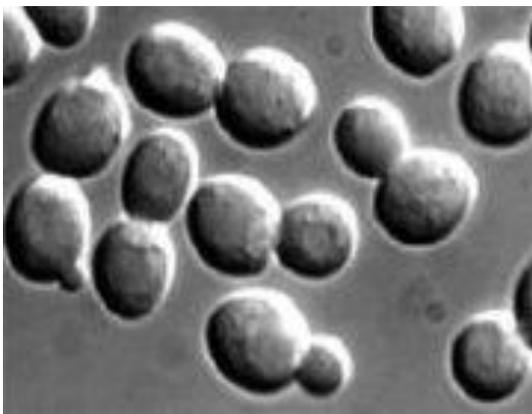


# Making Bread

## Notes before you start:

Did you know that a fungus called 'yeast' provides the bubbles that help breads to rise? Without yeast present in the dough mixture the bread would turn out like a flatbread. Try it and see for yourself!

### *What is yeast?*



Yeast is a type of microscopic fungus. Its scientific name is *Saccharomyces cerevisiae*.

Yeasts are used to make more than just bread. They also make alcohol, such as wine and beer and also help to put the fizz in champagne.

They are also what Marmite is made from!

### *Why does yeast help to make bread rise?*

When yeast has warmth, food and water it will begin to grow and produce carbon dioxide gas as a waste product (just like we do). The gas bubbles build up and are trapped by the sticky gluten in the dough mixture. It is the trapped bubbles of carbon dioxide that make the bread dough rise. The bubbly dough mixture is then cooked giving the bread its structure.

# UK Fungus Day Bread

## You will need:

- A large mixing bowl
- A small mixing bowl
- 500g strong white flour
- 1 tablespoon sugar
- 1 teaspoon salt
- A 7g packet of dried yeast
- 300 ml lukewarm water
- A tablespoon of olive oil
- A wire rack to cool the bread after baking
- A bread board and knife



## Here's how to make it:

### Step 1: Activate the fungus!

You must first make the dried yeast active and ready to work. You do this by placing the yeast in a small mixing bowl and adding the warm water and the sugar.



Add the warm water and sugar



Leave for 15 minutes in a warm place



The yeast mixture becomes active and begins to foam

## Step 2: Mix the dough



Sift the flour into the large mixing bowl and add the salt. Make a hole in the centre and add the yeast mixture.



Mix together to form dough

## Step 3: Knead and stretch the dough



Put the dough onto a floured board and knead it for a few minutes



Stretch the dough then knead again.



Put the dough into the greased bread tin and push it well into the corners.

**Step 4: Allow the fungus to work its magic!**



Cover the tin with a damp cloth and keep in a warm place for about an hour until the dough doubles in size.

## Step 5: Cooking the dough



When the dough has risen, score the top of the dough and put the tin onto a middle shelf in the oven at 450°F (230°C, gas mark 8) for about 30 minutes.



Turn the bread out of the tin to cool on a wire rack. Allow to cool and then place on a bread board ready for cutting!

## Step 6: Enjoy eating your UK Fungus Day bread!

Why not spread some marmite onto the bread for more UK Fungus Day fun!

**UK Fungus Day**



**British Mycological Society** promoting fungal science