

Describing a Process Example: Preparation of bread rolls

Study the following flow chart and describe how bread is made. Write the answer using the linkers

Flour – Salt – Yeast – Water – Weighed – Mixed up – Dough prepared – Cut into one pound pieces – Rolled and shaped – Baked 20-30 minutes – Sliced – Wrapped in the paper – Ready for the market



Mix the flour, yeast, sugar and salt in a bowl.

Add the warm water.

Knead the dough again. Cut the dough into 8 pieces and form each piece into a ball.

Mix until it makes a dough.

Knead the dough.

Cover the rolls and leave for 30 minutes.

30 minute

ink saving Eco

PREPARATION OF BREAD

Text 1

Bread is made up of four main ingredients, they are – flour, salt, yeast, and water. **At first**, these things are weighed and then mixed to prepare a dough. The dough is cut into one-pound pieces. **Then** these are rolled and shaped. **After that**, they are baked for 20-30 minutes in an oven. **Later** they are sliced into definite shapes. **Next**, these sliced loaves are wrapped in paper. **Thus**, the loaves are ready for market.

Text 2

Method

- **STEP 1**

Tip the flour, yeast, sugar, salt and oil into a bowl. Pour over 325ml warm water, then mix (with a spatula or your hand), until it comes together as a shaggy dough. Make sure all the flour has been incorporated. Cover and leave for 10 mins.

- **STEP 2**

Lightly oil your work surface and tip the dough onto it. Knead the dough for at least 10 mins until it becomes tighter and springy – if you have a stand mixer you can do this with a dough hook for 5 mins. Pull the dough into a ball and put in a clean, oiled bowl. Leave for 1 hr, or until doubled in size.

- **STEP 3**

Tip the dough onto a lightly floured surface and roll into a long sausage shape. Halve the dough, then divide each half into four pieces, so you have eight equal-sized portions. Roll each into a tight ball and put on a dusted baking tray, leaving some room between each ball for rising. Cover with a damp tea towel and leave in a warm place to prove for 40 mins-1 hr or until almost doubled in size.

- **STEP 4**

Heat the oven to 230C/210C fan/gas 8. When the dough is ready, dust each ball with a bit more flour. (If you like, you can glaze the rolls with milk or beaten egg, and top with seeds.) Bake for 25-30mins,

until light brown and hollow sounding when tapped on the base.
Leave to cool on a wire rack.