

FUNGI IN SCHOOLS

for
CHILDREN
TEACHERS
PARENTS

and other
interested parties



MAKING BREAD

Making bread is fun and eating it is even better. To make bread you need the help of a fungus called **YEAST**. Yeast is used to make the bread 'rise'. The easiest way to buy yeast is to look in a supermarket for a packet of dried yeast.

To Make The Bread

You must first make the yeast active and ready to work. You do this by giving it **WATER**, **WARMTH** and **FOOD**. Follow the instructions on the packet and in about 10 mins you will see the yeast mixture begin to froth and bubble and look very active indeed.

While this is happening get ready:



A large mixing bowl

8 oz flour (brown tastes best)



1 teaspoon sugar

1 teaspoon salt



1 teaspoon fat (lard or hard margarine)

a small (1lb) bread tin



a large polythene bag greased inside with fat or oil.

- 1 Sift flour, sugar and salt into the bowl
- 2 Rub fat into the flour using fingers
- 3 Make a hole in the centre of the flour and pour in the frothy yeast mixture and gently mix flour and yeast together
- 4 You should now have lump of dough which is easy to handle. If it is too wet and sticky add a little more flour; if it is too dry and won't form a lump add a drop or two (**not more**) of warm water

- 5 Put the lump of dough on a floured board or table and knead it for a few minutes. Kneading means pressing it with your fists and folding the dough over. Press and fold, press and fold until the dough feels springy and elastic.
- 6 Put the dough into the greased bread tin and spread it across the bottom pushing it well into the corners. Then put the tin into the large polythene bag



- 7 Put in a warm place for the yeast to work and make the dough rise. The dough should double in size. The time this takes depends on the warmth you give it. A warm kitchen or the airing cupboard are good places and here the dough will probably take 1-1½ hrs to double in size. Remember that yeast is a living organism and if you give it too much heat you will kill it.

- 8 When the dough has risen, remove the polythene bag and put the tin into the oven, on a middle shelf at 450°F (230°C, gas mark 8) for 30 mins. This heat kills the yeast but cooks the bread.



- 9 Turn the loaf out of the tin to cool on a wire rack

If you have not got a tin you can make small balls of dough, put these on a greased baking sheet and make rolls. the cooking time will be shorter — about 15 - 20 mins. Rolls are good for forays — see picture on the back of *The Mycologist*, July 1987.

You could try some experiments with the yeast and find out how much **WATER**, **WARMTH** and **FOOD** it needs to become active and start to work. Jam jars are good to use for this. If you have a microscope at school you could put some yeast mixture on a slide and see what the yeast looks like at a high magnification. We will try and show a picture of yeast in *The Mycologist* later this year.

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Next time: Spawn and Fairy Rings