



RECIPE BOOKLET





Welcome!

With only simple, good ingredients, a few helpful guidelines, and some practice, you'll be well on your way to making bread at home. This recipe booklet includes instructions, as well as tips, to get you started. Visit our Bake for Good website to find a video of us making this recipe and showing the different shapes you can try, such as a braided loaf, knotted roll, or pizza. Once your masterpiece is finished, find someone to share with — and don't forget to share a photo with us!

Have fun and happy baking,
The Bake for Good Team

Baking Knowledge

1 FOOD SAFETY

Safe steps in food handling and baking are important to prevent food-borne illness. Follow these easy steps.

Before baking:

- Tie back long hair, remove jewelry
- Wash hands with soap and warm water
- Wear a clean apron or shirt...clothes carry dirt and germs from where you've been
- Wash and dry surfaces where you will be baking to make sure everything is clean before you start
- Set out all the tools and ingredients you will need
- Re-wash hands before beginning to measure, mix or portion products

After Baking:

- Wipe flour and dough from the counter (a vacuum cleaner is great for spilled flour)
- Wash bowls, spoons and other tools in the sink or dishwasher
- Wash hands before packaging baked and cooled products in food-safe packaging

2 GATHER EQUIPMENT NEEDED

- 2 mixing bowls
- ¼ cup DRY measuring cup
- 1 cup DRY measuring cup
- 1 or 2 cups LIQUID measuring cup
- Measuring spoons
- Mixing spoon
- King Arthur dough scraper
- Cookie sheet
- Plastic wrap or your favorite reusable cover
- Clean dishtowel
- Scissors

WHAT'S THE DIFFERENCE?

Liquid cups have spout for pouring.
Dry cups are flat for leveling off.



3 VOLUME VS. WEIGHT

Both are great ways to measure your ingredients, but weight can be more accurate. If you have a kitchen scale at home, try measuring your ingredients by weight!

WATER TEMPERATURE

If the water is too hot, it will kill the yeast. Test the water temperature with your clean hand; it should feel comfortably warm.

MEASURING FLOUR

Pour the flour from the bag into a medium-sized bowl.



Bake For Good Bread Recipe

Makes 2 loaves or 32 dinner rolls.

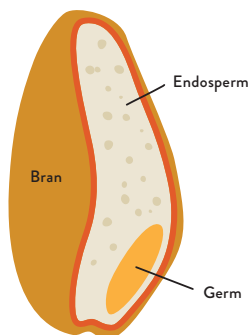
ALERT!

This recipe takes about 3 ½ hours to make.

INGREDIENTS

- 2 cups (454 grams) warm water
- ¼ cup (50 grams) sugar
- 1 packet Platinum® Yeast from Red Star®
- 3 cups (340 grams) King Arthur Golden Whole Wheat Flour, divided
- 1 tablespoon salt
- ¼ cup (50 grams) vegetable oil
- 3 cups (361 grams) King Arthur Unbleached All-Purpose Flour, divided

Wheat Berry Diagram



READ THROUGH THIS RECIPE TWO TIMES BEFORE STARTING

INSTRUCTIONS

1. In a large bowl, dissolve sugar in warm water. Stir in yeast.
2. Add 2 cups King Arthur Golden Whole Wheat Flour (orange bag). Let mixture rest a few minutes. When you see CO2 bubbles, stir in 1 more cup golden whole wheat flour.
3. Stir in salt and cooking oil.
4. Stir in 2 cups King Arthur Unbleached All-Purpose Flour (red bag). The dough will get harder and harder to stir! Measure out 1 more cup of all-purpose flour. Estimate and sprinkle about ½ cup of flour over sticky dough. Using your dough scraper, clean flour from the sides of the bowl and press into the dough until dough is covered with flour and no longer sticky.

5. Plop dough onto clean, lightly floured surface. Knead dough. To prevent sticking, take a little flour from your measuring cup and sprinkle it on your hands and work surface as needed. Knead for 5 minutes, then take a break and let dough rest (bench rest). While dough is resting, scrape out mixing bowl, and smear a little oil around the inside.

FOLD-PUSH-TURN Kneading has three easy steps. It develops gluten and gives your bread structure so it rises and won't be flat like a pancake. Fold the far edge of the dough over itself towards you. Gently push the dough away with the heels of your hands. Pick up the dough and turn it a quarter turn.

6. Knead dough for 1 to 2 more minutes, then gather into a ball. It's ready when you lightly press with your fingers and the dough bounces right back. Place dough in the oiled bowl and cover so it won't dry out, with a lid, or plastic wrap and clean towel. Put dough in a warm place to rise until double in size, about 1½ hours.
7. Turn out dough onto a floured surface and gently deflate. Divide dough in half; form into 2 loaves. For other shapes (braid, pizza, rolls) follow instructions on pages 6 to 9.
8. Preheat oven to 375°F. Grease a cookie sheet; put shaped dough on it. Cover dough with plastic wrap and a clean towel and let dough rise again for 30 minutes.
9. Carefully remove plastic wrap and slash tops of the loaves with a sharp knife (serrated works). Bake loaves about 30 minutes until crust is golden brown. When you tap the bottom of the loaf, it should have a hollow sound. Or, using a food thermometer, the internal temperature of the bread should be around 190°F.

NOTE: Be sure bread is completely cool before storing in a plastic bag!



READY TO RISE?

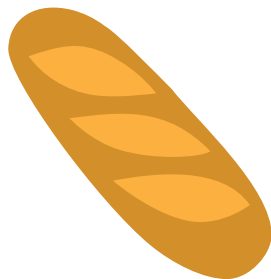
Two good spots for your dough to rise: on top of the fridge, or in your oven (turned OFF).

Shaping

Basic Loaf

1/2 **NOTE:** After the first rise, use $\frac{1}{2}$ of your dough to make 1 loaf.

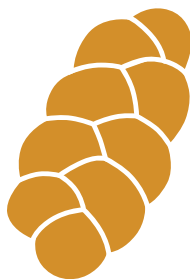
1. Press your dough into a rough rectangle with the short end on top and bottom.
2. With your dough scraper mark dough into thirds without cutting through. Fold dough into thirds like folding a letter.
3. Fold dough one more time in half – hotdog style. And pinch the seams well.
4. Gently roll our dough, like a log to the length you wish. Tuck ends under. Place on a greased or parchment lined baking sheet or in a loaf pan. Preheat oven to 375°F. Cover loaf and let rise for 30 minutes.
5. Slash 3 cuts across the top of your loaf with a sharp knife. Bake loaf for 30 minutes.
6. Remove from oven and cool loaf on rack.

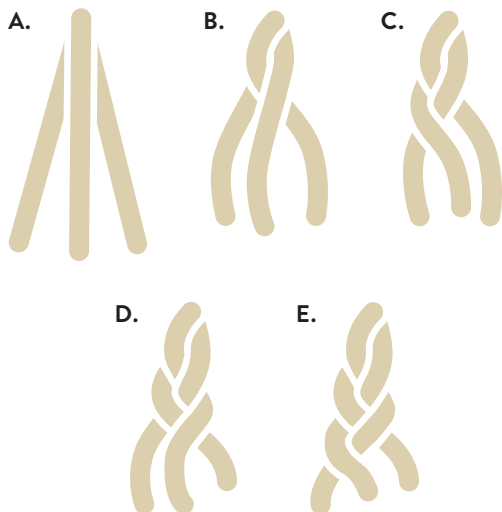


Braided Loaf

1/2 **NOTE:** After the first rise, use $\frac{1}{2}$ of your dough to make 1 loaf.

1. With your dough scraper, divide dough into three equal pieces.
2. Roll pieces into ropes of equal thickness and length.
3. Pinch the three ropes together at one end, and braid the three strands. Pinch ends and tuck under to hide the ends. Preheat oven to 375°F. Cover braid and let rise 30 minutes.
4. Bake braid for 30 minutes.
5. Remove from oven and cool braid on a rack.



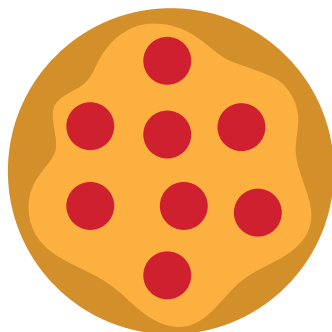


Pizza

1/4

NOTE: After the first rise, use $\frac{1}{4}$ of your dough to make 1 small pizza.

1. Preheat oven to 450°F. Shape dough into a ball, and let it rest for 10 minutes. Oil pizza pan.
2. Gently press, roll out, or toss dough to desired size. If dough “fights” you, let it rest for a few minutes.
3. Bake pizza crust without any toppings for 5 minutes, it’s a thick crust and needs a head start.
4. Add toppings and bake for an additional 7 to 10 minutes or done to your liking.



Find videos on shaping on our webpage; KingArthurBaking.com/BakeForGood

Cinnamon Rolls

1/4

NOTE: After the first rise, use 1/4 of your dough to make 8 cinnamon rolls.

1. On a lightly floured surface, roll dough into a rectangle about 8" x 12". Sprinkle dough with cinnamon sugar except for a 1" strip along the top edge.
2. Roll up dough toward the bare 1" strip. Pinch seam together.
3. Lightly mark dough into eight pieces and cut. (see our video for the best way to cut your cinnamon rolls!)
4. Place rolls, cut side up, onto an oiled 8" or 9" cake pan. Preheat oven to 350°F. Cover rolls and let rise 30 minutes.
5. Bake rolls 20 to 25 minutes, until brown and puffy. Remove from oven and cool rolls on a rack.



GLAZE

- 1 cup confectioners' sugar
- 1/2 teaspoon vanilla extract
- 2 to 3 tablespoons milk (enough to make a soft, pourable icing)

In a small bowl, combine sugar, vanilla, and milk. Drizzle over cooled cinnamon rolls.

CINNAMON SUGAR

Use this ratio to make your own cinnamon sugar!



1 part
cinnamon

4 parts
sugar

Knotted Rolls

1/4

NOTE: Use $\frac{1}{4}$ of your dough to make 8 rolls.

1. Roll a log 12" long. Divide and cut into eight equal pieces.
2. Working with one piece of dough, roll out a rope about 8" long.
3. Tie rope into a loose knot, leaving one end longer than the other. Loop the long end through the loose knot again.
4. Pinch the two ends together and turn the roll over. Place on pan, pinched side down.
5. Preheat oven to 350°F. Cover rolls and let rise for 30 minutes. Bake rolls for 12 to 15 minutes. Remove from oven and cool rolls on a rack.
6. For garlic knots, melt 3 Tbsp of butter and mix with 1 to 2 cloves of crushed garlic. Brush over warm rolls – enjoy!

A.



B.



C.



D.



Watch the BFG video for more shaping tips!

More Uses for Your Flour

Whole Wheat Blueberry Muffins

Makes 12 muffins.

DRY INGREDIENTS

- 2 cups King Arthur Golden Whole Wheat Flour
- 1 cup brown sugar
- 1 teaspoon baking powder
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon ground cinnamon (optional)
- 1 cup blueberries, fresh or frozen

WET INGREDIENTS

- 1 teaspoon vanilla extract
- $\frac{1}{3}$ cup vegetable oil
- $1\frac{1}{2}$ cups buttermilk or plain (not Greek) yogurt

TOPPING

- Cinnamon-sugar or coarse white sparkling sugar for topping (optional)

INSTRUCTIONS

1. Preheat oven to 400°F. Lightly grease a 12-cup muffin pan; or line with greased paper muffin cups.
2. In a medium-sized bowl, mix together all dry ingredients and blueberries.
3. In a separate bowl, whisk together vanilla, vegetable oil, and buttermilk, or yogurt.
4. Pour liquid ingredients into the dry ingredients, stirring just to combine.
5. Spoon the batter into prepared muffin cups, filling them nearly full.
6. Sprinkle tops of muffins with sugar, if desired. Bake for 18 to 20 minutes.
7. Remove muffins from oven and let rest for 5 minutes. Remove muffins from pan and cool on a rack. Serve warm or at room temperature. Store leftovers loosely wrapped at room temperature.





SAY YES TO BETTER FLOUR!

All flour is not created equal. Most flour companies bleach their flour with chemicals like benzoyl peroxide or chlorine dioxide to make it whiter. King Arthur flour contains no bleach, bromate or artificial preservatives of any kind. What you get instead is flour from superior grains grown by farmers we trust. Not a bad trade off if you ask us!

WHAT IS YEAST?

Yeast are tiny, single-celled fungi — a microorganism. These fungi digest food (sugar is their favorite) for energy and growth. This process is called fermentation, and it produces a useful by-product: carbon dioxide gas. In baking, these tiny carbon dioxide bubbles become trapped in the sticky, stretchy web of gluten. The result of this expanding gas is that dough inflates or rises. The tiny holes you see in your bread are from the CO₂ released by yeast.



**BAKER'S
HOTLINE**

NEED HELP?

Call our Bakers Hotline! We have trained bakers on hand to answer any of your baking questions. 855-371-2253



Watch the free BFG Instructional Video. This video is a summary of the bread baking lesson, you can access it from our website at KingArthurBaking.com/bakeforgood

KEEP BAKING & SHARING

We love to visit schools all over the country! Share the Bake for Good program with your friends and colleagues, and share your baking photos on social media. For thousands of delicious recipes you can try at home, visit our website at KingArthurBaking.com/Recipes

#KingArthurBaking   

Two loaves of rustic, oval-shaped bread with a thick, flour-dusted crust and several diagonal slashes. They are resting on a piece of parchment paper which is placed on a dark, weathered wooden cutting board. The background is a dark, textured surface.

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FOR MORE
BAKING?**

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