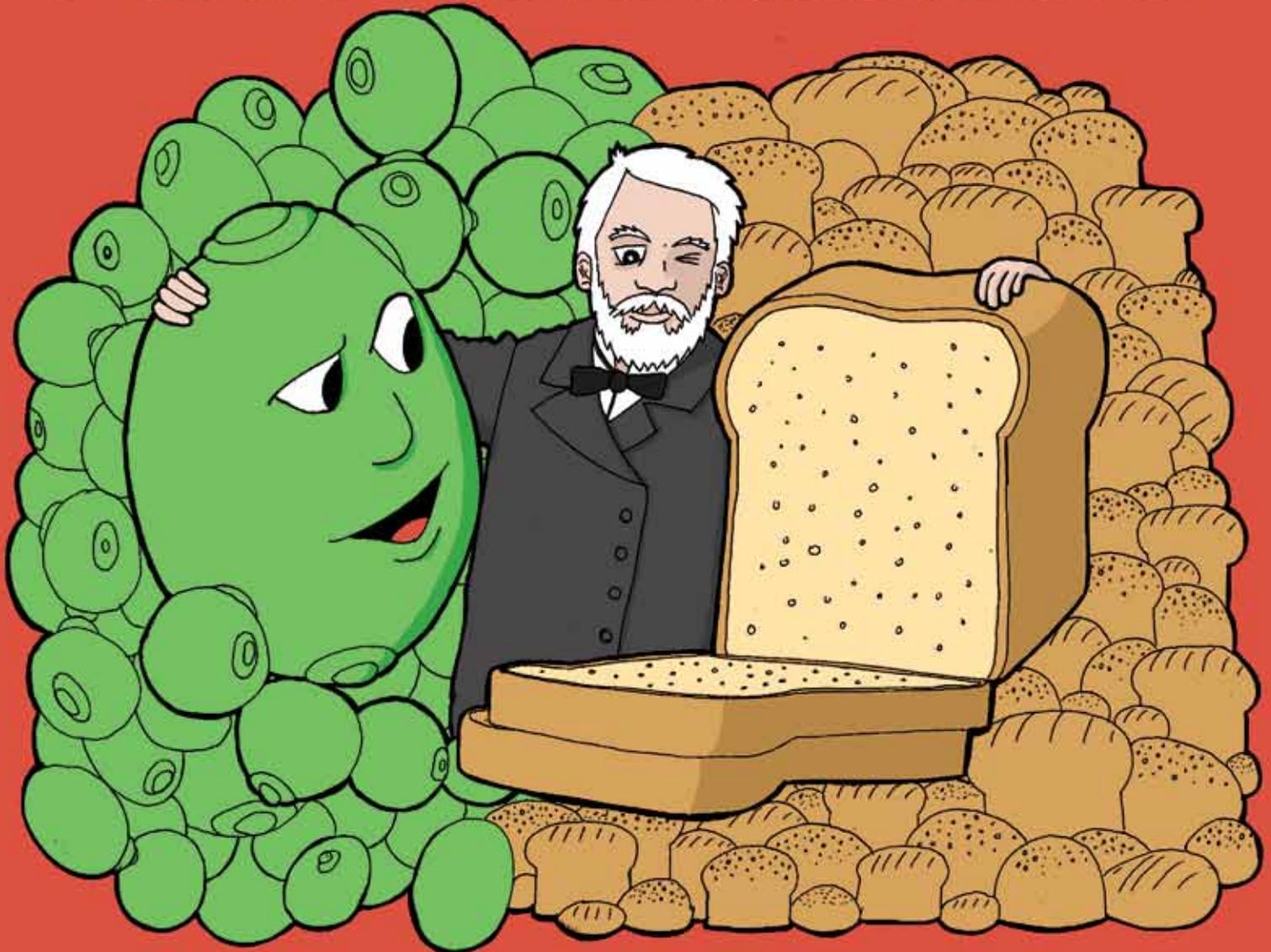


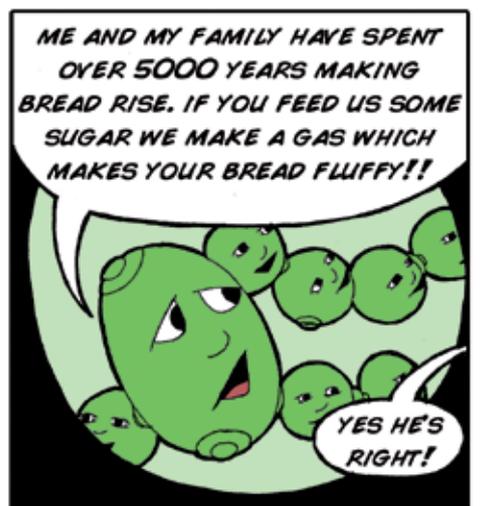
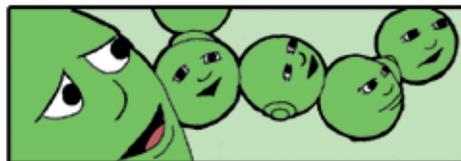
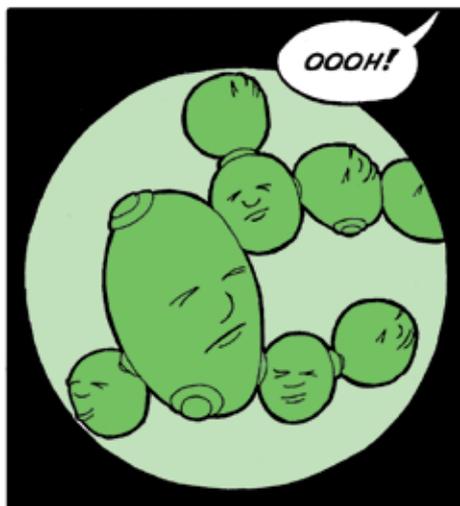
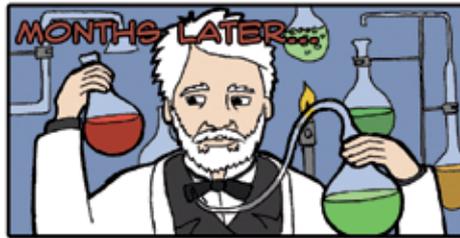
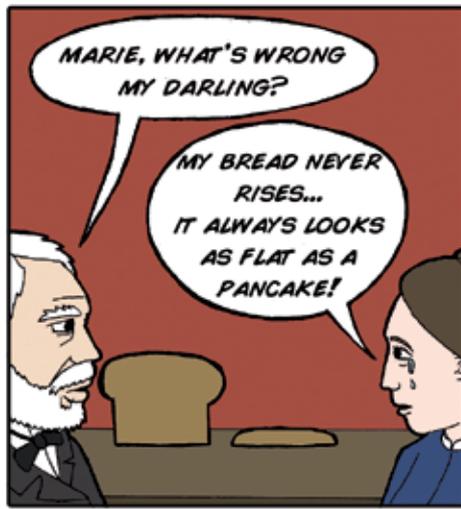
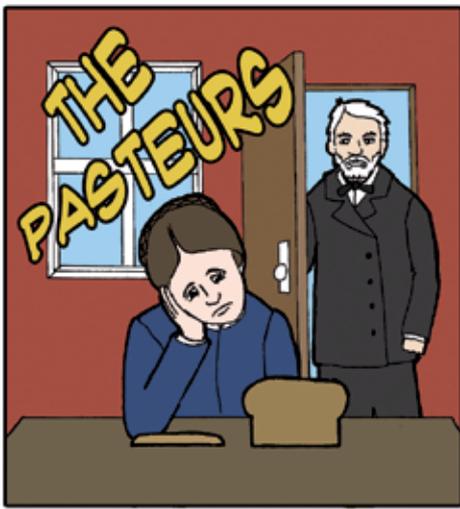
MARVELLOUS

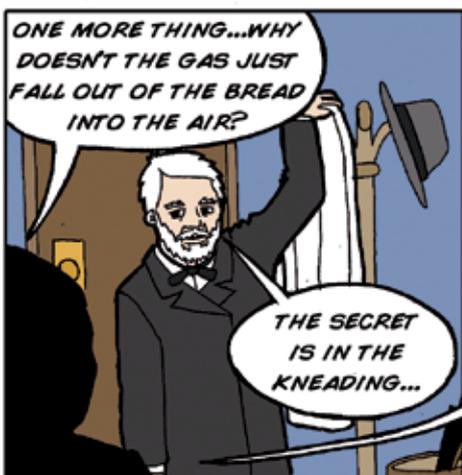
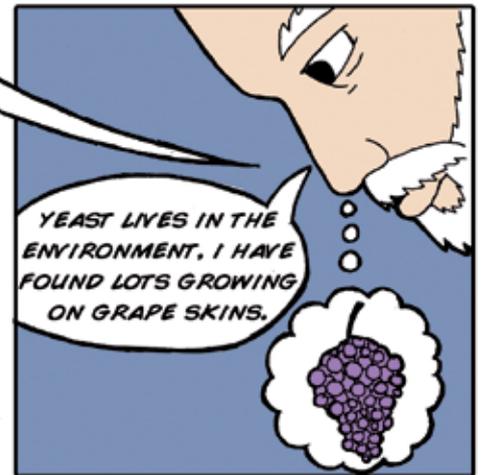
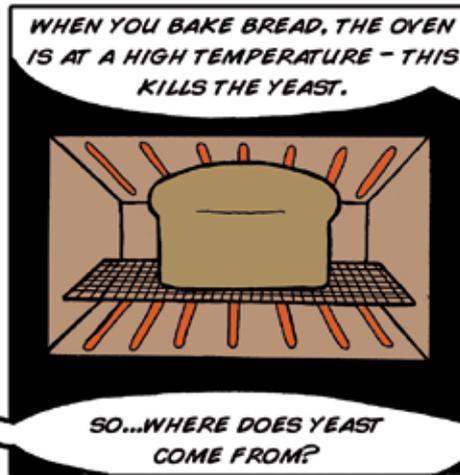
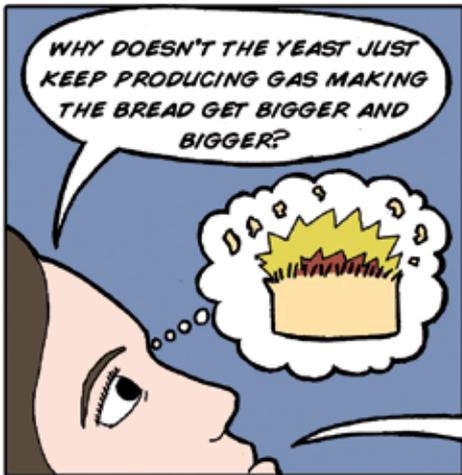
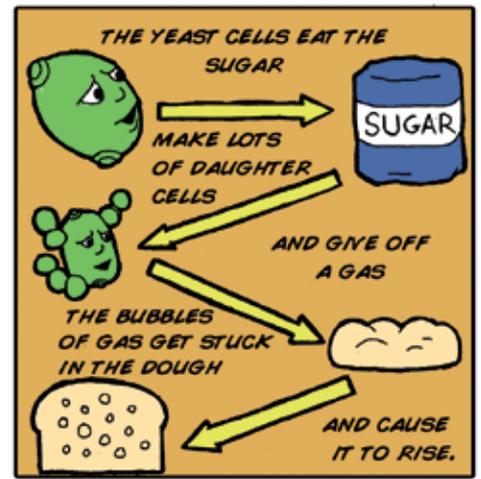
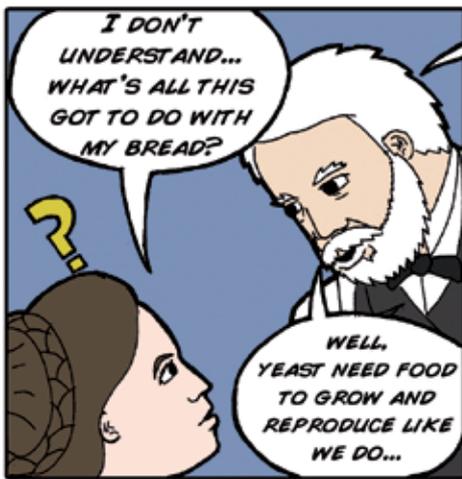
MICROBES

FREE!

SCINTILLATING STORIES FROM THE
SOCIETY FOR GENERAL MICROBIOLOGY









Baking Bread



YEAST IS THE RAISING AGENT IN BREAD. THE WORD 'YEAST' COMES FROM THE SANSKRIT 'YAS' MEANING TO SEETHE OR BOIL. TWO TYPES OF DRIED YEAST ARE AVAILABLE IN SUPERMARKETS: DRIED ACTIVE AND INSTANT (AKA FAST ACTING, EASY BAKE, QUICK OR RAPID RISE), THESE CAN BE USED INTERCHANGEABLY, YOU CAN ALSO SUBSTITUTE DRIED YEAST FOR FRESH YEAST (OFTEN AVAILABLE FROM THE BAKERY IN LOCAL SUPERMARKETS).

THE MAIN DIFFERENCES ARE LISTED BELOW:

	<i>DRIED ACTIVE</i>	<i>INSTANT</i>	<i>FRESH</i>
<i>INGREDIENTS</i>	<i>YEAST</i>	<i>DRIED YEAST WITH PRESERVATIVE OR REHYDRATING AGENT</i>	<i>YEAST</i>
<i>PROVING PERIOD</i>	<i>2 PROVING PERIODS</i>	<i>1 PROVING PERIOD</i>	<i>1-2 PROVING PERIODS DEPENDING ON FRESHNESS</i>
<i>ACTIVATION</i>	<i>YES</i>	<i>NO</i>	<i>YES</i>
<i>FLAVOUR</i>	<i>FULL FLAVOURED</i>	<i>FLAVOUR DOES NOT HAVE TIME TO DEVELOP</i>	<i>VERY FULL FLAVOURED</i>
<i>BREAD MACHINE USE</i>	<i>NOT RECOMMENDED</i>	<i>RECOMMENDED</i>	<i>RECOMMENDED</i>
<i>SHELF LIFE</i>	<i>APPROX. 2 YEARS SEALED, YEAST BEGINS TO PERISH AFTER OPENING</i>		<i>UP TO 3 MONTHS IN A FREEZER</i>
<i>QUANTITIES PER STANDARD LOAF</i>	<i>7G</i>	<i>5G</i>	<i>14G</i>

NOT ALL BREAD RECIPES HAVE SUGAR ADDED AS YEAST CAN BREAK DOWN STARCH IN FLOUR TO SUGAR (AND USE IT AS FOOD).

SIMPLE WHITE LOAF

INGREDIENTS: 700G STRONG WHITE BREAD FLOUR, 1 HEAPED TEASPOON DRIED ACTIVE YEAST, 1 LEVEL TABLESPOON OF SALT, OR LESS ACCORDING TO TASTE, 1 TEASPOON SUGAR, 425 ML WARM WATER

- 1. MIX DRY INGREDIENTS TOGETHER IN A LARGE BOWL. POUR IN THE WARM WATER AND MIX WELL.**
- 2. TRANSFER THE BALL OF DOUGH ONTO A FLOURED WORK SURFACE. KNEAD (PRESS-FOLD-TURN ACTION) THE DOUGH FOR 3-5 MINUTES UNTIL IT BECOMES SMOOTH AND ELASTIC BUT NOT STICKY.**
- 3. PLACE THE DOUGH IN A CLEAN BOWL AND COVER WITH A WET TEA TOWEL OR SOME CLING FILM WITH OLIVE OIL ON THE DOUGH SIDE. LEAVE IT IN A WARM PLACE FOR ABOUT 2 HOURS UNTIL IT DOUBLES IN SIZE.**
- 4. REMOVE THE DOUGH FROM THE BOWL AND KNOCK OUT THE GAS. KNEAD THE DOUGH AGAIN FOR ABOUT 2 MINUTES, THIS IS THE FIRST PROVING PERIOD, THEN SHAPE INTO ONE LARGE, OR TWO SMALL OBLONGS.**
- 5. PLACE INTO A GREASED LOAF TIN(S), THEN PLACE IN A WARM PLACE UNTIL THE DOUGH RISES ABOVE THE TOP OF THE TIN, THIS IS THE SECOND PROVING PERIOD, AND SHOULD TAKE ABOUT AN HOUR AT ROOM TEMPERATURE.**
- 6. BAKE IN THE OVEN AT GAS MARK 8, 230°C, FOR 30-40 MINUTES, OR UP TO 45 MINUTES FOR THE LARGE LOAF.**
- 7. LEAVE TO COOL ON A WIRE RACK.**

TUCK IN - DELICIOUS!

The Society for General Microbiology (SGM) is a professional body for scientists who work in all areas of microbiology. An important function of the Society is the promotion of the public understanding of microbiology. SGM produces and distributes a wide range of resources to support microbiology teaching in schools and colleges across all key stages and post -16.

Written by Vicki Symington

Edited by Laura Udakis and Dariel Burdass

Marlborough House, Basingstoke Road, Spencers Wood, Reading RG7 1AG

Tel. 0118 988 1802; Email education@sgm.ac.uk

Illustrations by James BW Lewis

www.jwestonlewis.co.uk

Email jbwlewis@hotmail.co.uk

society for general
Microbiology
www.sgm.ac.uk

© Society for General Microbiology 2010