

# KITTY'S KITS



## Breaducation 101

### How to teach a 1-2hr breaducation class

#### Prep

For 10 people (example)

Day before prep overnight dough.

Recipe:

5,000g white bread flour

3,300ml water

100g salt

30g dried yeast



1) Mix ingredients together into a shaggy dough with no dry flour left.

#### Class

**Mix**- give each person a tub or bowl (we use disposable so people can take it home), get them to tip..

-1 Kitty's kit

-330ml water

into the container, then mix with either their hands or a spoon, once they're is no dry flour left pop a lid over the container and put aside.

**Explain**- Bring out your dough from the day

before, divide it into 500g chunks and give each person a chunk.

**Explain:** "this is what the shaggy dough you just mixed will turn into, how? because time has broken down all the gluten and kneaded the dough for you".



**shape**- the best bake (my favorite) is focaccia, scoop your dough into an oiled tin and put aside in a warm area for 30 mins, during this time prep the toppings and, if you have time, do a quick flatbread demo- roll small ball of dough out, griddle in pan for 2 mins on each side then give for people to try. preheat the oven to 220c.

**Bake**- Top the focaccia, drizzle with oil, top, dimple then bake for 20-25 mins.

Each person should take away; their magic dough, their baked loaf and a kitty's kit.