

Cooking Sunbread -

**inspired by the
storybook Sun Bread by
Elisa Kleven**

**Kalkara Primary - Year 2
- Malta**

SUN BREAD

1 • Mix well:

3 eggs
3 tablespoons sugar

2 • Combine:

2 cups sifted all-purpose flour
1 stick butter, melted

3 • Add the egg mixture to the flour mixture and beat well.

4 • In a small bowl combine:

2 packages active dry yeast
3 tablespoons lukewarm milk

Let stand until mixture is foamy, at least 5 minutes.

5 • Add the yeast mixture to the batter and stir. Knead dough on greased, floured surface for 8 to 10 minutes.

6 • Place dough in greased bowl, cover with a cloth, and let rise in a warm place for about an hour (until about doubled in size).

7 • Punch down dough, knead for a few minutes, then separate into two portions.

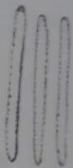
8 • To form the sun's face, shape one portion of dough into a round, somewhat flattened ball, then

place on a large greased baking sheet.

With the greased end of a wooden spoon, or with your finger, punch two "eyes" in the sun; draw a mouth for your sun in the same way. (Make sure you make deep lines and holes in the dough so they won't close up while the bread bakes.) Make a nose for your sun by securely attaching a small ball of dough to its face.



9 • To make a corona for your sun, roll one half of the remainder of the dough into four or five long "snakes." Then curl the snakes into puffy "snail" shapes. Shape the rest of the dough into puffy triangles. Firmly attach the snails and triangles to your sun's face. (Use a little water if the dough is too dry.)



10 • Cover the sun and let it rise again in a warm place for about an hour.

11 • Preheat oven to 400° F. Bake the sun bread for about twenty minutes. Test for doneness by inserting a toothpick into center of bread. (It should come out clean.)



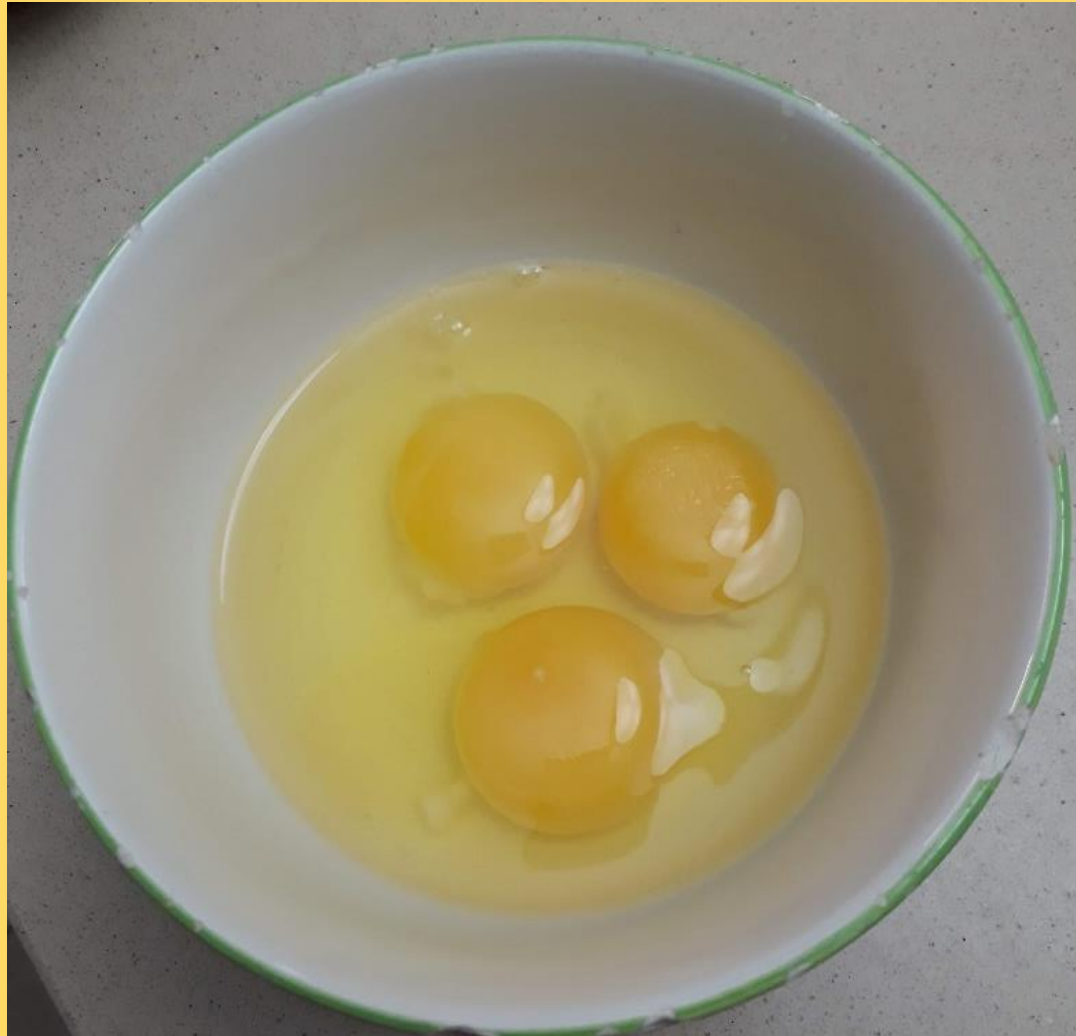
12 • Enjoy! Your sun bread is delicious plain or with butter, honey, or jam.

Please have an adult help you when you bake this bread.
It's fun—but hot ovens and pans can be dangerous.

◆ This bread, alas, won't make you fly. But it is heavenly—light and high! ◆

The recipe
- found in
the inside
back cover
of the
book

The process



3 eggs



**3
tblsp
sugar**



**Mix
eggs
and
sugar**



**-2 cups
flour**

**-113grs
butter**



**Rub
flour
and
butter**



**3 tblsp
warm
milk**



**14grs
yeast**



**Mix
yeast
with
milk**



**Add
eggs
mixture
to flour**



**Mix
together**



**Add
yeast
to the
mixture**



**Knead
the
dough
for 8
mins**



**Leave
to
rest
for an
hour**



- Divide the dough in 2
- Put flour or oil on dish



- Shape half the dough into a circle



Form swirls and triangles with the other half of the dough



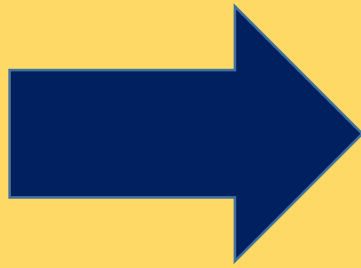
Place the shapes alternatively
around the circle



Create the eyes and mouth with sunflower seeds - some tasted the seeds for the first time!!



- Bake
for
around
20 mins
in 200
degrees





Enjoy warm with
butter!!! L-ikla t-tajba