# Bread 101

Below you'll find a list of ingredients and equipment needed for your class. To ensure efficiency during class, please have all ingredients on hand before class begins. Any prep work to be done before class is highlighted in yellow.

All recipes used in class will be attached in your confirmation email. Please scroll past the equipment list for the recipes.

If you have any questions or concerns email us, bakingeducation@kingarthurbaking.com. All Zoom links are sent out on the day of class. If you have not received the link 1 hour before your class begins, please contact us at the email above.

## INGREDIENTS *(total amount needed for the class)*

- ☐ *Unbleached All-Purpose Flour: 720g (6 cups), plus more for dusting work surface*
- ☐ *Sugar: 12g (1 tablespoon)*
- ☐ *Instant or active dry yeast: 7g (2 ¼ teaspoons)*
- ☐ *Salt: 14g (2 1/2 teaspoons)*
- ☐ *Unsalted butter: 28g (2 tablespoons), at room temperature*
- ☐ *Milk: 228g (1 cup)*
- ☐ *Water: 297g (1 ¼ cup)*

## EQUIPMENT

- ☐ *Scale (preferred) or measuring cup set*
- ☐ *Measuring spoons*
- ☐ *Liquid measuring cup*
- ☐ *Mixing bowl: 1 large*
- ☐ *Bowl scraper*
- ☐ *Bench knife*
- ☐ *8 ½" x 4 ½" loaf pan*
- ☐ *Baking sheet with parchment paper or silicone baking mat*
- ☐ *Non-stick spray (or butter/oil for greasing pans)*

# Basic Bread

**YIELD: 2 LOAVES**

## INGREDIENTS

- ☐ *720g (6 cups) King Arthur Unbleached All-Purpose Flour*
- ☐ *12g (1 tablespoon) sugar*
- ☐ *7g (2 ¼ teaspoons) yeast*
- ☐ *14g (2 ½ teaspoons) salt*
- ☐ *28g (2 tablespoons) unsalted butter, at room temperature*
- ☐ *228g (scant cup) whole milk*
- ☐ *297g (1 ¼ cups) water*

## DIRECTIONS

1. Combine the flour, sugar, yeast, and salt in a large bowl. Cut the butter into small pieces, then stir it into the dry ingredients.
2. Pour the milk and water into the flour mixture. Stir to blend into a cohesive, shaggy mass.
3. Turn the dough out onto a lightly floured surface.
4. Knead the dough by folding the far edge of the dough in half toward you. Press the dough with the palms of your hands and push lightly, down and away. Rotate the dough 90°.
5. Continue this process (fold, push, turn) until the dough is smooth and springy, about 5 minutes. Handle the dough very gently at first, then as the dough increases in strength, increase the pressure. If the dough sticks, scrape your work surface clean with your bench knife, and sprinkle the kneading surface lightly with flour.
6. Allow the dough to rise in a covered bowl until it has doubled in bulk, about 1 hour.
7. After the dough has risen, turn it out onto a lightly floured surface and pat it down gently to degas it. Divide the dough in half, then shape as desired.
8. Cover the loaves with plastic wrap and allow to rise until puffy and not quite doubled in volume, about 45 to 90 minutes depending on the room temperature.
9. Bake the loaves in a preheated 375°F oven for 30 to 36 minutes, or until the crust is golden brown and the loaf sounds hollow when tapped. Be sure to check the bottom of the loaf, too.
10. Cool completely before wrapping in plastic. Can be stored at room temperature. Freeze for longer storage.

# Basic Bread Notes

### YEAST

Saccharomyces cerevisiae is a living organism and requires proper conditions to promote fermentation. These conditions include moisture, food, and appropriate temperatures. Under suitable conditions the yeast will generate fermentation. Fermentation is the conversion of sugars into carbon dioxide, organic acids, and alcohol. Dry yeast (both instant and active dry) may be added directly to dry ingredients. A 7-gram (¼-ounce) packet of yeast is equivalent to 2 ¼ teaspoons of bulk dry yeast.

### WATER

Water is an ingredient of considerable importance in bread dough. In the presence of water, gluten forms. Water serves as a solvent and dispersing agent for salt, sugar, and yeast. Water is necessary for yeast fermentation and reproduction. Water is responsible for the consistency of bread doughs; wetter doughs will ferment quicker than drier doughs. A water temperature of 120°F/49°C or above begins to kill the yeast.

### SALT

Salt provides flavor, tightens gluten structure, and has a retarding effect on the activity of the yeast.

### SUGAR

Sugar is a sweetener and tenderizer. Through caramelization, sugar increases crust color. However, in large quantities, sugar will slow down yeast fermentation. High sugar recipes thus may benefit from using osmotolerant yeast.

### MILK

Milk is an optional ingredient in bread dough that can contribute flavor, enhance nutrition, promote tenderness and crust browning.