



***Let's Make
Bread!***



Abba was hungry, so he looked for bread. "Uh oh," he said to himself, "there's no more bread!"

So Gaby told
the children, "Sorry
kids, but there's no
more of Gaga's
bread."



Zidan said,
“But that was the
best bread I’ve
had in seven
years!!”



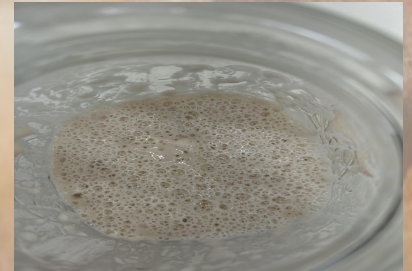
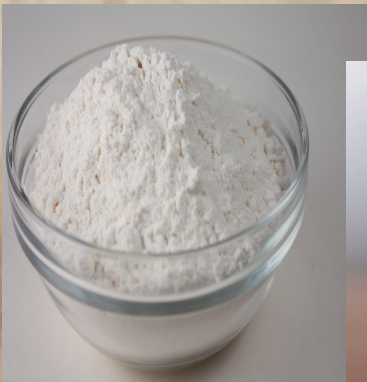
At which
Yara yelled,
“Zidan! You’re
only six years
old!”



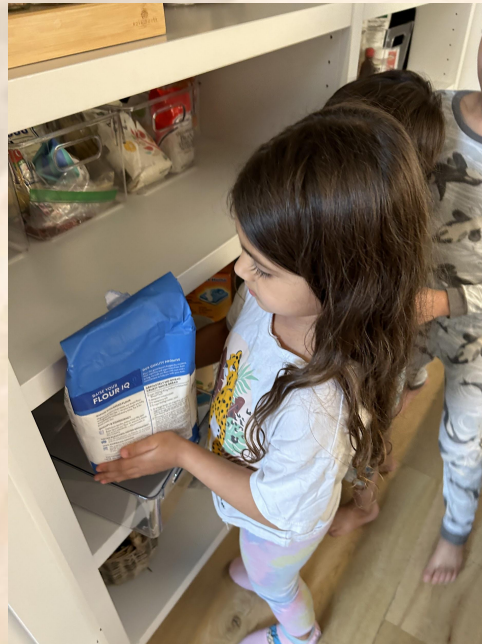
“Well,”
said Gaga, “you’ll just
have to help me to
make some more!”

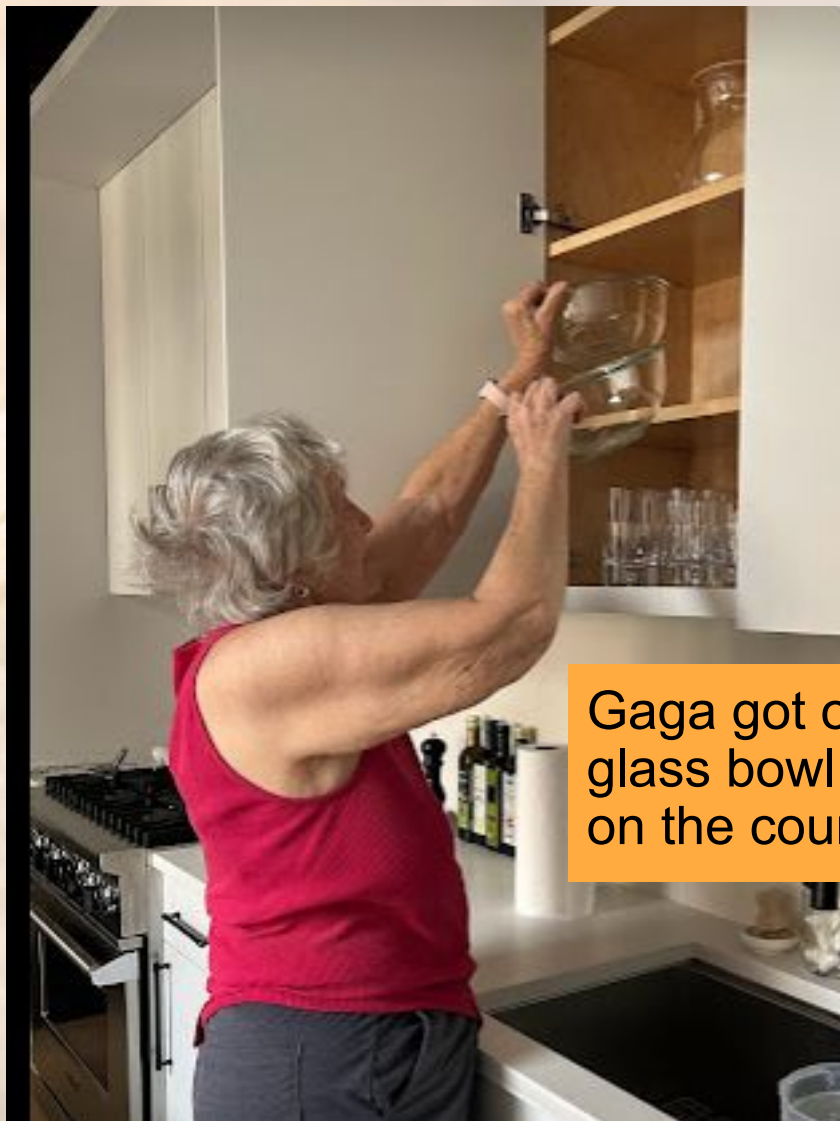


“Remember that
sourdough needs flour,
water, salt, and levain”



So Zidan went to the refrigerator to get the starter, and Yara went to the cupboard for the flour. Salt is already on the counter.





Gaga got out the big glass bowl and put it on the counter.



“First,”
she said, “we need to
make the levain from
the starter.”

So she carefully poured 30 grams of starter into the bowl. Next, she carefully added exactly 30 grams of water to the bowl. Of course, Zidan wanted to do the pouring...

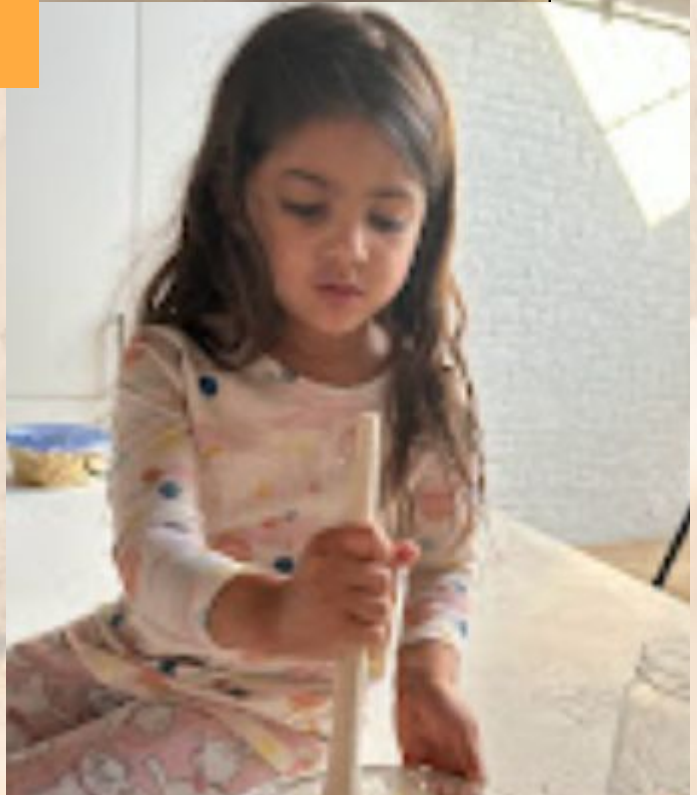
... but Gaga said he
could stir it instead.



Naturally, everyone else also wanted to stir the starter and water, which was great because it got stirred really well!



Next, Gaga carefully poured 30 grams of flour into the bowl, and everyone took turns stirring **IT**.



When the flour was well stirred, Azlan went to get the tin foil so Gaga could cover the levain.

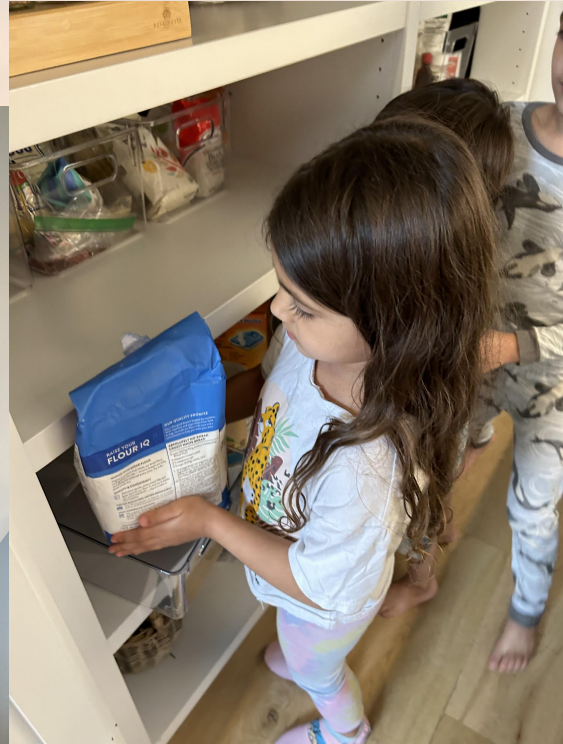
Lastly, Gaga put it in the corner so that overnight the yeast would eat all the flour and make bubbles, bubbles, bubbles.



The next morning, Gaga asked Yara to check the starter for bubbles.

“Yes, the levain is ready!” Yara said excitedly.

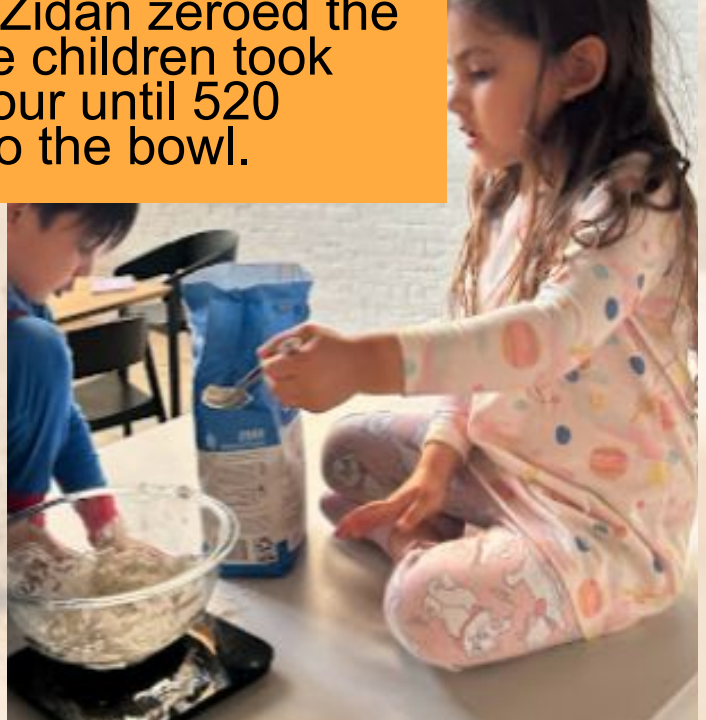




So the children ran to get the flour and the scale and salt and some water so they could make BREAD!!



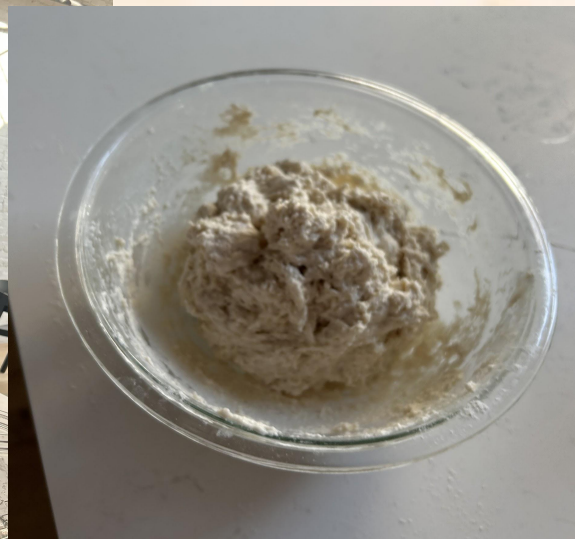
Gaga put the bowl of levain on the scale, and Zidan zeroed the scale. Then the children took turns adding flour until 520 grams added to the bowl.



Gaga often forgets to add the salt, but this time the children reminded her, so she put 12 grams of salt into the bowl and finally added 385 grams of water.

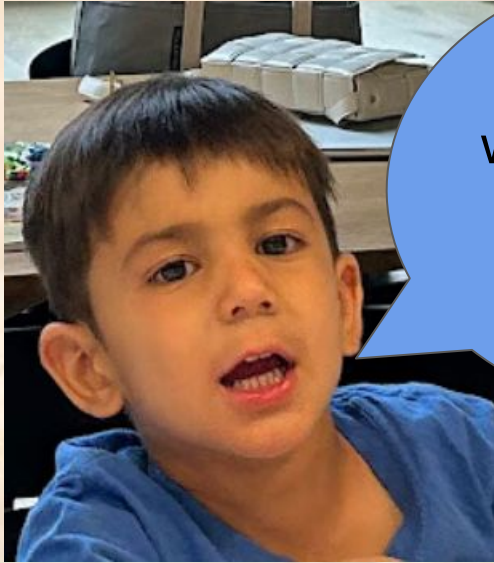


Then everyone took turns stirring the dough until it all stuck together.



Then Zidan put the tin foil back on the bowl, and Gaga set the timer for 15 minutes.





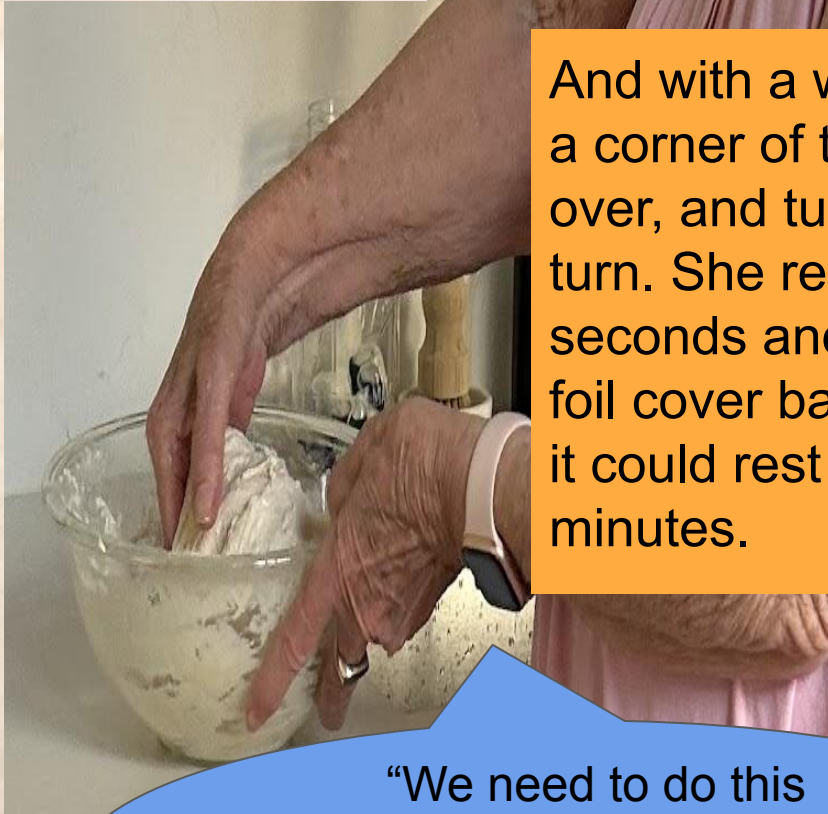
“Why do we have to wait 15 minutes?” asked Azlan.



“After all that stirring, the dough is tired and needs to rest,” said Gaby“

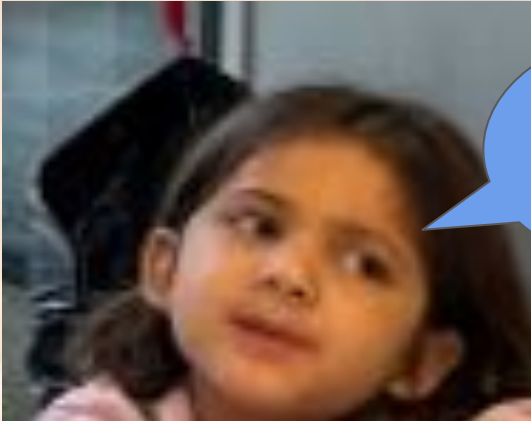


When the timer “dinged,” Gaga said, “OK, now we will ‘stretch and fold’ the dough.”



And with a wet hand she lifted a corner of the dough, folded it over, and turned the bowl $\frac{1}{4}$ turn. She repeated this for 30 seconds and then put the tin foil cover back on the dough so it could rest for another 15 minutes.

“We need to do this three times,” said Gaga. “Who wants to practice ‘stretching and folding’?”



"I do!"
said Yara.



So when 15 minutes was up, Yara washed her hands and practiced stretching and folding the sourdough.



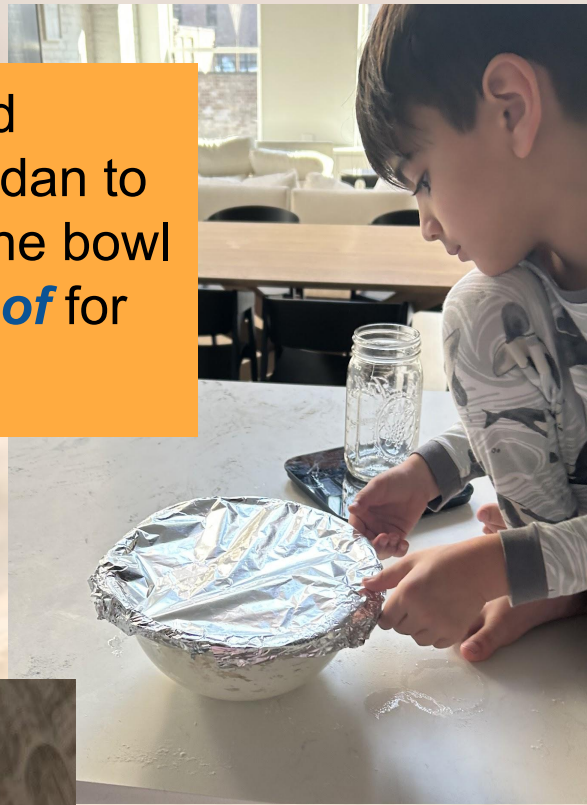
Zidan also took the a turn
at stretching and folding.



But Azlan got hungry and took time out to make himself a paratha.



After the “stretching and folding,” Gaga asked Zidan to put the cover back on the bowl so the dough could **proof** for six hours.

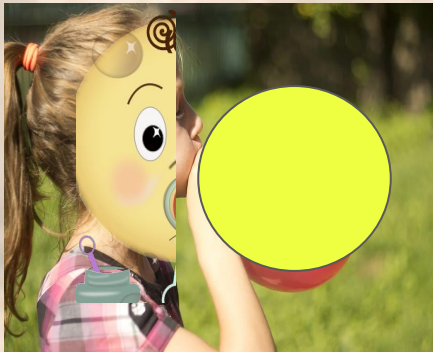


Zidan asked, “What does **proof** mean?”

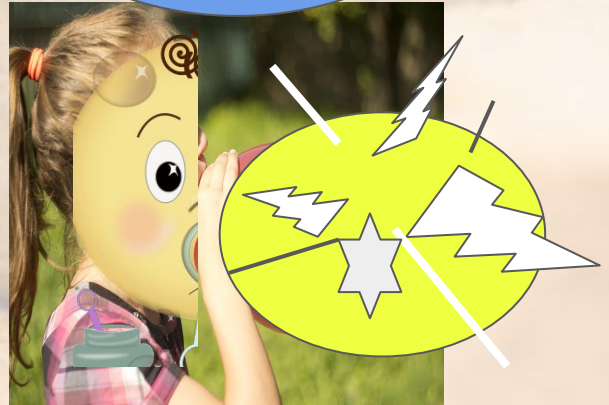
Gaby said, "The yeast is blowing air into the dough so it gets **bigger** and...



...**bigger** and
bigger!



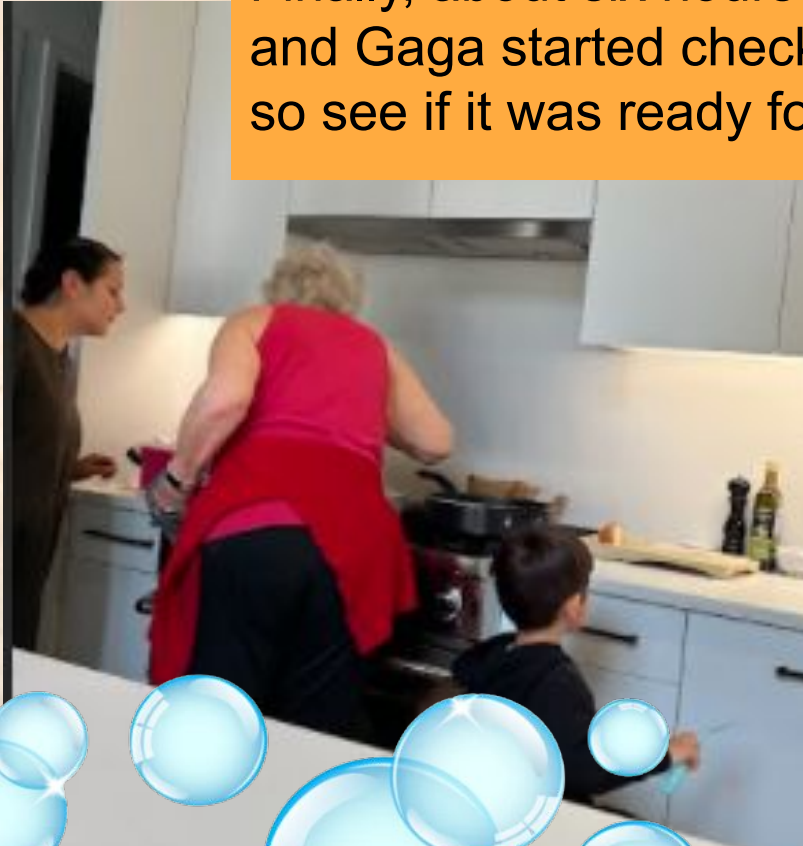
"You have to stop the proofing when the balloon is full of air but before it explodes."



Well, six hours is a lonnnnnnnng time, so everyone just ignored the bowl of bread dough and spent the day doing some of the fun things to do during summer vacation.



Finally, about six hours later, Gaby and Gaga started checking the dough so see if it was ready for baking.



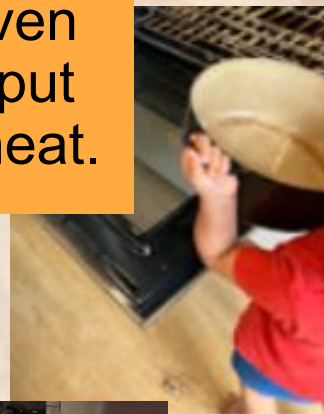
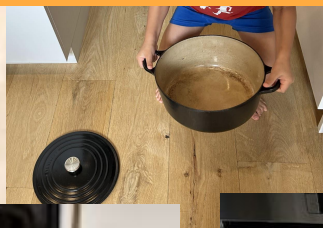
Yes, it has lots of bubbles, and it jiggles like a bowl full of jelly!

So Gaga gave the dough a series of stretches and folds to form gluten and a few more rest periods, and then put it into the fridge for a final proof.





While the dough was final proofing in the fridge, Azlan got the Dutch oven out of the drawer and put it into the oven to preheat.



Once the oven was very hot,
Gaga gave the loaf a slash,
and then it went into the hot
Dutch oven and finally into that
very hot oven to bake.



“Wow,” said Mommy,
“does that bread smell
good baking in the oven
uuuummmmmmm!”



After 30 minutes, Gaga warned all the children to stay away from the hot oven and the hotter Dutch oven, and she checked the temperature of the bread.



The bread was about 195 degrees, so Gaga knew that it was done on the inside, so she took the cover off of the Dutch oven so that the bread could brown to a nice golden color.

Finally, Gaga again warned all the children to stay away from the hot oven so she could take the Dutch oven out and dump the bread on to a wire rack to cool.



Everyone knows that the bread must cool down before it can be eaten. Waiting is always the hardest part of baking bread.





But finally the bread was cool enough to slice.

Everyone started eating bread.



Some had a toasted cheese sandwich...





Some had bruschetta...





Some had been waiting for a fried egg on toast...





And some just wanted butter
and honey on toast...



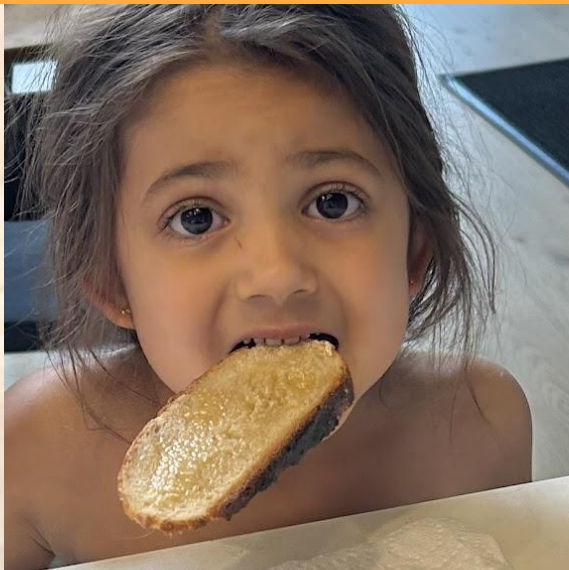
Or chili oil...



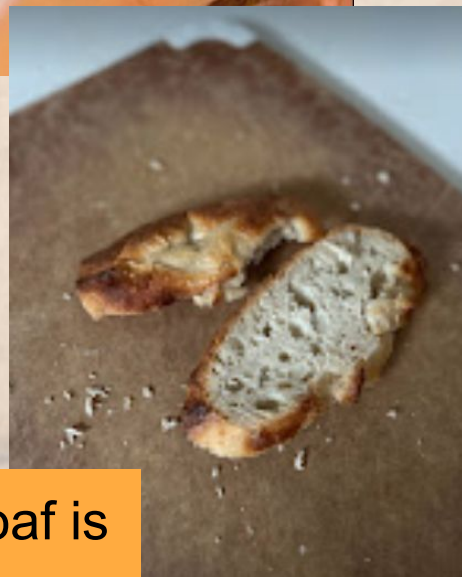
Or scrambled eggies...



Or plain toast or toast with just butter or French toast or...



toast with cream cheese and jelly...



...Until the loaf is almost gone...

And then...

Uh oh, there's no
more bread!

Immediately, everyone started yelling, "GAGA, WE NEED TO MAKE MORE BREAD!"



And what do you think Gaga said?...