

Knoten Brot

an Instructor's Guide

A simple guide to making the softest, most buttery bread you have ever tasted. Handed down from generation to generation, this recipe is bound to become a favorite around your home.



Introduction (Instructor)

Some people feel as comfortable making bread as they would be disarming a nuclear device. It can seem even more intimidating to teach bread making. *Relax* – we've laid out every step and included pictures. On the left of this booklet will be your guide of instruction. As a reference, you will find the learners guide of instruction on the right.

Inside the Instructor's Guide are some notes and helpful hints laid out in grey boxes like the one contained on this page. Pay attention to these hints; they'll save you and your learners time and trouble.

Once your learners have taken the class, they should be able to do the following:

- Properly measure and mix the appropriate ingredients
- Allow the bread to rise
- Knead the bread so that it looks similar to the bread on the cover
- Baste the bread for a nice “glow.”
- Bake the bread for the appropriate amount of time.

** When teaching, be sure to let your learner's know the value of the recipe. This gourmet Swiss bread is something they'll want to make for holidays and give as gifts. Try out the recipe a few times before teaching. That will give you the confidence you need; the rest will come naturally. Teaching takes preparation and effort, but you'll find that it's well worth it.*

Introduction (Learner)

Warm, brown, soft – these are the things we remember from Thanksgivings, Christmas, and birthdays of years past. There is nothing quite like home-made bread, no matter how hard the local grocery store tries. That's why we created this instruction; to bring one of the best bread recipes we've ever used to you. You might be asking yourself, “What makes this recipe so unique?”

Take a look at the cover; that's the kind of bread that gets the neighbors talking. This bread, called *Knoten Brot*, hails from the great bakers of Switzerland. It has a great buttery taste that works with jam, butter, – you name it.

With bread this elegant you may think that it would be hard to prepare. Nothing could be further from the truth. Follow our step-by-step instructions and we promise you'll have it down. Eventually all you'll need is the handy recipe card we've included. So go ahead, enjoy a little bit of Swiss. You'll be glad you did.

Alan Wayman
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Preparation (Instructor)

1. Wash your hands with soap and warm water. Sanitize your counter-top or work area by using a mixture of warm water and bleach.



(Step 1)

2. While the counter-top air dries, gather all of the ingredients.

1 cup	Milk
1 cube (8 Tbsp)	Butter
1 ¼ tsp	Sugar
1 pkg (2 ¼ tsp)	Active Dry Yeast
3 cups	All Purpose Flour
1 tsp	Salt
1	Egg



(Steps 2 - 3)

3. Gather the necessary tools.

a) Gather Measuring Utensils.

Cups:	Spoons:
1 cup	1 Tbsp
	1 tsp
	¼ tsp

b) Gather Cooking Utensils.

Medium Microwavable Bowl
Large Mixing Bowl
Small whisk or fork
Butter Knife
Basting Brush
Baking Sheet



(Step 4)

4. Turn the oven on to warm (100° F). This will be used later to aid in raising the dough.

Preparation (Learner)

1. Wash your hands. Wipe down your counter-top.
2. While the counter-top air dries, gather all of the ingredients.

1 cup	Milk
1 cube (8 Tbsp)	Butter
1 ¼ tsp	Sugar
1 pkg (2 ¼ tsp)	Active Dry Yeast
3 cups	All Purpose Flour
1 tsp	Salt
1	Egg

3. Gather the necessary tools.
 - a) Gather Measuring Utensils.

Cups:	Spoons:
1 cup	1 Tbsp
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	¼ tsp

- b) Gather Cooking Utensils.
 - Medium Microwavable Bowl
 - Large Mixing Bowl
 - Small whisk or fork
 - Basting Brush
 - Baking Sheet
 - Butter Knife

4. Turn the oven on to warm (100° F).



(Step 1)



(Steps 2 - 3)



(Step 4)

Measure & Mix (Instructor)

1. Measure milk and butter.
 - a) Make sure learners have a medium microwave safe bowl and measuring cup.
 - b) Help learners measure 1 cup of milk and 1 cube 8 (Tbsp) of butter cut into six cubes.
 - c) Heat the milk mixture for 1 ½ minutes in the microwave. Mixture may need to be stirred until the butter is melted. Place your finger in the mixture; the mixture should be a little hot to the touch (approx. 120° F).
2. Measure yeast and sugar.
 - a) Add 1 pkg (2 ¼ tsp) yeast and 1 ¼ tsp sugar to milk mixture.
 - b) Make sure that everyone has waited for 5 minutes until yeast foams.
3. Measure flour and salt.
 - a) Make sure each learner has a large mixing bowl.
 - b) Help learners measure 3 cups flour and 1 tsp salt.
 - c) Have learners mix the flour and salt together.
4. Combine and Mix.
 - a) Have learners create a hole in the middle of the flour mixture. Make the hole large enough to fit the entire milk mixture.
 - b) Make sure the learners pour the milk mixture slowly into the middle of the flour.



(Step 1)



(Step 2a)



(Step 2b)



(Steps 3 - 4)

Measure & Mix (Learner)

1. In a medium microwave safe bowl, cut 1 cube (8 Tbsp) of butter into six cubes. Add 1 cup of milk. Warm in a microwave for 1 ½ minutes. Stir mixture until butter is melted.
2. Add 1pkg (2 ¼ tsp) of active dry yeast and 1 ¼ tsp sugar to milk mixture.
3. Wait 5 minutes for the yeast mixture to foam. If mixture fails to foam, repeat steps 1-3.
4. In a separate large mixing bowl, measure 3 cups flour and 1 tsp salt and mix.
5. Create a hole in the middle of the flour mixture. Pour milk mixture in the middle of the flour mixture.



(Step 1)



(Step 2)



(Step 3)



(Steps 4 - 5)

Knead (Instructor)

1. Once the learners have added the milk mixture to the flour, have them use their fingers to squeeze the flour and milk together.

** Make sure they scrape the sides and the bottom of the bowl to get all ingredients well mixed.*



(Steps 1 - 2)

2. Remove as much dough from hands as possible while kneading. The dough should be solid and smooth with very little stickiness left to it.
3. Because of the consistency of the dough, it is necessary to sprinkle 1 Tbsp of flour on the surface you will be working on.



(Steps 3 - 4)

4. Begin kneading:
 - a) Form the bread into a disc shape.
 - b) Folding the dough helps to capture air in the dough which helps in the raising process.
 - c) Rotating the dough helps ensure all dough is worked evenly.
5. Get as close to 60 kneads as you can.



(Steps 5a - b)



(Steps 5c - e)

** Try to avoid over kneading. The more you knead the more tough the dough becomes. This makes the dough difficult to work with.*

Knead (Learner)

1. After you have added the milk mixture to the flour, knead the flour and milk together with your hands.
2. Work the flour from edges of bowl toward center.
3. Continue mixing with your hands until dough has pulled flour from sides of bowl and taken a solid shape.
4. Shape the dough into a ball, remove it from the bowl and place on counter-top or work area.
5. Begin kneading.
 - a) Dust the counter-top with flour and flatten out the dough.
 - b) Flatten out the ball of dough on counter-top.
 - c) Grab the near edge of the dough and fold it in half then push the dough down with the heel of your hand. Fold dough over and push.
 - d) Turn the dough a quarter turn
 - e) Fold over and push down again.
6. Repeat the “turn-fold-push” steps 60 times.



(Steps 1 - 2)



(Steps 3 - 4)



(Steps 5a - b)



(Steps 5c - d)

Raising (Instructor)

1. Once the dough is at the right consistency, have the learners place the dough in the same bowl they used to knead in. Cover the bowl with a warm damp cloth.
2. Place bowl on the door of the oven to warm. If you are having trouble with the dough rising, follow the **rising aid** at the bottom of this column.
3. Gather and wash all dirty dishes and prepare for next steps, while you wait for the dough to rise.
4. Have the learners punch the dough down. This releases the large air bubbles to produce a finer texture.



(Step 1)



(Steps 2 - 3)



(Step 4)

Rising can be aided by:

1. Boiling 1 Cup of water
2. Placing uncovered dough in an unheated oven
3. Pour boiling water into a cookie sheet or 9 x 13 pan
4. Placing pan in oven under dough



(Step 5)

Raising (Learner)

1. Once the dough has the right consistency, form back into a ball, place back in the bowl and cover with a warm damp cloth.
2. Place the bowl on the oven door.
3. Let rise until dough has almost doubled in size (approx. 45 min).
4. While you wait for the dough to rise, gather and wash all dirty utensils and clean counter-tops.
5. When the dough is finished rising, punch the dough down to release the large air bubbles.



(Step 1)



(Steps 2 - 3)



(Step 4)

Rising can be aided by:

5. *Boiling 1 Cup of water*
6. *Placing uncovered dough in an unheated oven*
7. *Pour boiling water into a cookie sheet or 9 x 13 pan*
8. *Placing pan in oven under dough*



(Step 5)

Braiding (Instructor)

1. Demonstrate separating the dough by cutting it with a knife. Learners can do it with a knife or by hand. Make sure each section has equal amounts of dough.
2. Demonstrate to the learners by holding the dough vertically in the air. Starting at the top and working down squeeze the dough with both hands. Squeeze the larger parts until the dough is the same shape throughout the length of the braid.
3. The two pieces of dough should be the same length as each other. If one is longer than the other their will be more leftover on that side. Make sure that the learner's dough isn't larger than $\frac{1}{2}$ inch in diameter. An alternative, more subjective measurement would be to tell the learner that it should be as long as their arm and the width of two fingers.
4. Show the learners how to make the "U" shape and then have them mark the middle with their finger or a small mark with a knife.
5. Have learners do this for each piece of dough.



(Step 1)



(Step 2)



(Step 3)



(Step 4)

Braiding (Learner)

1. Separate the dough into two sections.
2. Take a section at a time and roll the dough into a rope-like shape.
3. Continue until the each piece of dough is about 2-3 feet long and $\frac{1}{2}$ inch wide.
4. Find the middle of each piece of dough by holding the ends up towards each other.



(Step 1)



(Step 2)



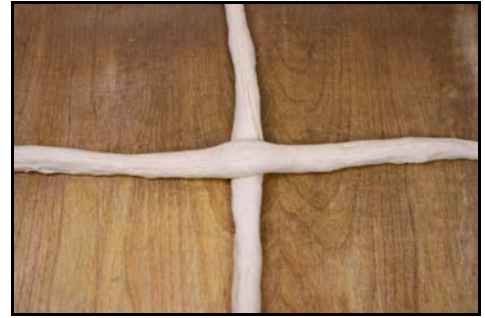
(Step 3)



(Step 4)

Braiding Continued (Instructor)

6. Ask the learners if any of them have braided hair or rope and the process they used.
7. Make sure the learners place the dough across each other where the marks were made. The pieces of dough should cross each other like streets intersect each other. Do **not** to push down the dough where the two braids intersect.
8. Demonstrate this step before the learners do it without moving the piece of dough on top. The dough should wrap around the other piece like rope around a pipe. Show them that you cross your hands over one another each time you do a braid.
9. Show them through four braids or so, then go ahead and braid the dough until you reach the end.
10. Use your fingers to wrap around and push the ends of the braids into the braided dough. You may want to use the ones on the bottom and wrap them around on top.
11. Place braided dough on baking sheet.



(Step 7)



(Step 8)



(Step 9)



(Step 10)

Braiding Continued (Learner)

5. Make an X with two pieces of dough.
6. Take both ends of the dough on the bottom and bring them to the opposite side over the top of the dough.
7. Alternate folding the piece on the bottom over the top until the dough is braided.
8. Make sure there are no loose ends by folding them inside the dough.
9. Place braided dough on baking sheet.



(Step 5)



(Step 6)



(Step 7)



(Step 8)

Basting (Instructor)

1. Crack an egg into a small bowl and beat until the egg yolk and whites are combined. Dip a small basting brush in the egg. A paper towel is an acceptable substitute for the basting brush.
2. Show learners how to brush the egg over the top of the bread with the basting brush or paper towel. Cover the top of the bread thoroughly with egg. This makes the crust firm and golden brown, locking in moisture for a softer bread.
3. Have the learners rinse the basting brush and small bowl thoroughly with warm water. Make sure they rinse in between the bristles of the basting brush.



(Step 1)



(Step 2)



(Step 3)

Basting (Learner)

1. Crack an egg into a small bowl and beat until the egg yolk and whites are combined. Dip a small basting brush in the egg. A paper towel is an acceptable substitute for the basting brush.
2. Brush the egg over the top of the bread with the basting brush or a paper towel. Cover the top of the bread thoroughly with egg.
3. Rinse the basting brush and small bowl thoroughly with warm water. Make sure to rinse in between the bristles of the basting brush.



(Step 1)



(Step 2)



(Step 3)

Baking (Instructor)

1. Learners should carefully place the bread in the oven once the oven has reached 350°. Have them set a timer for 25 minutes. Offer to help learners if they feel uncomfortable putting it in the oven.

** Check the bread every ten minutes to make sure it's cooking properly. If the oven does not heat evenly, rotate the bread after 15 minutes.*

2. Check the learner's bread once the timer goes off. See if their bread has a brown top with the rest golden brown. If their bread is not yet golden brown, have the learners place the bread back in the oven. Learners should check on it every 3 minutes.
3. The bread should look as pictured to the right.
4. Instruct learners to wait 5 minutes before serving. Knoten Brot tastes great with Nutella Hazelnut spread, any type of jam, or butter.
5. Tell learners that to store the bread for a later date, place in a plastic bag; seal tightly. The bread can last 2 weeks in the freezer.



(Step 1)



(Steps 2 - 3)



(Step 5)

Baking (Learner)

1. Carefully place the bread in the oven once it has reached 350°. Set a timer for 25 minutes.

** Check the bread every ten minutes to make sure it's cooking properly. If the oven does not heat evenly, rotate the bread after 15 minutes.*



(Step 1)

2. Check the bread once the timer goes off. See if the bread has a brown top with the rest golden brown. If the bread is not yet golden brown, place the bread back in the oven. Check on it every 3 minutes.



(Steps 2 - 3)

3. The bread should look as pictured to the right.



4. Wait 5 minutes before serving. Knoten Brot tastes great with Nutella Hazelnut spread, any type of jam, or butter.

5. To store for a later date, place in a plastic bag; seal tightly. The bread can last 2 weeks in the freezer.



(Step 5)

