

4-H Project Report (Maximum 1 page)

Name: Hannah Stevenson

County: Fulton

Project: Cooking 401

1. What are three things you learned or insights you gained this year from doing this project?

This year in Cooking 401, I have learned how to make candies and how to use a candy thermometer. I have also expanded my knowledge of dough and have learned how to make many new bread recipes.

2. What would you like to describe or share about your exhibit that we can't see easily in your uploaded photos or documentation?

One thing that you can not tell from the photos is that the bread sounded hollow when you tapped on the outside like the recipe said.

3. What steps did you take to complete this exhibit?

First I got all my ingredients out and ready to go and preheated the oven. Then I followed the recipe, to make my bread dough. After letting the dough rise in a warm area, I split it apart and shaped it into 3 loaves and placed them on a prepared pan. Then I let the loaves rise until doubled, brushed them with water, and put them in the oven to bake.

4. If you did this project again, what would you change or do differently?

According to the recipe the three loaves are to be on one pan. However, if I did this project again, I would have put two on one pan and one on another, because letting 3 loaves rise together on one pan caused them to merge together and didn't give them enough room to expand.

5. How will you apply what you have learned to your life?

I will use what I have learned to continue planning and making meals for my family.

Recipe for French Bread

4

▲ French Bread

Yield: 3 loaves, 12 slices per loaf

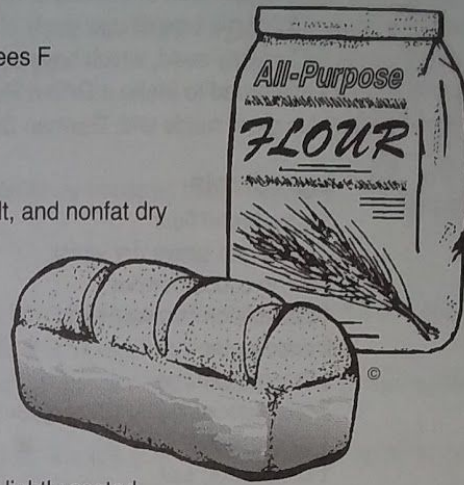


Ingredients

- 5 1/2 to 7 cups all-purpose flour
- 1 package yeast
- 1 1/2 teaspoons sugar
- 2 teaspoons salt
- 1/2 cup nonfat dry milk
- 2 1/4 cups water, heated to 120 to 130 degrees F
- 1/2 cup cornmeal
- 1/2 cup water

Order of Work

1. Combine 2 1/2 to 3 cups of flour with yeast, sugar, salt, and nonfat dry milk in large mixing bowl. Stir to blend.
2. Add warm water while constantly stirring dry ingredients in mixing bowl. Beat vigorously.
3. Add more flour as needed to form a soft dough and mixture begins to pull away from sides of bowl.
4. Transfer dough to a lightly floured surface and knead until smooth and elastic, about 8 to 10 minutes.
5. Form dough into a ball and place in large mixing bowl lightly coated with nonstick cooking spray. Cover with clean, damp dishtowel. Let rise in warm place, free from drafts, until doubled in size, about 40 minutes.
6. Punch down and divide dough into three equal portions. Shape each piece into a long tapered loaf, about 2" x 14".
7. Sprinkle cornmeal over a cookie sheet. Arrange loaves on baking sheet, leaving space between loaves for rising.
8. Using a sharp knife, make diagonal slashes 1/2-inch deep at intervals across top of each loaf.
9. Brush loaves of bread lightly with water to toughen the top crust. Allow to rise until doubled in volume.
10. Preheat oven to 400 degrees F. Bake loaves for 35 to 45 minutes until they are golden brown and sound hollow when lightly tapped.
11. Remove bread from oven and place on cooling racks.



Nutrition Facts per Serving: 99 calories, less than 1 g fat, 136 mg sodium, 21 g carbohydrate, 1 g fiber, 3 g protein, 18 mg calcium

French Bread



Bottom of French Bread



French Bread Cut in Half

