



BAFFLING BREAD



There is such a wide variety of bread available to buy today, but do we really know the differences?

Warning: This experiment is not suitable for those with wheat/gluten allergies.

WHAT YOU'LL NEED

- A variety of different types of bread (for instance wholemeal, no salt, extra salt, rye etc). You can make these yourself using the recipe below or purchase loaves from a shop
- Knives - adult supervision
- Ruler/measuring tape
- Paper and pens

- 1 Lay out all the varieties of bread (as the full loaf initially) and choose what you are going to record about the loaves. To ensure it is a fair test, you would record the same information about each loaf, so that the information can be compared and contrasted. Some suggestions are: shape, surface features, colour (inside), colour (outside), texture, taste, height etc.
- 2 Work through each type of bread and record your chosen data. You might want to do this in a table with relevant columns, or just as written notes beside the name of each bread variety.
- 3 Once you have your data, you can start comparing the bread and asking questions. For example, why is the wholemeal bread darker than the white loaf? Why did this loaf have a thicker crust? Why is the rye loaf smaller than the others?
- 4 To answer your questions, you might want to think about what ingredients each loaf has in it. You can do this by reading the packets or checking the recipe.



BAFFLING BREAD

WHAT YOU'LL NEED

Basic bread ingredients:

- 200g Strong white flour
- 1 x 5ml spoon salt
- 1 x 7g sachet quick yeast
- 125ml warm water

Basic bread equipment:

- Weighing scale
- Measuring spoons
- Timer
- Measuring jug
- Mixing bowl
- Loaf tin
- Sieve
- Mixing spoon
- Cooling rack

- 1 Preheat the oven to 220 degrees or Gas Mark 7, and grease or line the loaf tin.
- 2 Sieve the flour into the mixing bowl and stir in the yeast and salt.
- 3 Make a well in the flour and add the water.
- 4 Mix for two minutes, forming a soft dough.
- 5 Place the dough on a floured work surface and knead for 10 minutes.
- 6 Put the dough into the loaf tin and leave to prove and let the dough rise for 30 minutes.
- 7 Bake for 25 minutes and then remove from the tin and allow to cool.

Below are some suggested changes you may wish to make to the recipe to produce different loaves for the experiment:

- Switch to strong wholemeal flour
- Switch to plain white flour
- Remove all salt from the recipe
- Add 3 teaspoons of extra salt
- Use 100g of strong white and 100g of strong wholemeal flour
- Add 50g of caster sugar
- Switch to brown flour

DID YOU KNOW?

You can see a real, three storey mill at Tatton Park Farm. Although this mill wasn't used for flour, the process is very similar. The mill machines have recently been restored, so you might even be lucky enough to see them running!

