



#1 Shabbos Baking

CHILDREN LOVE BEING ABLE TO COOK AND BAKE LIKE MOMMY. IT'S IMPORTANT TO GIVE THEM THE CHANCE TO EXPERIMENT AND TRY OUT NEW IDEAS. THE LEARNING OPPORTUNITY AND EXCITEMENT THAT THEY GET OUT OF IT WILL OUTWEIGH ANY MESS AND CLEAN UP INVOLVED AFTERWARDS!



CHALLAH

INGREDIENTS:

- 1.5KG FLOUR
- 680-700ML WARM WATER
- 2OZ YEAST
- 1 EGG
- 1 CUP OIL
- 6 TBSP. SUGAR
- 1 TBSP. SALT
- (SESAME SEEDS FOR TOPPING)



PREP TIME:
1 HOUR 10 MIN



BAKETIME:
25-35 MIN

DIRECTIONS:

- PREHEAT OVEN TO 180 DEGREES
- POUR FLOUR & YEAST INTO A BOWL
- ADD WARM WATER TO BOWL & WAIT 2-3 MINUTES
- ADD REMAINING INGREDIENTS (BESIDES SESAME SEEDS) & MIX
- ALLOW DOUGH TO RISE FOR 1 HOUR
- BRAID DOUGH & ALLOW TO RISE FOR ANOTHER 10-15 MINUTES
- BRUSH CHALLAH WITH EGG & SPRINKLE SESAME SEEDS
- ACCORDING TO CHALLAH SIZE, BAKE FOR 25-35 MINUTES



HORSE-SHOE COOKIES

INGREDIENTS:

- 2.5 CUPS FLOUR
- 2 EGGS
- 1/2 CUP OIL
- 3/4 CUP SUGAR
- 1.5 TSP. BAKING POWDER
- 100 GRAMS BAKING CHOCOLATE (OR REGULAR PAREV CHOCOLATE)



PREP TIME:
25-35 MIN



BAKETIME:
12-15 MIN

DIRECTIONS:

- PREHEAT OVEN TO 180 DEGREES
- MIX INGREDIENTS (EXCLUDING CHOCOLATE) TO FORM DOUGH
- DIVIDE THE DOUGH INTO SMALL PIECES & SHAPE THEM IN THE LETTER U (ALLOW YOUR CHILD TO FORM OTHER SHAPES TOO)
- BAKE FOR 12-15 MINUTES
- MELT THE CHOCOLATE & DIP THE ENDS OF THE COOKIES IN THE CHOCOLATE. PLACE ON A BAKING SHEET & WAIT FOR CHOCOLATE TO SOLIDIFY.

EXTENDED ACTIVITY:



EXPERIMENT WITH DIFFERENT COOKIE RECIPES



PEELING VEGETABLES
BE CONSCIOUS OF HEALTH & SAFETY



WIPE COUNTERS



GATHERING ITEMS FROM FRIDGE & CUPBOARDS