

Baking Routine

This is a suggested routine to assist you during the day. Please feel free to personalize these suggestions.

History: In the 1800s many household chores centered around the kitchen's wood burning stove. Here the enterprising housewife cooked daily meals, preserved food for future use, heated water for washing and bathing, and warmed irons for weekly laundry. During the chilly winter months the kitchen stove provided much of the home's warmth. However, in the summer, chores requiring heat often relocated away from the house. The outdoor wood burning stove represents one kind of "summer kitchen".

Before students arrive:

Bake one **double** batch of biscuits. Each group of students will eat the biscuits that the previous group has prepared. You will bake the first batch so that there are biscuits ready for the first group. When the biscuits are done set them on a potholder on the stove in the kitchen and cover them with a towel to keep them warm.

Arrival of the students at baking

- **Welcome** the students. Exchange introductions.
- **Divide** students into two groups.
- One group will prepare a batch of biscuits while the other group churns the butter and grinds the wheat.
- The groups will switch when the first batch of biscuits go into the oven.

Biscuit Making

- **Inform** students that you are going to begin baking biscuits but first they **must** wash their hands. Two students can fetch the water at the pump while the rest stand in line by the wash basin.
- Make sure that all students participate in preparing the biscuits. One student can read the recipe; another can add milk, another can add the butter, etc.
- **Explain** that biscuits turn out best when they have been handled the least.
- **Show** students the different parts of the stove.

Wheat and Butter Preparation

- **Explain** that you will be preparing the ingredients for making biscuits but before you begin would like to talk about how biscuits were made and why they were a significant food.
- **Explain** that after a family had finished their morning chores, everyone would sit down to breakfast. One of the things you might have eaten were biscuits. If there were leftovers they would be packed in your lunch.
- **Ask** students what ingredients are used to make biscuits (emphasize flour and butter.)

- **Ask** students where flour comes from. Show the students the sample wheat that has not been ground. Show them the photographs. Explain that some families could grind their own wheat but that by 1889 most families would purchase sacks of flour on market day (Thursday) at the general store.
- **Ask** students where butter comes from. Show the students the picture of the cow and the butter churn. Explain that after the cow was milked the milk was poured into a pan and the cream would rise to the top. The cream that was skimmed off the top was put in a churn to make butter. This was a chore that children would be asked to do.
- **Note:** all students will get a turn at each of the following activities. Make sure to explain the history of each activity and how to perform all the tasks to all students first. Then let two students work together at each activity and rotate through until everyone has had a turn.
- **Show** each student how to use the butter churn.
- **Show** each student how to **safely** use the wheat grinder.
- **Show** students how to use the flour sifter.
- **Explain** that sifting the wheat is an important job. The wheat flour cannot have any large grains in it. Show students which bowl to sift the grain into.
- When students have completed their butter churning, wheat grinding **and** biscuit making chores, **ask** them to gather around the baking table and eat their biscuits.
- They can eat the biscuits that have been prepared by the previous group. Encourage students to try the jam. This is a good time to explain what preserves are. (note: the churned butter is used as an ingredient in the biscuit dough, not as a topping)
- Students must remain in the cooking area until the bell rings. When the bell rings line up your students and walk them to the laundry station.
- **Students are not permitted to go to the next station unless an adult walks them over.**

End of the day clean up

- Please rinse all the dishes. A staff member will load them into the dishwasher.
- Clean the work table thoroughly with a rag from the bleach water located in the Winery Kitchen.
- We really appreciate your help in keeping our facilities clean!