

Globalfamily Bread - A universal recipe for children and adults

Soon children who have championed these resolutions will ask all US governors' families to join in asking families everywhere to observe this special day of Unity for Humanity. On January first let's all Break Bread and Build Peace with one another, both locally and globally.

1. Pour about two cups of water into a bowl. Add a teaspoon of salt, two heaping tablespoons of fresh yeast and enough bread flour to make a dough that holds its shape comes away from the side of the bowl when you stir it.
2. Turn the dough out on a floured board, put flour on your hands and knead the dough till it's smooth and well mixed (about two minutes)
3. How to knead. You push the dough down with the heel of your hand to make it flat, then fold it over and flatten it again. Turn it a quarter turn, flatten it, fold it. Do that over and over. Pretty soon, like in two minutes, it feels more elastic and springy, telling you that part of the job is done. (Don't overdo it or it will get too elastic and just collapse.)
4. Wash the bowl, dry it, butter or oil the inside and set the dough inside. Turn the dough over so the top is greased too. Then cover it with a wet dishtowel, put it in a warm but not hot place and go away for 45 minutes or an hour.
5. When you come back the dough will have risen. Maybe it's almost twice as big as it was. You punch it down with your fist, turn it out on your floured board, and knead it just for a few seconds. Then shape it into one or more loaves (any shape you like) and put it on a greased cookie sheet. Don't handle it too much. Wet your hand with water and pat the top of the loaves.
6. Sprinkle the loaves with sesame or poppy seeds or cinnamon sugar or decorate with raisins, bits of apple or nuts, or whatever you like. Make two or three diagonal cuts in the top of the loaves so they can rise better. Cover the loaves and let them sit while you boil a pan of water on the stove.
7. When the water is boiling, you set a pan of it in the bottom of your oven, put the bread on the rack above, and turn on the oven to 350 or 375 degrees. Then don't peek for about 30 minutes. It should rise a lot! Continue to bake the bread till it's a nice crusty rich brown color. About 40 minutes or so altogether.
8. Turn the oven off. Take the bread out and while it's still hot, get your family or friends to come and help break the bread and butter it and ENJOY IT. This bread is guaranteed to help everybody feel better about everything.
9. *On GLOBAL FAMILY Day you might want to make twice the recipe and take some to a neighbor. With a nice note.