



FOOD SCIENCE: BREAD IN A BAG

Ingredients

- 4 cups all-purpose flour
- 1 teaspoon salt
- 1 tablespoon rapid rise yeast
- 1 ½ very warm water
- 2 tablespoons sugar
- 2 tablespoons butter or oil

Directions

In a gallon sized resealable plastic bag, add all of the dry ingredients- salt, flour, yeast and sugar. Seal it and shake or mix well.

Pour in the water and add the butter or oil. If using butter it must be very soft. Seal the bag and let out most of the air. Knead the dough until well mixed. Test consistency and add more water or flour as needed.

Let the dough rest and rise for about 30 minutes. You will see it begin to bubble and expand.

Remove the dough onto a lightly floured or greased surface. Shape the dough into a loaf and place in a lightly greased bread pan. Cover it with lightly greased plastic wrap. Place it in a warm spot and allow it to rise until doubled in size. This takes about an hour usually.

Preheat the oven to 350 degrees and bake for 25-30 minutes, until golden brown on top.