ingredients and mix the flour, yeast, sugar and salt in a large mixing bowl.

Step 3:

Add in the sunflower oil.

Step 4:

Pour over the warm water, then use your spoon or spatula to mix together until it forms a scruffy dough. It doesn't need to look neat at this stage, but make sure that all the flour has been incorporated.

Step 5:

Cover and leave for 10 minutes

Step 6:

After 10 minutes, lightly flour your work surface and tip the dough out of the bowl. Use

both of your hands to knead the dough for about 10 minutes (the time it takes to sing to your top 3 songs!) until it forms a smooth, springy dough.

Step 7:

Shape the dough into a ball, place in a clean and lightly oiled bowl and leave for 1 hour to double in size. –Perfect time to play a game or perhaps go for a walk with your family around your local area!

Step 8:

Lightly flour your work surface and tip the risen dough onto it. Roll it out into a long sausage shape and then split into 8 equal pieces.

Step 9:

Time to get creative! Just like with play-dough or clay, roll the dough into different animal shapes. Perhaps a big circle for the head, some smaller circles for ears and a nose, and then some tasty toppings like sultanas or chocolate chips for eyes – but let your imagination run and see which cute and funny animals you can create!

Step 10:

Lightly dust your baking tray with flour and place your animals on the tray, leaving plenty of room between them for rising. Cover with a damp tea towel and leave in a warm place to prove for 30 minutes.

Step 11:

Ask an adult to preheat the oven to 210degrees whilst the dough proves.

Step 12:

When the dough is ready, pop the tray in the preheated oven and bake for 20-30minutes, until light brown and hollow sounding when tapped on the base.

Step 13:

Leave to cool slightly before admiring and enjoying your scrumptious creature creations!

