

Breaducation 1.0 In 1 session



.1 Recipe



.1-2 Hours



.3 Ingredients

Prep

Class for 10 people

Day before prep overnight dough.

Recipe:

2.5kg white bread flour

1600ml water

500g salt

15g dried yeast

1) Mix ingredients together into a shaggy dough with no dry flour left.

Mix

Give each person a tub or bowl (we use disposable so people can take it home), get them to tip..

-1 Kitty's kit

-330ml water

into the container, then mix with either their hands or a spoon, once they're is no dry flour left pop a lid over the container and put aside.

Explain

Bring out your dough from the day before, divide it into 250g chunks and give each person a chunk.

Explain: "this is what the shaggy dough you just mixed will turn into, how? because time has broken down all the gluten and kneaded the dough for you".

Shape

The best bake (my favorite) is focaccia, scoop your dough into an oiled tin and put aside in a warm area for 30 mins, during this time prep the toppings and, if you have time, do a quick flatbread demo- roll small ball of dough out, griddle in pan for 2 mins on each side then give for people to try.

preheat the oven to 220c.

Bake

Top the focaccia (topping bars are always fun), drizzle with oil, top, dimple then bake for 20-25 mins.

Everyone takes home a tub of magic dough, a mini focaccia and a kit (optional)

Breaducation 2.0 In 2 sessions



.1 Recipe



.2 Hours



.3 Ingredients

Mix

Give each person a tub or bowl (we use disposable so people can take it home), get them to tip..

-1 Kitty's kit

-330ml water

into the container, then mix with either their hands or a spoon, once they're is no dry flour left pop a lid over the container and put aside, leave for 8-24hrs.

Session 1 done.

Shape

Session 2. Bring out the doughs from the day before.

Explain: "this is what the shaggy dough you just mixed will turn into, how? because time has broken down all the gluten and kneaded the dough for you".

The best bake (my favourite) is focaccia, scoop your dough into an oiled tin and put aside in a warm area for 30 mins, during this time prep the toppings and, if you have time, do a quick flatbread demo- roll small ball of dough out, griddle in pan for 2 mins on each side then give for people to try.

preheat the oven to 220c.

Bake

Top the focaccia (topping bars are always fun), drizzle with oil, top, dimple then bake for 20-25 mins.

Everyone takes home a mini focaccia and a kit (optional)