

Food Skill #4

BAKING BREAD

NOTE

**BUILDING A FLOUR AND WILD YEAST SOURCE IS KEY TO
LONG-TERM SUSTAINABILITY.**

BREAD IS MAX NUTRITION WITH MINIMAL WORK

SOMEONE IN THE CLAN SHOULD HAVE A MILL

6 NEEDS

1. YEAST: GROWS IN LUKE WARM WATER AND
 - A. GROWS WILD IN MIDWEST REGIONS
 - B. TAKES TIME TO GROW IN WATER
 - C. SOME GROW IN OVEN AT LOW TEMP
2. RECIPE:
 - A. 2 PARTS FLOUR TO 1 PART YEAST WATER
 - B. ADD BUTTER, SALT, NUTS ETC PER TASTE
 - C. ADD BEANS, BERRIES & OILS (EZEKIEL)
3. RISING: @ 70° ROOM TEMP TO RAISE DOUGH
4. KNEED: COLLAPSE DOUGH BEFORE OVEN
5. OVEN: DUTCH, CLAY, INGROUND, SOLAR
 - A. BUTTER, OIL OR GREASE PAN
6. BAKE: PENDING TEMPERATURE, @ 1 HOUR

Bread Phobia?

STORE KRUSTY PANCAKE MIX

CARBS AND PROTEIN ARE LIFE. NOT ROCKET SCIENCE