

Bakers Delight Bread Badge

Has your guide unit thought about completing this badge. If you don't have a Bakers Delight nearby try some of these ways to earn the badge.

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Ways of earning the badge:

- Experiment with bread recipes at your unit.
- Find out more about nutrition and the different ingredients that bread is made from.
- Develop leadership skills and find out more about a career in a bakery.
- Find out about different world customs using bread ie Hot Cross buns at Easter.
- As part of World Guiding enjoy a themed night, use French baguettes or Italian Pane di Casa.

Good
Luck and
Good
Baking!



If you have a Bakers Delight nearby approach them about:
A bakery tour.
A bread making workshop.



Girls worldwide say ...



"make healthy food choices"

Girl Guides Australia

Sample Recipes

from taste.com.au

Spiced soda bread

What you'll need

Preparation Time

- 10 minutes

Cooking Time

- 25 minutes



Ingredients (serves 8)

- 600g (4 cups) plain flour
- 2 tsp bicarbonate of soda
- 1 tsp salt
- 1 1/2 tbs caraway seeds
- 60g butter, at room temperature
- 500ml (2 cups) milk
- 1 tsp white wine vinegar
- Butter, to serve

Instructions

Preheat oven to 200°C. Combine the flour, bicarbonate of soda, salt and 1 tablespoon of the caraway seeds in a bowl. Rub the butter into the flour until it resembles fine breadcrumbs.

Make a well in the centre of the flour mixture. Add the milk and vinegar and use a round-bladed knife in a cutting motion to mix until the mixture starts to come together. Use your hands to bring the dough together in the bowl. Turn onto a lightly floured surface and gently shape into a ball. Use your hands to roll the dough into a 40cm-long log. Cut into 8 equal portions.

Shape each dough portion into a ball and place on a large baking tray. Use a sharp knife to score a cross into the top of each ball. Sprinkle with remaining caraway seeds. Bake in oven for 25 minutes or until the bread is golden and sounds hollow when tapped on the base. Serve warm with butter.

Hot Cross Buns

Instructions

Combine flour, yeast, sugar, mixed spice, salt and currants in a large bowl. Melt butter in a small saucepan over medium heat. Add milk. Heat for 1 minute, or until lukewarm. Add warm milk mixture and eggs to currant mixture. Use a flat-bladed knife to mix until dough almost comes together. Use clean hands to finish mixing to form a soft dough.

Turn dough out onto a floured surface. Knead for 10 minutes, or until dough is smooth. Place into a lightly oiled bowl. Cover with plastic wrap. Set aside in a warm, draught-free place for 1 to 1 1/2 hours, or until dough doubles in size.

Line a large baking tray with non-stick baking paper. Punch dough down to its original size. Knead on a lightly floured surface until smooth. Divide into 12 even portions. Shape each portion into a ball. Place balls onto lined tray, about 1cm apart. Cover with plastic wrap. Set aside in a warm, draught-free place for 30 minutes, or until buns double in size.

Preheat oven to 190°C.

Make flour paste: Mix flour and water together in a small bowl until smooth, adding a little more water if paste is too thick. Spoon into a small snap-lock bag. Snip off 1 corner of bag. Pipe flour paste over tops of buns to form crosses. Bake for 20 to 25 minutes, or until buns are cooked through.

Make glaze: Place water and sugar into a small saucepan over low heat. Stir until sugar dissolves. Bring to the boil. Boil for 5 minutes. Brush warm glaze over warm hot cross buns. Serve warm or at room temperature.

What you'll need

Ingredients (serves 12)

- 4 cups plain flour
- 2 x 7g sachets dried yeast
- 1/4 cup caster sugar
- 1 1/2 teaspoons mixed spice
- pinch of salt
- 1 1/2 cups currants
- 40g butter
- 300ml milk
- 2 eggs, lightly beaten



Flour paste

- 1/2 cup plain flour
- 4 to 5 tablespoons water

Glaze

- 1/3 cup water
- 2 tablespoons caster sugar