

Ms. Helwig's Kindergarten – Bread recipe and routine

As we call [the children] to the table to help, we share the following verse:

*Blow wind blow
And go mill go
So the Miller may grind the corn
So the Baker may take it and into bread make it
And give us a loaf in the morn, oh
And give us a loaf in the morn!*

Friday:

Kindergarten Bread, butter and honey

Ingredients:

1 tbs Instant Yeast
1/2 cup Honey
2 cups Warm Water

5 cups Flour (3 White, 2 Whole Wheat)
2 tsp Salt
1/2 cup Oil

Directions:

1. Stir honey and warm water until fully dissolved.
2. Sprinkle yeast and let sit covered for a few minutes until yeast is activated.
3. Add oil and salt. Stir. Then slowly add flour... knead gently and shape into rolls adding more flour if necessary.
4. Bake at 350 for 20 minutes.

The first step of letting the yeast mixture rise is quite magical. As the yeast mixture sits with a cloth over the bowl to keep in the heat, mix the other ingredients together. After about 15 minutes, check the yeast and your child will get to see how it has frothed and grown! Magic! Once all of the dough ingredients are added to it and you knead it into a ball, cover it again and keep it warm. With my own children, I used to cover the bowl with a cloth and put it in bed with covers on it so it could “rest” in an extra warm place. After about 30 minutes, we would lift the cloth and marvel at how much it had risen, almost filling the whole bowl! (My 20 year-old still remembers this!)

When the children are working busily at the table with a nice ball of dough, we sing:

*This is the way we roll our dough, roll our dough, roll our dough
This is the way we roll our dough so early in the morning.
(this is the way we...pat our dough, poke our dough, squeeze our dough)*

Kneading the dough into rolls of different shapes and sizes is a soothing and joyful activity. It brings a calm and ‘slowing down’ feeling as you work together. While being present to the process and your child, you may sing together, or share stories of favorite foods to bake, or your own childhood memories of baking. With any activities you share with your child, bringing your own authenticity to it will make it all the more enjoyable and health-giving for all!

*Earth who gave to us this food
Sun who made it ripe and good*

*Dearest Earth and dearest Sun
We'll not forget what you have done
Good appetite, good appetite!*

We spread our rolls with honey butter - a spoon of honey mixed into softened butter - delicious!