

# How to make tasty bread



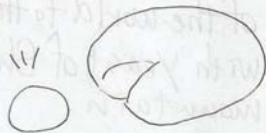
## ~Ingredient~

- hard bread flour ... 250g
- hand made yeast ... 80cc
- water ... 80cc
- sugar ... 20g
- butter ... 30g
- salt ... 4g

### ① Mix



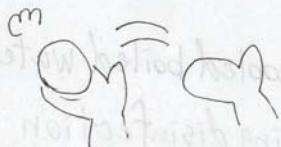
### ② Cut a bread into some pieces



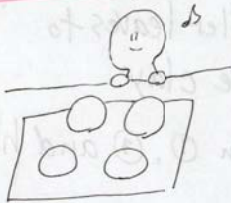
### ③ Leave it lay



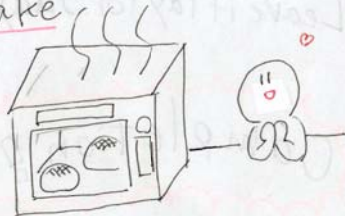
### ④ Let air out of dough



### ⑤ Leave it lay



### ⑥ Bake



# NEW WAY OF MAKING GOOD USE OF SHIRAKAMI MOUNTAIN RESOURCES

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## ○ PURPOSE

We'd like to show that Shirakami Mountain has not only the beech forest but other attractions, like food.

## ○ MOTIVE

We wanted to know more about Shirakami mountain.

Motivator

Practice training  
in Shirakami Mountain..



≡ How to make homemade yeast

Ingredient

- A bottle ◦ fallen leaves
- cooled boiled water ◦ honey

① Make cooled boiled water.

② Do boiling disinfection on a bottle and cap.

③ Wash fallen leaves to eliminate clay.

④ Bottle in ①, ③ and honey.

Leave it lay for 5 days

Completion!

## ○ SUMMARY

We have to tell the charms of Shirakami mountain.

So we must tell about the bread we made with Shirakami yeast.

It maybe difficult to achieve our purpose, but we want to do our best with in our power.

○ We will do next ...

- We were able to learn how to make homemade yeast. So we'd like to make use of it for making bread.
- We must find out the way to compare the bread with yeast of the world to the bread with yeast of Shirakami mountain.