

INSTRUCTION ON MAKING WHITE BREAD

INTRODUCTION

Baking is an interesting and fun activity for people of all ages. Baking can be either be a hobby of yours or occupation. It's a very good way to spend your free time on weekends to bond with family and friends. White bread is easy to make, and you can customize it to your liking, for example adding raisins, or some other flavoring to your white bread. The process to make white bread includes the following steps: preparation, proofing dough, flattening dough, second proofing, and baking the loaf.

DISCUSSION

Ingredients:

The following ingredients are required to make white bread.

1. $1\frac{1}{4}$ teaspoon of fast acting yeast
2. 2 tablespoons of warm water (46°C, 115°F)
3. $\frac{1}{2}$ cup of preheated milk (92°C, 198°F for 1 minute)
4. $\frac{1}{2}$ teaspoon of salt
5. 2 teaspoons of shortening
6. 2 teaspoons of sugar
7. $1\frac{1}{2} - 1\frac{3}{4}$ cups of bread flour

Equipment:

The following equipment are required to make white bread

1. Oven
2. Hot pads / mitten
3. Parchment paper
4. 1 baking pan

5. 1 medium bowl
6. 1 large bowl
7. Whisk
8. Measuring cups and spoons
9. Cooling rack
10. Silicone spatula
11. Sieve
12. Wooden Roller

Direction:

Step 1: Preparation

Hydrate yeast in 115°F (46°C) water. If milk is refrigerated, warm it up to room temperature 81°F (27°C). Blend milk with salt, sugar, and shortening in a medium bowl, cool to lukewarm. Add yeast and approximately $\frac{3}{4}$ cup of flour to milk mixture. Beat it with a spoon or whisk until batter falls from whisk in “sheet.” Stir in enough flour to make it soft, easy handled dough. Turn out onto a floured surface and let it rest for 5 minutes. Knead until the surface is smooth with small blisters, it will take around 10-15 minutes.



Figure 1: Yeast Preparation

Equipment: A medium-sized bowl to mix the ingredient. A measuring cups and spoons are needed to measure the amount of ingredients used. A whisk or a spoon to stir the ingredients. The sieve to filter the flour to make sure the flour is consistent, but that will be fine without it.

Step 2: Proofing Dough

Place dough into a large greased bowl, then turn it once to the top greasy. Cover the bowl with a clean moist towel and let it rise in a warm place 79-90°F(26-32°C) until the size is doubled. It will take around 30 minutes. Punch down and shape the dough into a loaf on a board or counter.



Figure 2: Proofing Dough

Equipment: Large bowl to store the dough. A clean towel to cover the dough.

Step 3: Flattening Dough

Flatten the proofed dough using your finger to remove all the large bubbles. Press flattened dough into a rectangle of about 5-inch by 10-inch size. Starting at the narrow end, roll the dough towards you; seal the end of the dough to roll, pinching seam. We can then seal the end of the roll with the edge of the hand to form a thin strip of $\frac{1}{2}$ inch wide.



Figure 3: Fattening dough

Equipment: Wooden roller to flatten the dough.

Step 4: Second Proofing

Tuck the ends of roll under and place the loaf in a greased pan. Cover the dough and let it rise in a warm place 79-90°F(26-32°C) until the size is almost doubled, it will usually take around 15 minutes. While the dough is proofing, we can preheat the oven to 425°F.

Equipment: 6-inch by $3\frac{1}{4}$ -inch pan to place the dough.

Step 5: Baking the loaf

Bake the load at 425°F for 25 minutes. Remove the loaf from the pan right after taking it out from the oven. Place it on a cooling rack to speed up the cooling.

Equipment: The cooling rack is optional, but it is better to have it as it speeds up the process.



Figure 4: Baking the loaf

CONCLUSION

Baking your own bread loaf is fun as you can taste your homemade bread instead of getting it from the supermarket, which was mass-produced. You and your family will be able to enjoy some family time in the kitchen baking. You can make it a flavored bread by putting some dried fruits into the dough mix, or you can put some charcoal powder into the mix, which will make it a charcoal bread. It is all depending on your creativity. After the bread is cooled, you can enjoy it by spreading it with a generous amount of butter.

REFERENCE:

RecipeTips. "Proofing Dough." *RecipeTips.com*, www.recipetips.com/kitchen-tips/t--1122/proofing-dough.asp.

"White Bread Recipe." *Brown Eyed Baker*, 20 Oct. 2019, www.browneyedbaker.com/white-bread-recipe/.