

How to Read a Recipe

1 **Read the recipe** through and note what ingredients you'll need.

2 **Read the instructions** and note what equipment or tools you'll need.

3 **Reread the recipe to make sure you understand** the general flow of timing and steps.

EXAMPLES: Do you need to soak beans? Soften butter? Let dough rise? Put something in the fridge to set?

4 **If you're missing an ingredient,** is there another ingredient you can substitute?

5 **If you're missing a cooking tool,** is there another tool that can get the job done?

Congrats, you're ready to get cooking!



Easy Whole Grain Bread

Prep time 30 min | Cook time 40 min | Total time 2.5 hours
Yield: 1 loaf of bread, around 12 1/2-inch slices

Ingredients:

- 2 cups whole wheat flour
- 1 cup white flour
- 1 cup warm (115-125°F) water
- 1.5 tsp salt
- 2¼ tsp yeast
- 1 Tbsp sugar
- 2 Tbsp softened butter or oil (plus some oil for the bowl)

Instructions:

- 1)** In a bowl, mix all ingredients. Once mixed together into a ball, knead on a floured surface for 10 minutes.
- 2)** Transfer to a lightly oiled bowl and let rise 20-45 minutes, or until the dough has doubled in size.
- 3)** Oil a 9x5" loaf pan, place the dough into it and let rise another 20-45 minutes, until doubled again. Preheat oven to 450°F.
- 4)** Bake at 450°F for 10 minutes, then turn down the oven to 350°F and bake about 30 minutes more.
- 5)** Remove the loaf to a cooling rack and let cool completely before cutting.

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