

BAKING BUDDY TIPS



1. Try to always use a digital scale, rather than cup measurements or mechanical scales. This way you ensure accuracy and precision over the proportions of ingredients.
2. Never put the yeast in direct contact with the salt, as this will likely kill the yeast and prevent growth.
3. Use lukewarm water, if you are using a yeast which needs activating. This will help to kick start the yeast allowing it to foam.
4. Always grease the bowl, this ensures the dough doesn't stick, making it easier to turn out
5. Leave enough room between the top of the dough and the cover placed on top of the bowl when proving. This will allow the dough to rise to its optimum rather than being blocked when it has to double in size.
6. Use your oven as a proving space - preheat your oven to 50°C for 5 minutes. This creates a perfectly warm environment for your bread dough to rise.
7. Be creative, on a warm day try proving the dough in a car, it works so well!
8. If you want to make the bread over a few days, or don't have time to finish proving the dough, you can choose to put the dough in the fridge overnight. Additionally, the dough develops a stronger flavour
9. Try not to forget about the bread when its proving, over proving the dough can happen, and you will be left with a flatter bread as the structure has collapsed.
10. Always preheat the oven to the temperature you need, before putting the dough in. The heat in the oven helps to create steam from the moisture in the dough, allowing the bread to rise.
11. To give your bread that extra crunchy golden crust and some extra rise? Put a tray in the bottom of the oven when you pre heat it, when you put you bread in the oven to cook, add 30 mls of water or ice cubes and close the door. **DO NOT OPEN FOR 20 MINS**, Now have a look at your loaf



BREAD BAKING COURSE

DOING OUR BIT

we have reduced the single use plastic in this box by 90% and are now using paper flour bags like the old days, which means the box has a shorter shelf 4 months. But you can just pop the packets into an air tight container and they will last 12 months,

STORING YOUR BOX

The best way to store this box are in the original unopened packets and bottles in a cool dry pantry, at a constant temperature and away from heat sources. This product will have a short shelf due to the fact we are not using single use plastic (4) months. Do not keep it in the fridge.

ALLERGENS Before your kids start to bake, please check to make sure they are not allergic to any of the ingredients listed below. Please check you have all the ingredients you need, every provided almost everything you need, with the exception of Eggs & Water. You will need about 5 eggs, . **This box is not suitable for Vegans or those with a Nut allergy**

DO NOT LET YOUR CHILDREN BAKE WITHOUT SUPERVISION

It is recommended that you do not let your children bake unsupervised at any time and do not let them use shape knives and please once used remove all plastic bags. We recommend that you provide you child with oven mitts and an apron. This box is **recommended for children from the ages of 5 to 12 years of age**

DIGITAL RECIPE CARDS & CERTIFICATES

For a digital copy of the recipes please visit our website www.britainlovesbaking.com/blog/recipes and a digital copy of the certificate that goes with this baking course please email the production@britainlovesbaking.com

Flour (Wheat), Wholemeal Flour (Wheat), Yeast, , Rapeseed Oil, Salt, Sugar, Dried herbs, dried Red & White Onions, 72% dark, chocolate drops **Milk, Soya,** 22-24% Cocoa Powder, dehydrated Orange and Lemon Rind, Cinnamon, dried mixed fruit. **ALLERGY ADVICE:** For allergens, see ingredients in Bold



Baking Boxes That Taste Good & Do Good. As a purpose-driven business, we put people and our purpose over profits & shareholders. So when you shop with us you're helping us to help others and deliver on our social purpose: To promote the benefits baking brings to those who suffer from their mental health by donating free baking boxes to anyone who asks.

And to arm, the nation's kids with the skills to bake for free, by creating free content, donating boxes that help teach those less fortunate to bake, and providing funds to the charity Sustain who teach kids about food and where it comes from. So your baking box tastes good and does good.

Share a Bake: Every time you buy from us we donate a family bread-making kit to the Felix Project to make sure no family goes a loaf of bread. We are committed to working to end the need for food banks and do what's needed to build a hunger-free future that sees no family without food.



YOUR BREAD RECIPE

THIS IS YOUR RECIPE FOR THE COURSE WE ARE USING
ALL IN ONE MIXES

PREP TIME

120 MIN



COOK TIME

30 MIN



SERVING

6

INGREDIENTS:

250G STRONG WHITE FLOUR,
3G OF SALT
20G OF SUGAR
16G OF ACTIVE BAKERS YEAST
40MLS OF RAPESEED OIL
1500ML WARM WATER

EQUIPMENT:

PARCHEMNET PAPER
BAKING TRAY
STAND MIXER/MIXING BOWL
CLING FILM
OVEN GLOVES

HOW TO MAKE A LOAF OF BREAD

- Mix strong white flour salt, sugar in a stand mixer bowl
- Make a well in the centre, then add the oil and 150ml water. leave for 5 mins to wake the yeast up.
- When its ready, attach the dough hook to the mixer and mix well on a low speed If the dough seems a little stiff, add another 1-2 tbsp water and mix well.
- Once the dough is smooth and elastic (poke a clean finger into the dough and if it springs back to shape its good)
- Place it in a lightly oiled bowl and cover with cling film. Leave to rise for 1 hour until doubled in size
- Line a baking tray with baking parchment or a loaf tin, Knock back the dough (punch the air out) and pull the dough in on itself) then gently mould the dough into a ball. or a log shape if you are baking it in a tin
- Place it in a warm place to prove for a further hour until doubled in size.
- Ask a grown up to heat the oven to 220C/fan 200C/gas 7.
- Bake for 25-30 mins until golden brown and the loaf sounds hollow when tapped underneath. Cool on a wire rack.

BREAD MAKING STEPS



PREPARE



MAKE



PROVE TWICE



BAKE



BAKING BUDDY SAM SAYS

I HAVE LOTS OF
TIPS TO SHARE
WITH YOU

ALWAYS WASH
YOUR HANDS
BEFORE BAKING





CLASSIC LOAF OF BREAD

Fresh and Soft Dough Homemade Loaf of bread

PREP TIME

120 MIN



COOK TIME

30 MIN



SERVING

6

INGREDIENTS:

A BAG OF BREAD MIX
20MLS OF RAPESEED OIL
150ML WARM WATER

EQUIPMNET:

PARCHEMNET PAPER
BAKING TRAY
STAND MIXER/MIXING BOWL
CLING FILM
OVEN GLOVES

WIRTE OUR THE RECIPE

- Add the to a and leave for
- Make a well in the centre, then add 5mins until the
- When its ready, attach to the mixer and mix
- Once the dough is smooth and elastic
- Place it in a lightly oiled bowl and cover
- Place in a warm place to
- Line a baking tray , Knock back the dough (punch the air out) and pull the dough in on itself
- Ask a grown up to heat the oven
- Bake for golden brown and the loaf sounds

BREAD MAKING STEPS



PREPARE



MAKE



PROVE TWICE



BAKE

hollow when tapped underneath. Cool on a wire rac





WHOLEMEAL BAPS

Makes large Sandwich or Burger Bunw

PREP TIME

120 MIN



COOK TIME

30 MIN



SERVING

8

INGREDIENTS:

A BAG OF WHOLEMEAL FLOUR MIX
30MLS OF RAPESEED OIL
150ML WARM WATER

EQUIPMNET:

PARCHEMNET PAPER
BAKING TRAY
STAND MIXER/MIXING BOWL
CLING FILM
PVEN GLOVES

MAKING YOUR BREAD

- Tip the bread mix into the bowl of a stand mixer , make a well and add the oil and warm water. leave for 5 mins so the yeast can wake up.
- Mix well on a low speed If the dough seems a little stiff, add another 1-2 tbsp water and mix well.
- Once the dough is satin-smooth, place it in a lightly oiled bowl and cover with cling film. Leave to rise for 1 hour until doubled in size
- Line a baking tray with baking parchment. Knock back the dough (punch the air out and pull the dough in on itself) then gently mould the dough into 55g balls 8 in total.
- Place it on the baking parchment to prove for a further hour until doubled in size.
- Heat oven to 220C/fan 200C/gas 7.
- Bake for 25-30 mins until golden brown and the Bps sounds hollow w tapped underneath. Cool on a wire rack.

LIST YOU 4 BAKING STEPS BELOW



BAKING BUDDY SAM SAYS

**TO MAKE THEM CRISPY.
PUT A TRAY WITH
100MLS OF WATER IN
THE OVEN WHEN YOU
BAKE THEM . THE
STEAM MAKES THEM
LIGHT AND CRSIPY**





HERB & ONION ROLLS

Fresh and Soft Dough Homemade Bread Rolls

PREP TIME

120 MIN



COOK TIME

20-25 MINS



SERVING

10

INGREDIENTS:

1 BAG OF HERB & ONION BREAD MIX
25 ML OF RAPESEED OIL
150 ML WATER

EQUIPMENT:

PARCHEMNET PAPER
BAKING TRAY
STAND MIXER/MIXING BOWL
CLING FILM

MAKING YOUR BREAD ROLLS

- Tip the bread mix into a bowl. Pour over the 25mls of oil then 160ml warm water, leave to stand for 5 to 10 mins to wake up the yeast. Mix for about 6-8 mins on low speed on the mixer or until the dough is soft & elastic
- Pull the dough into a ball and put in a clean, oiled bowl. Leave for 1 hr, or until doubled in size.
- Tip the dough onto a lightly floured surface and roll into a long sausage shape. Halve the dough, then divide each half into 5 pieces, so you have ten equal-sized portions (45g each),
- Roll each into a tight ball (this is called the bakers roll) watch the video on your You Tube channel.
- and put on a dusted baking tray, leaving some room between each ball for rising. Cover with a damp tea towel and leave in a warm place to prove for 40 mins-1 hr or until almost doubled in size.
- Heat the oven to 230C/210C fan/gas 8. When the dough is ready, dust each ball with a bit more flour. (If you like, you can glaze the rolls with milk or beaten egg, and top with seeds.) Bake for 25-30mins, until light brown and hollow sounding when tapped on the base. Leave to cool on a wire rack.

NOTES



BAKING BUDDY SAM SAYS

YOU MAY WANT TO WEIGH 45G OF DOUGH. WHEN YOU HAVE DONE THEM A FEW TIMES YOU WILL KNOW THE WHAT 45G OF DOUGH LOOKS AND FEELS LIKE, SO YOU CAN START TO BAKE WITH OUT A SCALE





CHELSEA BUNS

Fresh Fruity Buns to Share

PREP TIME

120 MIN



COOK TIME

20 MIN



SERVING

9

INGREDIENTS:

1 BAG OF CHELSEA BUN FLOUR MIX

25 MLS OF RAPESEED OIL

150ML OF WARM WATER

1 SMALL EGG

1 BAG OF BUN FRUIT MIX

A SMALL BAG OF ICING SUGAR

1 TSP OF WATER

EQUIPMENT:

ROLLING PIN

SQUARE OR RECTANGLE DEEP

BAKING TIN

STAND MIXER/MIXING BOWL

CLING FILM

BREAD SCRAPER

MAKING YOUR CHELSEA BUNS

- Tip the bag into your stand mixer bowl. Make a well in the center and pour in the warm water, beaten egg, tiny bottle of bun spice and vanilla and oil, leave for 5 mins. Put the bowl on the mixer with a dough hook, mix until you get a soft dough. If it feels dry add a bit of warm water, but if it feels too sticky and wet add a spoonful of flour.
- Mix the dough until it feels smooth and elastic. Shape into a ball and sit it in a clean bowl, lightly greased with oil. Cover with cling film and leave to rise in a warm place for about 1 hr or until doubled in size.
- Heat oven to 200C/180C fan/gas 6 and grease a deep 21 x 21cm square tin. Dust the work top with a little more flour then start to knead the risen dough on the prepared surface just to knock the air out. Shape into a 20 x 30cm rectangle. (the size of the A4 Page in your box.
- To fill the buns gently brush the oil over the dough and sprinkle the bag of Bun Fruit Mix over the dough in an even layer
- Roll the dough up in a tight spiral from the longest edge like a Swiss roll then, using your bread scraper slice into 9 equal sized swirled buns. Arrange them in the tin, cut side up then cover with cling film and leave to prove in a warm place for around 30 mins or until doubled.
- Bake the buns for 10 mins, then reduce the temperature to 180C/160C fan/gas 4 and cook for a further 10 mins. For the glaze, stir the icing sugar together with 1 tbsp water until the sugar has dissolved then brush it all over the buns as soon as they are cooked. Leave to cool in the tin for 10 mins before serving. Can be eaten hot or cold.



BAKING BUDDY SAM SAYS

**GET A GROWN UP TO HELP
YOU BUT YOUR BAKES IN
AND OUT OF THE OVEN
AND USE YOUR OVEN
GLOVE**





CHOCOLATE TEDDY BEARS

The cutest yummy Chocolate Bread Bears

PREP TIME

120 MIN



COOK TIME

20 MIN



SERVING

9

INGREDIENTS:

1 BAG OF TEDDY BEAR FLOUR MIX

25 MLS OF RAPESEED OIL

150ML OF WARM WATER

BAG OF CHOCOLATE DROPS

A BAG OF NOSES

PIPING BAG

EQUIPMENT:

SQAURE OR RECTANGLE DEEP BAKING TIN

STAND MIXER/MIXING BOWL

CLING FILM

BREAD SCRAPER

MAKING YOUR TEDDY BEARS

Tip the mix into a large bowl or the bowl of a freestanding mixer. Make a well in the middle and add 150ml of warm water first add more if you need it) leave until it starts to foam. Preheat the oven to 180C or 170 Fan Assisted or Gas 4

Then add the oil and mix for about 8 mins it should be soft and light and when you poke it, it springs back to shape. Cover with cling film or a tea towel and set aside somewhere warm until the dough has doubled in size.

Line a square deep baking with parchment, and dust with flour. Take about 100g of the dough then roll 10 big balls and 20 tiny ones for ears when that's done use some water to moisten the ball and stick them on the the teddys. Place them on a baking tray, cover with cling film and leave to prove for 30mins. Preheat the oven to 180C or 170 Fan Assisted or Gas 4

Remove the cling film and place on the middle shelf for 20-25mins. Leave to cool completely before piping on the chocolate. In a tiny ramakin melt the chocolate on a very low heat. Fill a piping bag and pipe until its all gone. Leave to set n the fridge for 10mins until its all set before you offer them around.



TAKE THESE INTO SCHOOL AND SHARE THEM WITH YOUR FRIENDS ITS GOOD TO SHARE WITH OTHERS AND SHOW YOU CARE





BREAD MAKING PLAN

NAME.....AGE....

What did your family think of your bakes ? aske them to leave a comment and don't forget to add your gold star after each bake

**TRADITIONAL
LOAF**



date made

**ONION & HERB
ROLLS**



date made

**CHELSEA BUN
TEAR & SHARE**



date made

**WHOLEMEAL
SANDIWCH BAPS**



date made

**CHOCOLATE
TEDDY BEARS**



date made

NOTES