

BUTTERWORT BREAD

MATERIALS NEEDED:

1. Bread machine and a box of white bread mix Or your favorite white bread recipe and ingredients
2. Green food coloring
3. A carton of heavy cream
4. One small, plastic, wide-mouth container for each participant. The lids should fit tightly.
5. Bread knives, napkins and paper plates, one for each student.
6. An empty butter container that lists the ingredients of butter.
7. Sesame seeds (optional)

OVERVIEW:

Buttered bread is used to demonstrate the butterwort leaf. Dyed green bread is required for this activity. Oval bread slices represent butterwort "leaves". Green butter will represent the "goo" found on the top of the butterwort leaf. The students make the green butter in class.

BEFORE CLASS:

Make a loaf of French bread dyed green. I start with a box bread machine mix to which I add green food coloring. I run it through the machine on the dough cycle. I take the dough from the bread machine, shape it into a long, narrow loaf, and then bake it in a conventional oven.

Just before class, slice the bread and arrange the slices on a platter in the shape of a butterwort plant. Each slice represents a butterwort leaf.

IN CLASS:

1. Pass out paper plates, napkins and butter knives, one for each student.
2. Show the students the empty butter box and read the ingredients.
3. Describe how butter can be made by shaking cream.
4. Add a couple drops of green food coloring to the heavy cream.
5. Stir the cream to distribute the food coloring.
6. Pour about a quarter cup of mixture into each small, wide mouth plastic bottle, one for each student.
7. Place the caps tightly on the bottles and hand the bottles out to the students.
8. Ask the students to shake the bottles until the cream becomes butter.
9. Spread the butter on the green bread to make edible butterwort leaves.
10. If desired, allow the butterwort leaves to "capture" sesame seed "bugs".
11. Eat!