

Discovering Gluten

Science Experiment



Method

1. Slowly add a little water to the flour, enough to form a dough.
2. Knead the dough so that it becomes stretchy and supple.
3. Fill the bowl or bucket with water.
4. Put the dough in the sieve and wash it in the water. This washes the starch out from the flour.
5. Discard the water and replace with fresh water. Keep washing the dough until the water becomes clear (or as clear as possible).
6. The stretchy substance left in the sieve is largely made up of gluten.

You will need:

500g strong bread flour

Water

Large bowl/bucket

Sieve

