

Cooking with Chef Catey  
March 25, 2020

## Overnight Bread with Yeast:

### Ingredients:

- 2 cups all purpose flour
- 2 cups whole wheat flour
- 1 Tablespoon active dry yeast
- 1 teaspoon table salt
- 2 cups warm water

### Directions:

#### Day 1:

1. Mix all purpose flour, whole wheat flour, yeast and salt together in a large bowl. Make sure to level each measurement with a butter knife.
2. Add 2 cups of **warm** water. Water should be body temperature. Feel water with your fingers, it should feel neutral or slightly warm. If it is too hot, just add some cold water until it feels right. This helps activate the yeast.
3. Mix together. Make sure to stir and flip until all the flour on the bottom is mixed in.
4. Cover with a bag to keep dough moist. Make sure cover is higher than the dough so when the dough grows it does not stick to the cover.
5. Rest at room temperature overnight.

#### Day 2:

1. How has the dough changed? Does it look or smell different?  
The dough will have large bubbles and have grown up the side of the bowl but collapsed.
2. Cover your hands and counter with an even sprinkle of flour to prevent sticking.
3. Scrape all the dough out.
4. Sprinkle with flour.
5. With flour covered hands, knead the dough with the heels (bottom part) and sides of your hands without digging in with your fingertips. Turn dough and repeat 5 times.
6. Now you have a choice: What shape and size would you like your bread? A round loaf, sandwich bread in a pan or rolls?
7. Form desired shape.
8. On baking tray or pan sprinkle extra flour to prevent sticking and place formed dough.
9. Set aside to proof or rise for about 1 to 2 hours. The dough is ready when it has doubled in size and no longer springs back when gently touched.
10. With a parent's help, preheat oven to 450 degrees.
  - a. PRO TIP: Using a cast iron pan or dutch oven is a great way to get the crunchy crust of artisan bread. Preheat the pan in the oven. Bake the bread inside the pan.

11. Before baking, with parent's help, using sharp knife make 3 separate ½ inches slices in the top of the loaf. Or one for rolls.
12. Once the oven is hot (and cast iron), with a parent's help, bake 45-50 minutes for an entire loaf or 15 to 20 minutes for rolls.
13. To test if done, with parent's help, gently tap on the bottom of the loaf or roll. The bread should sound hallow – like tapping on an empty box.
14. Set aside to cool before trying.
15. What are you going to put on your fresh bread?

Student Challenge:

Children's House: What did you eat on your bread?

Elementary: Put one strange ingredient from your pantry on your bread.

Name three countries that eat bread as a main part of their diet.