Welcome to week 6 of our new ChopChop Kids Club newsletter! (If you missed the last one, it’s here.) This week we’re making bread. Yes, you can make your own bread at home—just like you see in the store or bakery!—and it’s easy. Baking bread is like one big science experiment. (Wait until you see how the dough rises!) And the results are delicious. This recipe does require some waiting, but we’ve got plenty of activities for you and your family to do in the meantime.

Get bready, get set, get baking!
No-Knead Bread

Yes, this is real bread—the kind made with yeast—that you have to let rise. But it is really easy to make because you don’t need to knead it! And once you get the hang of it, you might find yourself making it all the time. This bread is definitely great for sandwiches, and it also goes well with soups and salads.

**KITCHEN GEAR**
- Measuring cups
- Measuring spoons
- Large bowl
- Large spoon, for stirring
- Plastic wrap
- Oven-safe pot or casserole with a lid
- Pot holders
- Cooling rack or plate

**INGREDIENTS**
- 2 1/4 cups all-purpose flour
- 1 cup whole-wheat flour
- 1 packet (2 1/2 teaspoons) active dry yeast
- 2 teaspoons kosher salt
- 1 1/2 cups plus 1 tablespoon warm water
- 2 tablespoons cornmeal (or additional flour), if necessary

**INSTRUCTIONS**
Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.

**To make the dough:**
1. Put the flours, yeast, and salt in the bowl and stir well. Add the water and use the spoon and/or your clean hands to mix until there are no dry patches. The texture of the dough may (or may not) seem all wrong: too loose, too shaggy, too sticky. This is fine.
2. Cover the bowl with plastic wrap and let it rise at a warm room temperature for at least 2 and up to 5 hours.
3. If the dough is still very wet, lightly sprinkle the cornmeal (or additional flour) across the surface of the dough. Turn the dough in your clean hands to form a ball, allowing the ball to be lightly coated with cornmeal. If your hands are covered with dough, stop what you’re doing. Wash and dry them, sprinkle a bit of flour over the dough, and try again.
4. Put the dough back in the bowl, cover the bowl with the plastic wrap again, and set it aside to rise for 40 minutes. Set a timer for 20 minutes.

**To bake the dough:**
1. After the dough has been back in the bowl for 20 minutes, put the lidded pot or casserole in the oven and set the heat to 450 degrees. It is very important that the oven and pot be properly preheated. Set the timer for 20 minutes again.
2. After 20 minutes, carefully open the oven door, take the pot out, and put it on the stovetop (you will need an adult for this step).
3. Use the pot holders to remove the lid and put the ball of dough in the hot pot. It may not land in the middle or it may seem like it’s sticking. This is fine. Replace the lid (it’s still hot, so use pot holders) and put the pot back in the oven.
4. Bake for 25 minutes, then use the pot holders to carefully remove the lid and continue baking until the crust is browned, 15 to 25 minutes longer.
5. Remove the pot from the oven. Carefully tip the pot so that the bread falls out onto the counter. Set aside to cool on the rack or plate for at least 15 minutes, then slice and enjoy!

**OR ELSE**
Bake your bread in a traditional loaf pan. Follow the same instructions for preheating the pan, then just stretch the dough ball a bit so that when you put it in, it fills the length of the pan. Cover with aluminum foil (you’ll need to use pot holders for this), then bake as described above.
Time Lapse: As the Dough Rises

Here’s what happens while your dough is covered.

WHERE IN THE WORLD?

Around the world, bread is made—and eaten—in different ways. If you’ve had a quesadilla, you know it’s kind of like a Mexican grilled cheese sandwich that uses tortillas instead of bread. You might have also put some sandwich filling inside a Middle Eastern pita pocket. What can you learn about bread in other countries? To get you started, try looking up Indian naan, Armenian lavash, and Ethiopian injera.

Science Experiment: Inflate a Balloon with yeast

Are you curious why yeast helps bread dough rise? This experiment will help you understand what’s going on in that covered bowl. (And if you don’t have any yeast to spare right now, you can just look at the picture and read the explanation below.)

KITCHEN GEAR

Measuring cup
Measuring spoons
Spoon, for stirring

WHAT YOU NEED

1. cup warm water
2. packet (2½ teaspoons) active dry yeast
2. tablespoons sugar
1. small empty plastic water bottle
1. uninflated round balloon

INSTRUCTIONS

1. Put the water in the measuring cup. Add the yeast and sugar, and stir until they are dissolved.
2. Pour the mixture into the bottle.
3. Stretch out the balloon by blowing it up a couple of times and pulling it between your fingers. Stretch the balloon opening over the neck of the bottle.

Explanation: As the yeast feeds on the sugar, it expels the gas carbon dioxide (CO₂), which inflates the balloon—and makes your bread dough rise!
Kitchen Skill: Cutting a Loaf of Bread

One nice thing about baking your own bread is that you get to slice it just the way you like it. Here's how to do it safely.

1. Place the cooled loaf of bread on a cutting board.
2. Have an adult help you use a sharp, serrated knife (that's the kind with little teeth, like a saw). Carefully cut the loaf in half, making sure to keep your fingers curled away from the blade. (Note that our adult model did not do this very well!)
3. Put half the loaf on the cutting board, cut side down, and cut it into slices, making sure to keep your fingers curled away from the blade. Make the slices as thick or as thin as you like.
4. Continue cutting until you reach the heel, then slice the other half of the loaf. Or, if you're not going to eat it all now, cut just what you need.
DO YOU HAVE MORE BREAD?

Do you have more bread (or stale bread)? Try one of these recipes.

• **Classic French Toast**  [www.chopchopfamily.org/recipe/classic-french-toast](http://www.chopchopfamily.org/recipe/classic-french-toast)


• **Pizza Toast** [www.chopchopfamily.org/recipe/pizza-toast](http://www.chopchopfamily.org/recipe/pizza-toast)

• **Panzanella (Bread Salad)** [www.chopchopfamily.org/recipe/panzanella-bread-salad](http://www.chopchopfamily.org/recipe/panzanella-bread-salad)

• **Do-It-Yourself Croutons** [www.chopchopfamily.org/recipe/do-it-yourself-croutons](http://www.chopchopfamily.org/recipe/do-it-yourself-croutons)

**ACTIVITY: BREAD STORIES**

Have you heard of *The Butter Battle Book* by Dr. Seuss? It’s all about the Yooks and the Zooks and the different ways they eat, and fight about, their buttered bread. (The Zooks eat their bread with the butter-side down and the Yooks like theirs with the butter-side up.) Can you write a story using bread as an inspiration? Put on your creativity cap and get writing!

• Imagine a person who lives in a house made of bread and write about their life.

• Share a true story about a family member who makes their own bread or has a special way of eating bread.

• Write a reflection about your favorite kind of bread. Was there ever a time that bread meant something more to you than just something to eat?