

Yeast Bread CA1 Unit



Period _____
Kitchen _____

Yield: Dough for a 12 inch round Pizza Pie OR about 12 garlic knots

(This dough can also be used for calzones)

Ingredients:

- $\frac{3}{4}$ cup warm water (105-115 degrees F)
- 1 Envelope of Active Dry Yeast (or 2 $\frac{1}{4}$ teaspoons if not in envelope)
- 2 cups of All Purpose Flour
- 2 teaspoons sugar
- $\frac{3}{4}$ teaspoon salt
- 3 tablespoons oil (and another $\frac{1}{2}$ tablespoon of oil to be used at end)

use thermometer

Same
Recipe
for Pizza
Garlic
Knots
Calzone

Directions:

Thursday

(into bag)

- In a small bowl, pour $\frac{3}{4}$ cup warm (105-115 degrees F) water into small bowl; stir in yeast. Let stand until yeast all dissolves (about 5 minutes) 1
- In a separate larger bowl, mix 2 cups flour, 2 teaspoons sugar, and $\frac{3}{4}$ teaspoon salt. Stir these 3 ingredients together. 2
3. Create a well at the bottom of the flour bowl.
4. Add yeast mixture and 3 tablespoons oil to the flour bowl in the middle of the well you created. 3 (steps 3+4)
5. Mix dough with a wooden spoon until dough forms a sticky ball.
6. Transfer to a clean and lightly floured surface. Flour your hands also. Knead dough until smooth, adding more flour a little at a time if needed if the dough is too sticky. If you add too much at one time, dough will become crumbly and hard to work with. Steps 5+6 4
7. Put a $\frac{1}{2}$ tablespoon of oil into the bottom of a clear plastic bag and squish it around inside bag and add your dough and then let dough rise in a warm, draft-free area until doubled in size, about 1 hour. Do Not Close bag during this part of the process.

Label with Kitchen & Period #. sticker
Do Not Write Directly on bag. Use Label