

Day Six: May 6, 2020

NO-RISE BREAD RECIPE

This bread recipe is a great one to use when baking with children as it does not require any rising time. Children can help stir and knead the dough. They can then create some fun shapes with the dough before baking!

Ingredients:

- 1 cup boiling water
- 4 Tbsp butter
- ½ cup of honey
- 1 ½ cups of luke warmwater
- 2 Tbsp dry baker's yeast
- 6-7 cups whole wheat pastry flour

Directions:

1. Pre-heat the oven to 350 F / 180 C
2. Dissolve the butter and honey in 1 cup of boiling water. Stir until cool.
3. In a separate bowl, dissolve the yeast in 1 ½ cups of lukewarm water.
4. Add the yeast/water mixture to the honey/butter mixture and stir.
5. Add the flour, one cup at a time, to the liquids. Use between 6-7 cups of flour to get the desired consistency.
6. Knead the dough on a floured surface.
7. Shape the dough into one large loaf or smaller loaves. Get creative with the shapes of the loaves (e.g. make a bread braid, animal shapes, hearts)
8. Bake the bread in the pre-heated oven for 40-45 minutes.
9. Let cool and then enjoy!

Recipe from: *"Heaven on Earth – A Handbook for Parents of Young Children"* by Sharifa Oppenheimer

