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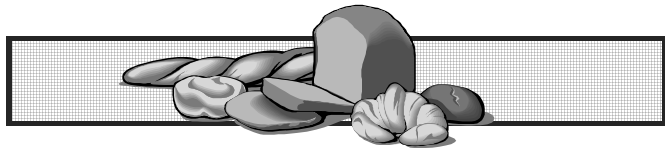
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Easy Yeast Breads In a Bag



Lisa Olsen, Summit County Extension Agent
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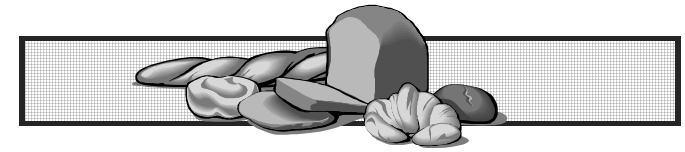
Yeast Breads

Over the centuries, bread has been known as the staff of life. From the coarse-grained loaves of great grandmother's time to the fine, enriched breads of modern day, bread continues to play an important part in our daily diet.

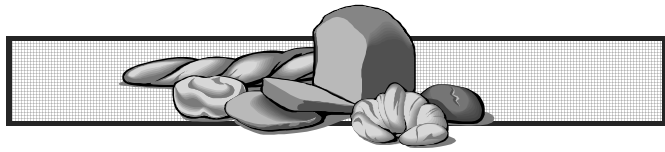
Flavor, aroma and texture are the qualities that account for the popularity of yeast breads. Who can resist a warm slice of homemade bread?

Things to Know

- ◆ Yeast breads are part of the grain group found on the left side of the USDA food guide, MyPyramid.
- ◆ Breads are a major source of complex carbohydrates (starches), fiber and B vitamins.
- ◆ A healthy diet should include 6 ounces of grains, half of which should be whole grains.
- ◆ One slice of bread is equivalent to about 1 ounce of grain.
- ◆ Yeast breads differ from quick breads in that they are leavened by yeast, a living organism, rather than baking soda or baking powder, and are often much lower in fat and sugar.
- ◆ When yeast is mixed with water and sugar, it ferments to produce carbon dioxide, filling the bread dough with air bubbles. Water also combines with the gluten protein in the flour to form gluten, the elastic structure of the dough that traps the air bubbles and makes the bread rise.



Notes



Pita Bread

Ingredients:

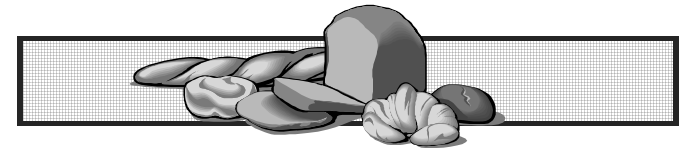
2 C. flour
1 1/2 tsp rapid rise yeast

3/4 tsp salt
1 C. water (130°F)

Directions:

In a gallon zippered plastic bag, combine flour, yeast and salt. Add warm water and seal; kneading the bag with fingers until smooth and well blended. Turn dough out onto lightly floured board. Knead 10-15 minutes until smooth and elastic. Spray dough with cooking spray; cover with plastic wrap; let rest 10 minutes or until dough passes ripe test, (see page 4). Punch dough down. Divide dough into five pieces. Flatten and stretch each piece into thin 1/8" circles. Arrange on greased cookie sheet. Bake at 450° F for 5-6 minutes until puffed and lightly browned.

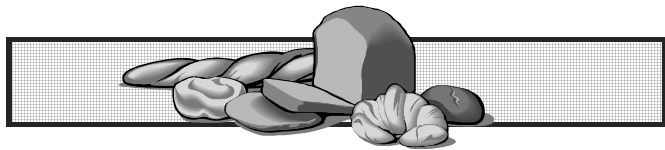
Yield: 5 pitas



- ◆ Working the dough to develop gluten through kneading is unique to making yeast bread. The gluten becomes more elastic as it is stretched.
- ◆ A dome shape, soft and silky texture, and a fine uniform grain are characteristics of a sufficiently kneaded bread. Under kneaded bread has a coarse texture and irregular grain.

Kneading:

1. Place the dough on a lightly floured surface.
2. With lightly floured hands pick up the farthest edge of the dough and fold it over on top of the nearest edge.
3. Lightly push down and out with the heels of the palms. Do not use fingertips.
4. Give the dough a quarter turn and repeat the process.
5. Knead quickly and easily with fingers curved and maintain a rhythmic motion: fold, push, turn; fold, push, turn. Avoid short, abrupt motions which could tear the dough. Add a little extra flour to the dough if it sticks during kneading. Adding too much flour will make the dough stiff.
6. Continue to knead for 8-10 minutes. The dough is ready when it feels springy and elastic. The dough should be smooth, satiny and have small blisters just under the surface. It should not stick to the counter or your hands.
7. The dough should be set aside to rise in an 85°F room . Grease the top with oil or cooking spray so it won't dry out. Cover with plastic wrap. Let rise until double in bulk. Punch down and form into desired shapes.



Ripe Test

To determine if your dough has doubled in size, gently press two fingers about 1/2" into the dough and remove quickly. If the impression you make remains, the dough is ready for shaping.

Shaping a loaf of bread:

1. After the dough has completed rising, punch it down and divide into the number of loaves you are making. Allow to rest for 10 minutes. Then the dough is ready to shape into loaves.

2. Roll the dough with a rolling pin into a 10 x 6" rectangle forcing out the air bubbles.

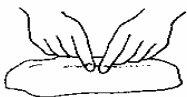


3. Beginning with the 6" edge, roll the dough toward you in jelly roll fashion. Push the roll

into the dough as you roll to prevent holes from forming.



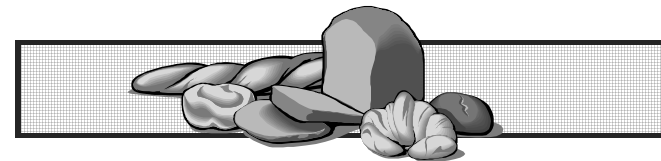
4. Seal by pinching the edge and the roll together with your fingers.



5. Seal the ends by pinching them into the roll.

6. Place the loaf in the center of a greased pan with the seam

underneath and let rise. Brush or spray with oil. Bake according to recipe directions.



Soft Pretzels

Ingredients:

4 C. flour	1 1/2 C. water (130°F)
1 Tbsp. rapid rise yeast	1 egg, beaten
1 Tbsp. sugar	Vegetable oil or spray
1 tsp. salt	Coarse salt (optional)

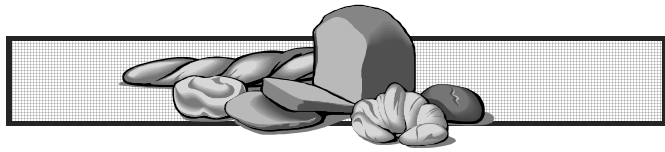
Directions:

In a gallon zippered plastic bag, combine 2 cups flour, yeast, sugar, salt and water. Seal bag and knead with fingers to blend ingredients. Add remaining flour, knead until dough doesn't stick to the bag. Turn dough out onto lightly floured surface. Knead 15-20 times until smooth and elastic. Spray with cooking spray; cover with plastic wrap; let rest 10 minutes or until dough passes ripe test, (see page 4). Punch down and cut with pizza cutter or sharp knife into 12 pieces. Roll or twist each piece into pretzel or other desired shapes. Lay pretzels on a lightly oiled baking sheet. Brush or spoon beaten egg on top. Sprinkle with coarse salt, if desired. Let rest until doubled in size. Bake at 425° F for 12-15 minutes.

Yield: 12 pretzels

Optional toppings:

Try sprinkling the pretzels with cinnamon sugar, parmesan cheese or the bread stick topping (see page 15).



Pizza Crust

Ingredients:

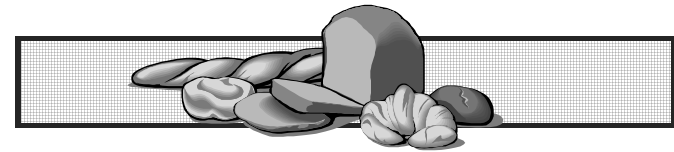
2 C. flour	1/2 tsp. salt
1 Tbsp. rapid rise yeast	1/2 C. water (130°F)
1 tsp. sugar	1 Tbsp. oil

Directions:

In a gallon zippered plastic bag, combine and mix 1 cup flour, yeast, sugar, and salt. Add warm water and oil; seal and mix until smooth and well blended. Add enough of remaining flour to make a soft dough that is not sticky. Mix until dough pulls away from sides of the bag and forms a ball. Turn dough out onto lightly floured surface. Knead 15-20 times until smooth and elastic. Spray with cooking spray; cover with plastic wrap; let rest 10 minutes or until dough passes ripe test, (see page 4). Press dough on a lightly greased pizza pan, forming a rim around edge.

Top with pizza sauce, cheese and toppings. Bake at 375° F for 18-20 minutes.

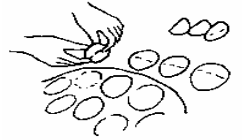
Yield: Two 10 x 15" rectangle pizzas



Shaping Rolls:

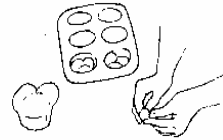
Parkerhouse Rolls

1. Roll out dough 1/2-1" thick on a well floured surface. Cut into circles with floured biscuit cutter.
2. Brush with melted butter. With dull edge of knife, make an indentation across center of circle. Fold circle on indentation and press edges together.
3. Place in rows on greased pan. Brush tops with melted butter or spray with cooking spray.
4. Let rise in warm place until about double in size.
5. Bake at 375°F for 12-15 minutes. Remove from pan and spray with cooking spray.



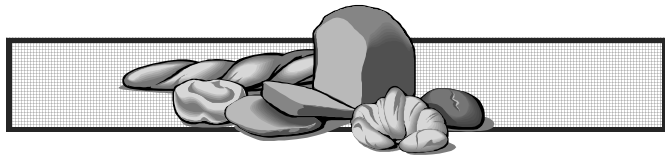
Cloverleaf Rolls

1. Coat muffin cups with melted butter or cooking spray.
2. Place three 1" balls of dough in each muffin cup. Roll each ball in cup to coat with butter or spray.
3. Let rise in warm place until about double in size.
4. Bake at 400° F for 9-10 minutes. Remove from pan, spray with cooking spray.



Basic Round Dinner Rolls

1. Pinch off a small 1-1 1/2" ball of dough.
2. Fold the edges of the dough underneath.
3. Place on greased baking sheet or pan. For softer rolls, place close together. For crispy sides, place further apart.
4. Let rise in a warm place until about double in size.
5. Bake at 375°F for 12-15 minutes until golden brown. Remove from pan, spray with cooking spray and cool.



Doneness Test

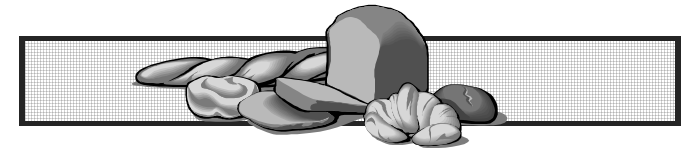
- ◆ A loaf should be golden brown and should sound hollow when tapped on the bottom.

Storing Dough:

- ◆ Yeast dough can be stored in the refrigerator. Prepare dough in bag or bowl to the point of shaping. Grease the top lightly and cover dough with plastic wrap to prevent crust formation. Dough will keep for 3-4 days in the refrigerator but may need to be punched down occasionally. Allow dough to reach room temperature before attempting to shape it into loaves or rolls.
- ◆ Yeast dough may also be frozen. Prepare dough as usual and shape into desired shape. Wrap tightly with plastic wrap and seal. Place in freezer for up to a month. When ready to use, allow dough to thaw, rise, and bake as usual. Freezing for a month or longer may kill the yeast and dough may not rise after thawing.

Storing Baked Bread:

- ◆ After baking, remove bread from pan, set on a rack and let cool in a draft free place.
- ◆ When completely cooled, place in a plastic bag and store at room temperature. If the bread is wrapped while still warm, the trapped moisture will soften the crust. Yeast breads will last from two to seven days, depending on the bread.
- ◆ Breads go stale more quickly in the refrigerator. Bread can, however, be frozen for several months if well wrapped.
- ◆ Before freezing, wrap the bread tightly in plastic wrap then cover with foil and seal with tape.
- ◆ To thaw, leave wrapped bread at room temperature. Leave ice crystals in bag to allow moisture to be reabsorbed.



Breadsticks

Ingredients:

4 C. bread flour	1/2 tsp. salt
1 Tbsp. rapid rise yeast	1 1/2 C. water (130°F)
2 Tbsp. sugar	

Directions:

In a gallon zippered plastic bag, combine 2 cups flour, yeast, sugar, and salt. Add warm water. Seal bag and knead with fingers to blend ingredients. Add 2 cups flour until dough forms and doesn't stick to the bag. Turn dough out onto lightly floured surface. Knead 15-20 times until smooth and elastic. Spray dough with cooking spray; cover with plastic wrap and let rest for 10 minutes. Coat cookie sheet with butter or cooking spray. Put dough in the middle of pan and press to outer edges. *Spread topping over dough. Cut down the middle and across at 1" intervals. Let rise until almost double. Bake at 350° F for 20-25 minutes. Cool in pan.

Yield: 40 bread sticks

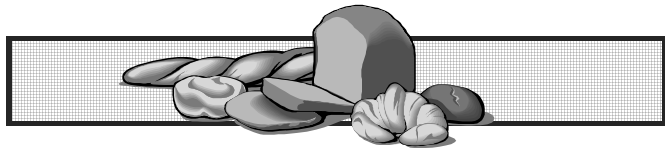
Breadstick Topping*

Ingredients:

1/4 C. soft butter	1/4 C. Parmesan cheese
1/4 C. mayonnaise	1/4 tsp. parsley flakes
1/4 tsp. garlic powder	

Directions:

Blend all ingredients together.



French Bread

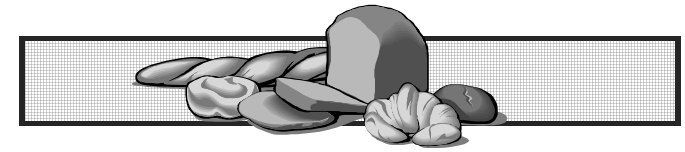
Ingredients:

5-6 C. bread flour	2 1/2 C. water (130°F)
2 Tbsp. rapid rise yeast	1/3 C. oil
1 Tbsp. sugar	1 egg white, beaten
1 Tbsp. salt	cooking spray
	sesame seeds

Directions:

In a gallon zippered plastic bag, combine 2 cups flour, yeast, sugar, and salt. Seal bag and blend well. Add warm water and oil; seal and knead the bag with fingers until smooth and well blended. Add 2 cups flour and work until blended. Add another cup of flour to make a soft dough. Turn dough out onto lightly floured board. Knead 10-15 minutes until smooth and elastic. Spray dough with cooking spray; cover with plastic wrap; let rest 20 minutes. Punch dough down. Divide dough into two parts and roll each into a French bread style loaf. Arrange on greased cookie sheet. Brush top with beaten egg white; sprinkle generously with sesame seeds. With sharp knife, slash top diagonally three times, 1/4" deep. Cover with plastic wrap, and let rise until double in bulk (20 minutes to 1 hour). Bake at 400° F until light brown, about 30-35 minutes.

Yield: 2 loaves



White Bread In A Bag

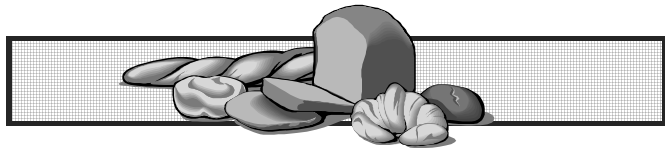
Ingredients:

5 C. bread flour	2 C. water (130°F)
1 Tbsp. rapid rise yeast	3 Tbsp. butter
3 Tbsp. sugar	cooking spray
1 1/4 tsp. salt	

Directions:

In a gallon zippered plastic bag, mix 2 cups flour, yeast, sugar and salt. Add water and butter. Seal bag and knead the bag with fingers to blend ingredients. Add 2 cups flour and work until well blended. Add remaining flour, knead until dough forms and doesn't stick to the bag. Turn dough out onto lightly floured surface. Knead 15-20 times until smooth and elastic. Spray dough with cooking spray; cover with plastic wrap; let rest 10 minutes or until dough passes ripe test, (see page 4). Punch dough down. Shape dough into loaves or rolls, (see pages 4 and 5). Place seam side down in loaf pan, coated with cooking spray. Cover with plastic wrap; let rise in a warm, draft free place until doubled in size, about 20-30 minutes. Bake at 375° F for 25-30 minutes or until done. Remove from pans; cool on wire racks.

Yield: 2 standard loaves (8 1/2 x 4 1/2 x 2 1/2")



100% Whole Wheat Bread In A Bag

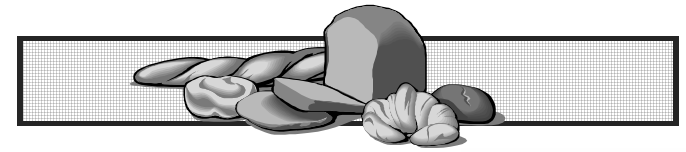
Ingredients:

5 C. whole wheat flour	2 1/3 C. water (130°F)
1 Tbsp. rapid rise yeast	3 Tbsp. oil
1/2 C. nonfat dry milk	2 Tbsp. honey
1 1/4 tsp. salt	cooking spray

Directions:

In a gallon zippered plastic bag, mix 2 cups whole wheat flour, yeast, dry milk, and salt. Add water, oil and honey. Seal bag and knead the bag with fingers to blend ingredients. Add 2 cups whole wheat flour and work until well blended. Add 1 cup of whole wheat flour and knead until dough forms and doesn't stick to the bag. Turn dough out onto lightly oiled surface. Knead 15-20 times until smooth and elastic. Spray dough with cooking spray; cover with plastic wrap; let rest 10 minutes or until dough passes ripe test, (see page 4). Punch dough down. Shape dough into loaves or rolls, (see pages 4 and 5). Place seam side down in loaf pan, coated with cooking spray. Cover with plastic wrap; let rise in a warm, draft free place until doubled in size, about 20-30 minutes. Bake at 375° F for 25-30 minutes or until done. Remove from pans; cool on wire racks.

Yield: 2 standard loaves (8 1/2 x 4 1/2 x 2 1/2")



Jelly-roll Method

1. On a well floured surface, roll dough into a rectangle shape about 1/2" thick. Spread with cinnamon or orange filling. Roll up and cut into slices 1 1/2" thick.
2. Place rolls in rows on a greased pan or baking sheet.

Twist Method

1. On a well-floured surface, roll dough into a 12 x 16" rectangle shape about 1/2" thick. Spread with cinnamon or orange filling on half of dough and fold. Cut into 1" strips. Take each strip at both ends and twist, then wrap it around and pinch together on the bottom.
2. Place rolls in rows on a greased pan or baking sheet. Cover with plastic wrap and let rise in a warm place for 1 hour.

Sweet Glaze:

1 1/2 C. powdered sugar, 2 Tbsp. milk, 1/2 tsp. vanilla.
Mix ingredients thoroughly to desired consistency.

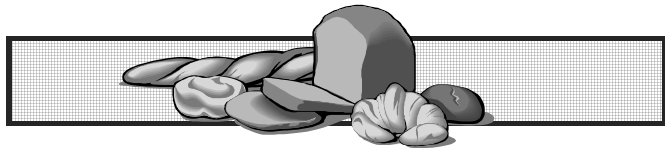
Orange Glaze:

1 1/2 C. powdered sugar, juice of one orange.
Mix ingredients thoroughly to desired consistency.

Carmel Topping:

1 C. whipping cream, 1/2 C. packed brown sugar, 1/2 C. chopped nuts.

Combine ingredients, spread in 13 x 9" cake pan. Shape according to jelly roll method and place in pan. Invert rolls onto platter after baking. Serve warm.



Sweet Roll Dough

Ingredients:

4 1/2 C. flour	1 1/2 C. water (130°F)
1 Tbsp. rapid rise yeast	1 egg
1/3 C. nonfat dry milk	2 Tbsp. butter
1/4 C. sugar	cooking spray
1 tsp. salt	

Directions:

In a gallon zippered plastic bag, mix 1 1/2 cups flour, yeast, dry milk, sugar and salt. Add water, egg, and butter. Seal and blend ingredients. Add 1 1/2 cups flour and work until well blended. Add remaining flour, knead until dough doesn't stick to the bag. Turn dough out onto lightly floured surface. Knead 15-20 times until smooth and elastic. Spray with cooking spray; cover with plastic wrap; let rest 10 minutes or until dough passes ripe test (see page 4). Punch down. Shape according to page 13. Cover with plastic wrap; let rise in a warm, draft free place until doubled in size, about 20-30 minutes. Bake at 375 °F for 12-15 minutes. Remove from pan and drizzle with glaze.

Yield: 15 rolls

Cinnamon Filling:

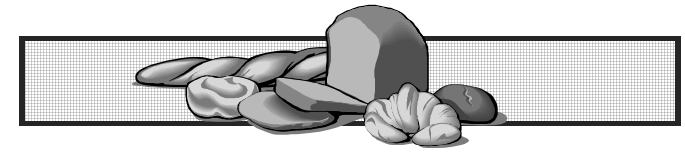
3 Tbsp. butter, softened, 1/4 C. sugar, 1 tsp. cinnamon.

Mix butter, sugar and cinnamon and spread over dough. Sprinkle with raisins and chopped nuts if desired.

Orange Filling:

3 Tbsp. butter, softened, 1/4 C. sugar, grated rind of an orange.

Mix butter, sugar and orange rind and spread over dough.



1/3 Whole Wheat Bread In A Bag

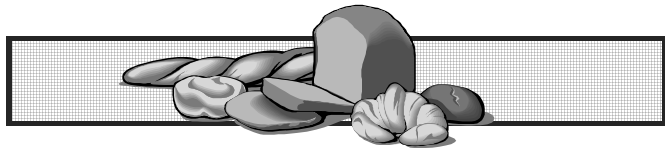
Ingredients:

2 3/4 C. bread flour	2 1/3 C. water (130°F)
2 C. whole wheat flour	3 Tbsp. butter
1 Tbsp. rapid rise yeast	cooking spray
3 Tbsp. sugar	
1 1/4 tsp. salt	

Directions:

In a gallon zippered plastic bag, mix 2 cups bread flour, yeast, sugar and salt. Add water and butter. Seal bag and knead the bag with fingers to blend ingredients. Add 2 cups whole wheat flour and work until well blended. Add remaining bread flour and knead until dough forms and doesn't stick to the bag. Turn dough out onto lightly floured surface. Knead 15-20 times until smooth and elastic. Spray dough with cooking spray; cover with plastic wrap; let rest 10 minutes or until dough passes ripe test, (see page 4). Punch dough down. Shape dough into loaves or rolls, (see pages 4 and 5). Place seam side down in loaf pan, coated with cooking spray. Cover with plastic wrap; let rise in a warm, draft free place until doubled in size, about 20-30 minutes. Bake at 375° F for 25-30 minutes or until done. Remove from pans; cool on wire racks.

Yield: 2 standard loaves (8 1/2 x 4 1/2 x 2 1/2")



100% Whole Wheat Berry Bread In A Bag

Ingredients:

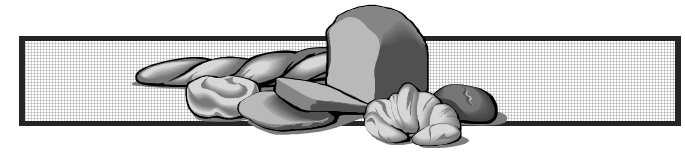
5 C. whole wheat flour	2 1/3 C. water (130°F)
1 Tbsp. rapid rise yeast	2 Tbsp. honey
1/2 C. nonfat dry milk	3 Tbsp. oil
1 1/4 tsp. salt	cooking spray
1/3 C. cracked or whole wheat kernels*	

Directions:

In a gallon zippered plastic bag, mix 2 cups whole wheat flour, yeast, milk, and salt. Add water, honey and oil. Seal bag and knead the bag with fingers to blend ingredients. Add 2 cups whole wheat flour and soaked wheat. Work until well blended. Add remaining whole wheat flour and knead until dough forms and doesn't stick to the bag. Turn dough out onto lightly oiled surface. Knead 15-20 times until smooth and elastic. Spray dough with cooking spray; cover with plastic wrap; let rest 10 minutes or until dough passes ripe test, (see page 4). Punch dough down. Shape dough into loaves or rolls, (see pages 4 and 5). Place seam side down in a loaf pan, coated with cooking spray. Cover with plastic wrap; let rise in a warm, draft free place until doubled in size, about 20-30 minutes. Bake at 375° F for 25-30 minutes or until done. Remove from pans; cool on wire racks.

Yield: 2 standard loaves (8 1/2 x 4 1/2 x 2 1/2")

*Soak cracked or whole wheat kernels 3 minutes in 1 cup boiling water, drain.



Six Grain Bread In A Bag

Ingredients:

2 C. bread flour	2 1/3 C. water (130°F)
2 1/2 C. whole wheat flour	3 Tbsp. butter
1 C. six-grain cereal	cooking spray
1 Tbsp. rapid rise yeast	
3 Tbsp. brown sugar	
1 1/4 tsp. salt	

Directions:

In a gallon zippered plastic bag, mix 2 cups bread flour, yeast, brown sugar and salt. Add water and butter. Seal bag and knead the bag with fingers to blend ingredients. Add 1 1/2 cups whole wheat flour and six-grain cereal. Work until well blended. Add remaining whole wheat flour and knead until dough forms and doesn't stick to the bag. Turn dough out onto lightly floured surface. Knead 15-20 times until smooth and elastic. Spray dough with cooking spray; cover with plastic wrap; let rest 10 minutes or until dough passes ripe test, (see page 4). Punch dough down. Shape dough into loaves or rolls, (see pages 4 and 5). Place seam side down in loaf pan, coated with cooking spray. Cover with plastic; let rise in a warm, draft free place until doubled in size, about 20-30 minutes. Bake at 375° F for 25-30 minutes or until done. Remove from pans; cool on wire racks.

Yield: 2 standard loaves (8 1/2 x 4 1/2 x 2 1/2")