



# Baking with Bread Dough

Most children love the feel of bread dough. Bring them to the kitchen to make bread dough creations. When finished, they can be baked and eaten.

Start with basic bread dough. You can mix up a batch from the recipe below, use a loaf of frozen bread dough (thaw by using package directions), or use your bread machine to mix a batch. Let the fun begin!



## BASIC BREAD DOUGH

*(The children will love to help you mix up this recipe)*

- 3 to 3½ cups unsifted flour
- 4 teaspoons sugar
- 1½ teaspoons salt
- 1 package dry yeast
- 2 Tablespoons soft butter or margarine
- 1¼ cups very hot water (105–115°F)

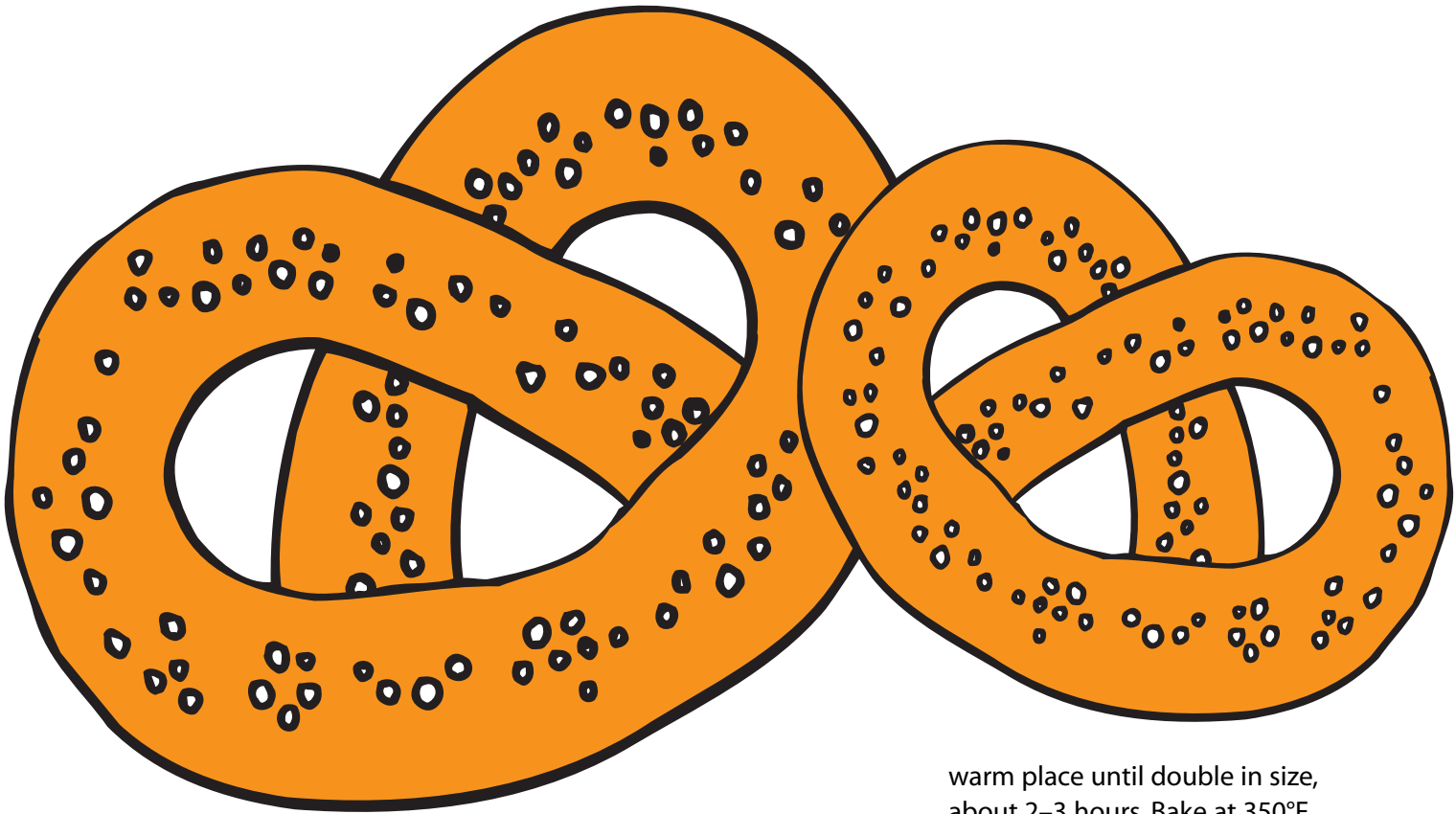
All cooks should wash their hands. Let the children help you measure and combine 1 cup flour, sugar, salt, and undissolved dry yeast in a large bowl. Mix well. Add butter or margarine. Add very hot water slowly to the dry ingredients. Let the children help to beat the mixture for 2 minutes. Add 1 cup flour or enough to make a thick batter. Beat for 2 or 3 minutes. Stir in more flour to make a soft dough. Cover the bowl tightly with plastic wrap. Let rise in a warm place for 45–60 minutes. Wash everyone's hands again. The children will love stirring the dough down. Take the dough out of the bowl and place it on a floured surface. Sprinkle some flour on the children's hands and give each child some dough to knead until it is smooth. The dough is ready to shape and bake.

## NUMBERS, LETTERS, ANIMALS, MONSTERS, AND OTHER SHAPES

Give each child a piece of dough. Let them try making it into different shapes. Place dough shapes on a lightly greased cookie sheet or give each child a piece of aluminum foil with his name written in the corner. Lay dough shapes on the foil, and then place the foil pieces on a cookie sheet to bake. Bake at 400°F for 8–10 minutes or until golden brown (larger shapes may take longer to bake).

## FRENCH BREAD

Shape one recipe of basic bread dough into a large oval. Place on a greased cookie sheet and let rise 40–50 minutes. Bake at 400°F for 40 minutes.



### **SOFT PRETZELS**

Give each child a small piece of dough. Have them roll their dough into ropes (not too thick). Twist each rope into a pretzel shape. Lay on a lightly greased cookie sheet. If desired, brush dough with beaten egg and sprinkle with coarse salt. Bake at 400°F for 8–10 minutes or until golden brown.

### **BREAD STICKS**

Give each child a small piece of dough. Roll or shape the dough into ropes, about 5–6 inches long. Place ropes onto a lightly greased cookie sheet. If desired, brush ropes with melted butter. Sprinkle with grated Parmesan cheese,

garlic powder, parsley, or other herbs. Bake at 350°F for about 15 minutes or until golden brown.

For a special treat, give each child a small bowl of warm pizza sauce. Tell them to dip their bread stick into the pizza sauce, then take a bite. Yummy!

### **BREAD BOWLS**

Divide one recipe of Basic Bread Dough into fourths to make average-size bread bowls. Form each piece of dough into a ball. Place balls on a lightly greased cookie sheet. Keep several inches of space between each ball. Brush balls with beaten egg. Cover with plastic wrap and let rise in a

warm place until double in size, about 2–3 hours. Bake at 350°F for 25 minutes or until golden brown. Cool. Slice the top off each bowl. Hollow out some of the bread in the center. Fill with the children's favorite soup. They can eat the soup and the bowl!

### **PIZZA DOUGH**

*(One recipe of Basic Bread Dough will make 2 12-inch round pizzas.)*

Place dough on a lightly greased 12-inch round pizza pan. Prick dough with a fork. Pre-bake at 400°F for 10–12 minutes or until the edges of the crust start to turn light golden brown. Add your favorite pizza sauce, toppings, and cheese. Finish baking at 400°F for about 15 minutes or until golden brown.



**Pennsylvania Pathways**

*Professional Development  
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Cooperative Extension  
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Sources: FamilyEducation.com; Rhodes International, Inc.

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