

Candidates' Eucharist Retreat 1

Making Bread

(makes 12 rolls)

Materials needed:

Mixing bowl

Muffin tins

Clean cloth

Ingredients:

1 pkg. active dry yeast

$\frac{2}{3}$ cup warm water

3 cups baking mix

1 egg

melted butter

Make the rolls by dissolving the yeast in the water. Add the baking mix and egg and stir until they are blended. Knead the dough (or have young people help you knead it) about 30 times on a counter dusted with baking mix. Dough should be light and springy.

Give each child three small pieces of dough to roll into three balls about $1\frac{1}{2}$ inches in diameter. Have the children roll the balls in melted butter and place all three in one compartment of a greased muffin tin.

Cover the tin with a wet cloth and put it in a warm place until it rises and doubles (about an hour). While the children are at other activities, bake the rolls in a 400° oven for approximately 15 minutes. If desired, brush the warm rolls with more butter.