



# GOOD NEWS BREAD

A STORY TOLD WITH BREAD OF SEVEN COLOURS

There are seven colors, so we make 7 batches of bread, one each of the following colors:



Gel paste food coloring works well and can be found at the Bulk Barn. Alternately, liquid gel can be ordered from Amazon. Either of these have very good color saturation. If using Watkins or Club House liquid food coloring from the grocery store, you will need to use a lot more to get the color intensity that gel provides, but it still works.

It is easiest to make bread using a stand mixer with a dough hook or using a bread maker using the dough setting. Also note, if you use a kitchen scale to weigh out your ingredients, your batches of dough will be more consistent. But it is also fine to use measuring cups/spoons if that is what you have.

## DOUGH BY WEIGHT

315 grams water  
Add food coloring to the water  
500 grams flour  
30 grams sugar  
5 grams salt  
6 grams yeast

OR

## DOUGH BY MEASUREMENT

1 ½ cups water  
Add food coloring to the water  
4 cups flour  
2 tablespoon sugar  
1 teaspoon salt  
2 teaspoon yeast

Add 3-4 tablespoons of activated charcoal to a batch of dough to make the black bread. It is safe and tasteless. Black food coloring does not work to make dough black colored. We found it just looks grey, no matter the amount added.