

Baking Up Family Fun In The Kitchen

(NAPSA)—The next treat you bake could be more than delicious—it may be food for thought, too. That's because baking isn't just a fun way to bring the family together, it can be a good way to teach children skills ranging from math and science to reading and organizing.

Whether it's to celebrate Bake For Family Fun Month (February) or any other time of year, the kitchen can be a great place for everyone to get together and practice teamwork. One of the best ways to get children involved in the baking process is to bake with yeast dough. It's fun to play with, easy to make and can also inspire creativity in kids.

"I have found that children love to touch, play and feel dough, especially kneading it and smacking it down from the first rise," says Sarah Philips, founder of the Web site www.baking911.com and author of "Baking 9-1-1: Rescue From Recipe Disasters." She offers these tips for baking with yeast:

- When the dough has doubled in size, gently take off the covering material (usually plastic wrap) and try not to pull on the dough. If it gets stuck on the underside of the wrap, ever so gently separate the two.

- Deflate the dough by pushing your fist straight through its center. Don't beat the dough. You will hear a "fiss" as the carbon dioxide is released and the dough deflates. Don't tear or pull on the dough or you will tear the gluten strands and release too much of the air, carbon dioxide and alcohol needed for oven rise and flavor.

- After deflating, pull the sides of the dough into the center of the bowl and tip the bowl sideways so the dough falls out onto the clean countertop. The dough should have enough oil in it to keep it from sticking, but sometimes you



Children's Raisin Buns can be a sweet, fun treat the whole family can bake—and eat.

have to use your fingertips to ease the dough out. A resting period makes the dough easier to handle and shape.

If you want to cook up some delicious family fun in your kitchen, try this tested recipe for Children's Raisin Buns.

Children's Raisin Buns Makes 24 rolls

- ½ cup warm water (100° to 110° F)**
- 2 envelopes Fleischmann's Active Dry Yeast**
- 1¼ cups warm milk (100° to 110° F)**
- ½ cup butter or margarine, softened**
- 1 cup sugar**
- 1 teaspoon salt**
- 6 to 6½ cups all-purpose flour**
- 1 large egg**
- 1 cup raisins**

Place water in large bowl. Sprinkle in yeast; stir until dissolved. Add milk, butter,

sugar, salt, and 2 cups flour. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add egg and 1 cup flour; beat 2 minutes at high speed. Stir in raisins and enough remaining flour to make a soft dough. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm, draft-free place until doubled in size, about 1 hour.

Punch dough down; roll to ½-inch thickness. Cut with 2-inch biscuit cutter; place on greased baking sheets. Knead together trimmings; re-roll and cut. Cover; let rise in warm, draft-free place until doubled in size, about 45 minutes.

Bake at 375° F for 15 to 20 minutes or until done. Remove from sheets; cool on wire racks.

For more tips and recipes you and your children can make together, visit Fleischmann's Yeast at www.breadworld.com.