

How to Read a Recipe

1

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

2

Read the instructions and note the 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 1/2 tsp salt
- 2 1/4 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 together. Once mixed, form into a ball and 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.