



# BEGINNER'S BREAD-BAKING PACK



## Pita

Pita bread is from the Middle East. It puffs up as it cooks, making a big air pocket in the middle.



Pita breads are flat and oval-shaped.

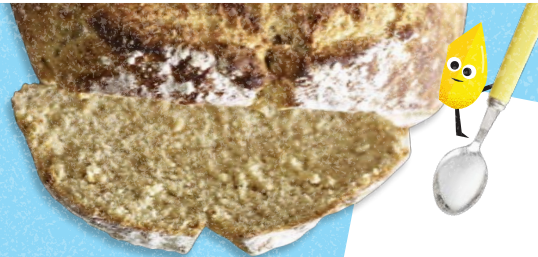
## Bagels

First baked in Poland, these ring-shaped rolls are now popular everywhere, and particularly in the US.



## Soda bread

With baking powder as a rising agent, this bread is very quick to make. It is popular in Ireland.



## Rieska

This Finnish flatbread is made with barley or rye flour. Sometimes it also contains potato.



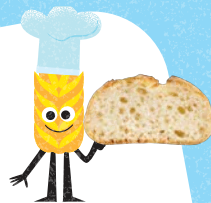
## Arepas

These flatbreads made from cornmeal are popular in Venezuela, Colombia, and Panama.



# Bread

There are thousands of different types of bread. Almost every culture in the world has at least one type of its own. Here are just a few well-known examples.



## Pistolets

These little rolls are from Belgium. They are crispy on the outside and soft in the middle.



The word "ciabatta" means "slipper bread."

## Ciabatta

An Italian bread made with olive oil, it was invented in 1982, as an Italian response to the very popular French baguette.



## Bao

These soft, steamed buns were originally from China, but are now eaten all over the world.



These pockets are for adding fillings.

## Cottage loaf

This traditional loaf has two parts—a small round loaf on top of a larger round loaf.



## Marraqueta

This soft Chilean bread is split into four parts. It is easy to rip it apart with your hands.



## Suikerbrood

This Dutch bread has big pieces of sugar mixed into its dough, and even more sugar dusted across the top.



## Pretzels

Pretzel dough is stretched out and then shaped into knots. Pretzels were originally from Germany.



## Cake bread

Brioche has so many delicious extra ingredients in its dough that it can be thought of as a cross between bread and cake. It is often eaten as a breakfast treat.



## Brioche

Brioche dough contains lots of butter and eggs, making it soft and rich. It was first made in France.



## Khobz

This round flatbread is eaten with most meals in Morocco. It's perfect for scooping up other food.



This pattern is made by cutting the baguette before it is baked.



## Baguette

This French bread is long and thin, with a crisp crust.

## Naan

This Indian bread is sometimes made with yeast and sometimes without. It is cooked in a circular oven called a tandoor.



## Challah

This braided bread is enriched with eggs and decorated with sesame seeds. It is eaten to celebrate the Jewish sabbath, Shabbat.





# Flatbreads

People have eaten flatbreads for thousands of years, and most parts of the world have their own type. Some flatbreads have nothing in them to make the bread rise, but these recipes use yeast and baking powder.

The oldest known flatbread was discovered in Jordan. It is more than 14,400 years old!



## Ingredients:

- 1½ cups + 1 tbsp bread flour, plus extra for dusting
- 1 tsp instant dry yeast
- ½ tsp granulated sugar
- ½ tsp salt
- ¾ cup lukewarm water



Pita bread

## Naan

To make naan bread, use the flatbread recipe, but in step 1 leave out the sugar and water. Instead, add an egg and 3 tablespoons of plain yogurt. Follow these instructions when you get to step 5, kneading the dough first.



- 5** Roll each chunk into a teardrop shape. Sprinkle a teaspoon of cumin seeds over each naan. Preheat a baking sheet under a broiler.



- 6** Carefully place the naans on the hot baking sheet and glaze both sides with melted butter. Broil for 2-3 minutes on each side.



Naan bread

## Tortilla

Use the flatbread recipe, but in step 1 leave out the yeast and sugar. Instead, add ½ tsp of baking powder and ¼ cup of lard or, vegetable shortening. Skip step 3. At step 4, knead the dough and divide into 8 chunks. Then follow these steps.



- 5** Roll each chunk into a thin circle shape. Layer them in a pile with wax paper between each tortilla. Preheat pan to a medium-high heat.



- 6** Carefully fry each tortilla in the pan for 1 minute. Then turn the tortilla over and fry the other side for 1 minute.



Tortillas



# Bagels

These soft, springy bagels are perfect for breakfast or lunchtime—slice them open and spread with butter, or sandwich them together with a filling of your choice.



## Ingredients:

- 3¼ cups bread flour, plus extra for dusting
- 2 tsp fine salt
- 2 tsp granulated sugar
- 2 tsp active dry yeast
- 1 tbsp sunflower oil, plus extra for greasing
- 1 egg, beaten, for glazing



**1** Put the flour, salt, and sugar in a bowl. In a separate bowl, mix the yeast with 1¼ cups lukewarm water.



**2** Add the oil to the yeast mix, then pour the liquid into the flour mixture, stirring it together to form a soft dough.



**3** Knead on a floured surface for 10 minutes, until smooth. Put in a greased bowl. Cover with plastic wrap and leave in a warm place for 1–2 hours, until doubled in size.



**4** Put the dough on a floured surface, press it down to its original size, then divide into 8–10 pieces.



**5** Take each piece of dough and roll it under your palm to make a fat log shape.



**6** Using your palms, continue to roll it toward each end, until it is about 10in (25cm) long.



**7** Take the dough and wrap it around your knuckles, so the join is on your palm.



**8** Squeeze the ends gently together, then roll briefly to seal the join. The hole should still be big at this stage. Repeat to shape all the bagels.



**9** Line two baking sheets with parchment paper and put the bagels on the sheets. Cover with plastic wrap and a dish towel. Leave in a warm place for up to 1 hour, until doubled in size.



**10** Preheat the oven to 425°F (220°C). Carefully boil a large pan of water, then let it simmer. Cook the bagels in the water for 1 minute on each side.



**11** Remove them from the water with a slotted spoon. Dry them briefly on a clean dish towel. Return the bagels to the baking sheets and brush them with the beaten egg.

**12** Bake in the center of the oven for 20–25 minutes, until golden. Carefully remove from the oven and cool for at least 5 minutes on a wire rack before serving.



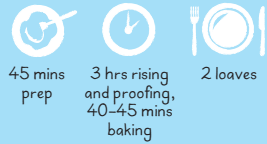


# Multigrain loaf

Adding seeds and grains to a loaf changes its texture, making it more interesting to eat. If you don't like sunflower seeds, you can try a different seed to add texture to the bread.

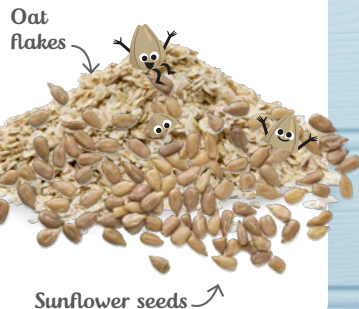


The more grains, the better the loaf!



## Ingredients:

- ½ cup + 3 tbsp sunflower seeds
- 5 tbsp rolled oats
- ½ cup wheat bran
- ½ cup polenta (fine yellow cornmeal), plus extra for the baking sheets
- 3 tbsp light brown sugar
- 1 tbsp salt
- 2½ tsp active dry yeast, dissolved in ¼ cup lukewarm water
- 1¾ cups lukewarm buttermilk
- 1½ cups whole wheat bread flour
- 1½ cups bread flour, plus extra for dusting
- 1 tbsp melted butter for greasing
- 1 egg white for glazing



- 1 Preheat the oven to 350°F (180°C). Cook the seeds on a sheet in the oven for 5–7 minutes, until browned. Carefully remove from the oven, allow to cool, then coarsely chop.



- 3 Stir in the whole wheat flour and half of the bread flour and mix well with your hands. Add the remaining bread flour; the dough should be soft and slightly sticky.



- 5 Grease a large bowl with the butter. Put the dough in the bowl and flip it to butter the surface. Cover the bowl with a damp dish towel. Let the dough rise in a warm place for 1½–2 hours, until doubled in size.



- 2 Put the sunflower seeds, rolled oats, wheat bran, polenta, brown sugar, and salt in a large bowl. Add the dissolved yeast and buttermilk, and mix with your hands.



- 4 Knead the dough on a well floured surface for 8–10 minutes, until it is smooth and elastic. If the dough sticks while kneading, flour the work surface again.



- 6 Sprinkle two baking sheets with polenta. Put the dough on a lightly floured work surface and punch it down.



- 7 Cut the dough in half. With floured hands, pat one piece of dough into a rough 8 x 2 in (20 x 5cm) rectangle, leaving the corners rounded. Put it on one of the baking sheets, and repeat to shape the remaining dough.



- 8 Cover with a dry dish towel, and leave to rise in a warm place for about 1 hour, until doubled in size. Preheat the oven to 375°F (190°C). Beat the egg white until just frothy. Brush the loaves with the egg white.



- 9 Bake for 40–45 minutes, until well browned. Carefully remove from the oven. Hold a loaf in a dish towel and tap the bottom with your knuckles; the bread should sound hollow. Move to a wire rack to cool completely.



Let your bread completely cool before carefully slicing it up.



For the curious

Content taken from *The Best Ever Bread Book*

