



Fresh Fast French Bread

By Dylan Sabuco

Prep Time 10 / **Cook Time** 15 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

bake: to cook food with dry heat, as in an oven.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

mix: to thoroughly combine two or more ingredients until uniform in texture.

shape: to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

Equipment

- Oven
- Muffin pan
- Large bowl
- Liquid measuring cup
- Measuring spoons
- Dry measuring cups
- Wooden spoon
- Cutting board

Ingredients

Fresh Fast French Bread

- 1 C warm water

- 1 T granulated sugar
- 3 C all-purpose flour + more for kneading ******(for CELIAC/GLUTEN ALLERGY sub 3 1/2 C gluten-free/nut-free all-purpose flour)******
- 1 garlic clove, minced or 1/2 tsp garlic powder
- 1 T active dry yeast or baking powder
- 2 tsp salt
- 1 tsp vegetable oil ******

Food Allergen Substitutions

Fresh Fast French Bread

Celiac/Gluten/Wheat: For 3 C all-purpose flour, substitute 3 1/2 C of gluten-free/nut-free all-purpose flour.

Soy: Substitute canola oil or other nut-free oil for vegetable oil.

Instructions

Fresh Fast French Bread

measure + combine

Measure **1 cup warm water**, **1 tablespoon sugar**, and **1 tablespoon yeast** and combine them in a large bowl. Gently stir the ingredients. This will activate the yeast, which is an important step in making the bread rise. Allow the yeast to sit in the bowl for 5 minutes.

measure + mix + knead

Measure and add **3 cups of flour** and **2 teaspoons of salt**. Mince **1 garlic clove** and add that as well. Mix the ingredients together using a wooden spoon. Mix the ingredients together using a wooden spoon. Once a loose ball of dough forms, pour the contents into the bowl onto a large cutting board and knead. As you gently fold the dough and knead it, sprinkle on a little extra flour to prevent sticking.

preheat + shape

Preheat the oven to 350 F. Divide the dough into 12 pieces and roll into smooth balls. Grease the wells of a muffin pan with **1 teaspoon of vegetable oil**, then place each bread roll in the greased pan. Place the muffin pan in the oven and bake for 15 minutes or until golden brown on top.

dip + dunk + serve

Dip and dunk your bread in the Super Simple "Soupe au Pistou" (see recipe) or serve alongside things like

olive oil and cheeses for a great pairing.

Featured Ingredient: Baker's Yeast!

Hi! I'm Baker's Yeast!

"Did you know that I'm a living organism? If you add baker's yeast to dough, it will cause your bread, cinnamon rolls, doughnuts, and more to rise up! Just add me to warm water with a little sugar (which I love to eat) and wait at least five minutes until I burp some gas bubbles (excuse me!) and get foamy at the top before adding me to your flour and other ingredients!"

Yeasts are single-celled, microscopic members of the fungus kingdom. Baker's yeast is from the species *Saccharomyces cerevisiae*. It is the strain of yeast used to leaven (or raise) bread and other types of dough. It is also used in beer and winemaking.

There are several varieties of baker's yeast: active dry yeast, compressed yeast, cream yeast, deactivated yeast, instant yeast, and rapid-rise yeast. Home bakers and Sticky Fingers Cooking chef instructors generally use active dry yeast, instant yeast, or rapid-rise yeast when baking.

Active dry yeast must be activated by adding a warm liquid, like water or milk. Its granules are larger than the other dry yeasts, instant and rapid-rise, which do not have to be rehydrated (or proofed).

The word "yeast" comes from the Old English "gist," of Germanic origin, from an Indo-European root "yes-," meaning to "boil," "foam," or "bubble."

Baker's yeast has some protein, fiber, B vitamins, and potassium; however, the amount you would get from a packet of active dry yeast distributed throughout a dough would be minimal.

Nutritional yeast, a deactivated yeast, contains more protein, fiber, B vitamins, and potassium than active dry yeast. People who eat a vegan or vegetarian diet often add nutritional yeast to foods to supplement these nutrients and add a nutty or cheesy flavor to foods.