



# Traditional Easter Breads





# Skills you will learn

## Designing skills

- Developing ideas
- Planning and organising
- Tasting –sensory analysis
- Evaluating

## Making skills

- Weighing
- Rubbing in method
- Mixing – combining
- Kneading
- Dividing
- Shaping
- Using yeast as a raising agent
- Baking
- Finishing techniques
- Personal hygiene





# Collect and check your equipment

- White tray
- 5ml spoon
- Glass mixing bowl
- Sieve
- Measuring jug
- 15ml spoon
- Round ended knife
- Wooden spoon
- Flour dredger
- Chopping board
- Sharp knife
- Baking sheet/roasting tin
- Palette knife
- Cooling rack
- Small saucepan
- Serving plate(s)





# Weigh and measure the ingredients

- 250g strong plain flour
- 1/2 x 5ml spoon mixed spice
- pinch of salt
- 7g (1 sachet) easy blend yeast
- 25g butter or polyunsaturated margarine
- 75g currants and 25g mixed candied peel, or 100g mixed dried fruit
- 25g caster sugar
- 75ml warm milk and 75ml warm water, mixed together
- 1 egg, beaten

## For the crosses

- 50g plain flour
- 20g butter
- 2 x 5ml spoons COLD water

## For the Glaze

- 2 x 15ml spoons each milk, water and sugar





# Check the ingredients



[www.activekidsgetcooking.org.uk](http://www.activekidsgetcooking.org.uk)



# Make the dough



- In a large mixing bowl put (sieve together) flour, salt, spice



- Cut the butter/margarine into small pieces with the round ended knife



## Rub in the butter



- Rub in the butter/margarine, using the fingertips, to make fine 'crumbs'



- Add the easy blend yeast



## Add the dry ingredients



- Add the currants, peel and the sugar



- Stir into the floury mixture in the bowl



## Add the liquid



- Make a well in the centre of the flour

- Beat together the egg and the milk, then pour into the well



- Use a wooden spoon to mix to a soft dough in the bowl



# Knead the dough



- Flour the table or board, turn out the dough onto the flour



- Knead for five minutes, until a smooth dough is formed



# Leave the dough to rise



- Place into the mixing bowl



- Cover the top of the bowl with cling film and leave in a warm place to rise until double in size



# Shape the dough



- On a floured board lightly knead the dough again



- Shape into a round