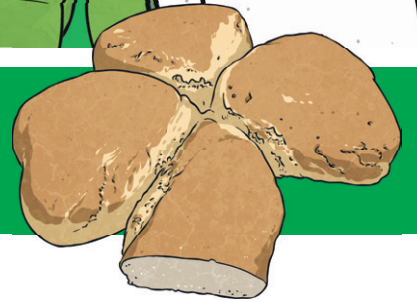




Shamrock Bread



Ingredients

Makes the equivalent of one loaf

500g strong flour
(plus extra for dusting)

2 teaspoons of salt

7g of dried yeast

3 tablespoons of
olive oil

300ml of water

Equipment

mixing bowl and
spoon

greased baking
tray

oven

cooling rack

Method

1. Wash your hands then ask an adult to preheat the oven to 220°C.
2. Sieve the flour, salt and yeast into a bowl. Make a well in the centre and add the oil and water.
3. Mix the wet and dry ingredients together to form a dough. Add a little more water if the mixture is stiff.
4. Tip the dough out onto a lightly floured surface and knead until it is smooth.
5. Put the dough in a bowl covered with cling film for around an hour, or until it has doubled in size. Knead the dough once more then share it out into pieces.
6. To create your shamrock shape, separate your dough into four sections. One section is the stem and the other three sections are the shamrock leaves. Think about how to create the shape of the leaves carefully. Join the four pieces together and place it on a greased baking tray. During baking in the oven, the dough may spread.
7. Let an adult put the baking tray into the oven, then bake the dough for 25-30 minutes.
8. Let an adult remove the bread from the oven. Once it is out of the oven, be careful as the bread will still be hot so make sure an adult puts it on the cooling rack. Wait for the bread to cool.
9. Ask an adult to see if the bread has cooled properly before touching it.
10. Enjoy!