

# Wonderful World of Wheat

## Honey Wheat Bag Bread

*A very easy option is to use instant soup mixes that have a variety of noodles, grains and seeds in them. Boil water, add mix, and enjoy! Be sure to discuss what ingredients came from wheat and other grains.*

**WASH HANDS FIRST! THESE FIRST TWO HAVE EVERYONE HANDLING THE FOOD.**

### Materials (per group of 4):

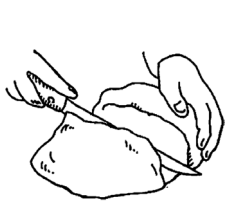
1 two-gallon heavy freezer bag  
Measuring cup  
Tablespoon  
4 Small aluminum loaf pans  
Clean surface to knead on  
Towel or plastic wrap

### Ingredients:

4 cups All-purpose flour  
3  $\frac{3}{4}$  cups Whole wheat flour  
2 pkg Active dry yeast  
2  $\frac{1}{2}$  cups Warm water (105° - 115°F)  
 $\frac{1}{4}$  cup Honey  
 $\frac{1}{4}$  cup Nonfat dry milk  
3 Tbs Oil  
1 Tbs Salt

### DIRECTIONS:

1. Put these into the plastic bag: 1 cup all-purpose flour, 1 cup warm water, 2 pkgs yeast, 2 tablespoons honey.
2. Seal the bag with as little air inside as possible. Lay it on a table and take turns mixing the ingredients together with fingers.
3. When completely mixed let rest 15 minutes.
4. Add the rest of the water, honey, dry milk, salt and just 2 Tbs oil (1 Tbs oil is for greasing the pans).
5. Work this together in the bag taking turns as before.
6. Gradually add all of the whole wheat flour. Add all-purpose flour until the mixture is stiff and pulls away from the bag. Turn dough out on a floured surface, divide into two balls and continue to knead for 5 minutes. Add more flour if necessary.
7. Cover with plastic or damp towel and let rest 10 minutes.
8. Separate into four equal pieces and shape into a loaf shape (see illustration). Place loaf seam-side down in greased pan. It should rest for about 30 minutes. If the loaf falls before it can be baked, it can be kneaded and shaped again – allow to rise until doubled, then cook.
9. If you have time and an oven, bake the loaves for everyone to take home.
10. Bake 30-35 minutes in a 375° F oven.



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## Navajo Fry Bread

### Materials:

bowl, spoon, measuring spoons,  
and measuring cup  
electric fry pan or stove access  
plate  
2 paper towels butter knife

### Ingredients:

1 cup flour  
 $\frac{1}{2}$  tsp baking powder  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  cup lukewarm water  
8 Tbs margarine for frying  
honey or jam for spreading on  
finished bread

### Directions:

1. Combine dry ingredients and mix well.
2. Add the water and mix well.
3. Knead the dough, pushing with the heel of your hand. Dust with flour if it's too sticky.
4. Make little golf balls of dough and pat until it's  $\frac{1}{4}$ " thick.
5. Cook in hot margarine (hot, but not smoking). Fry until brown; drain on paper towels.

## Simple Noodle Smorgasbord

### Materials:

a pot  
a hot plate or electric fry pan  
colander  
measuring spoon  
stirring spoon  
plates, forks and napkins  
can opener\* (optional)

### Ingredients:

4 - 6 cups water  
 $\frac{1}{4}$  tsp salt  
2 cups pasta, any kind

### Directions:

1. Get water with salt boiling, add pasta and cook until just done (read the package and don't overcook!). Drain the noodles and toss with your choice of toppings:

### Simple Garlic Pasta

4 tablespoons butter and 1 teaspoon garlic granules

### Clams And Pasta

4 tablespoons butter, small can chopped clams,\* 1 teaspoon garlic granules

### Macaroni And Cheese

$\frac{1}{2}$  cup cream, 1 cup shredded cheese (cheddar, romano and/or parmesan)

### Lemon Spice Pasta

4 tablespoons butter,  $\frac{1}{2}$  teaspoon nutmeg, 1 tablespoon lemon juice