

Basic Bread Making – Kay Aram

Hello New Bread Makers!

Thank you for joining me as we have fun kneading our way through a variety of bread products. As the oven at the Centre is too small, we will not be baking in class. You will be taking your creation home to finish the final proving and baking in your own kitchen.

For the first week only I will be providing all dry ingredients plus oil for our first recipe.

I would like to suggest that each person set up their own **Bread Making Box/Bag** to bring each week. **Previous participants have used a variety of wheeled boxes/eskies, which can make it a lot easier to bring your gear as a bag can get quite heavy. I strap a lidded box to a lightweight trolley.**

You will need in your box/bag:

- Electronic (digital) scales (battery operated) that can be zeroed, weighing in 1g increments up to 5kg with a digital display is easy to read when your bowl is on top.
- Recipe for the current session (which will be provided)
- Dough scraper (Baker's friend). **I will provide these at the first session.**
- Yeast ... I use Lowan Instant Dried Yeast and I've also used McKenzies Instant Dried. Both work well. **I will provide the yeast for our first session.**
- Dry ingredients all ready premixed at home (including yeast) and ready to go (bring in sealed container) **I will provide for first session**
- Small amount of extra baker's flour in sealed container
- Olive oil or oil of your choice
- Microwave proof jug that can hold up to 500ml
- Apron
- Tea towel
- Glad wrap or large piece of plastic to cover bowl. I use the inside plastic of a cereal box as I can use it over and over and over again! I've also use a bowl cover similar to a shower cap and previous class members have used shower caps that fit snugly over the bowl. Whatever works for you 😊 **You will also need plastic or cling wrap when covering a tray as the shower cap option doesn't work in that situation.**
- **Mixing bowl (approximately 24cm diameter and 10cm deep).** I use a stainless steel bowl as it's light and doesn't add extra weight. Plastic bowls are fine. Ceramic/glass bowls are OK but they will add extra weight to your bag/box. **I**
- **Baking tray for first day approximately 38cm x 25cm (inside measurements)** and other shapes and sizes will be required further on depending on the recipe
- **Bread or loaf tin. DO NOT purchase** until we've discussed sizes during our first class
- Baking paper (parchment not waxed!)

Remember that you will be carrying your tray/bread tin with your creation as you leave. It will be easier to have either a bag you can carry over your shoulder, so that both your hands are free, or a lidded box with a raised edge that you can place your masterpiece on to carry to the car. If you're using a wheeled trolley/box then you will have a free hand to carry your tray/bread tin.

Suggestion only (I do not receive commission!)

I buy my all dry ingredients from Replenish at Barberry Square. I would encourage you to do the same as the ingredients will always be fresher due to the turnover, rather than packets etc that sit on a supermarket shelf. The other benefit is that you can purchase the exact amount you need as you weigh and package your own purchase.

PLEASE NOTE: I will email you before the first class. Please keep an eye out for the email. It will either show as Kay Aram or Basic Breadmaking.