QUICK BREADS

- Quick to fix before baking
- Rises with a chemical agent (baking soda or baking powder) instead of yeast.
Types of Quick Bread mixtures:

Pour batters--very thin (pancakes)

Ingredient ratio--
Liquid 1: Flour 1
Types of Quick Bread mixtures:

Drop batters--thicker (spooned)
Muffins, banana bread, coffeecake

Ingredient ratio--
Liquid 1: Flour 2
Types of Quick Bread mixtures:

Soft Doughs--thicker and shaped by hand

Ingredient ratio--
Liquid 1: Flour 3
Mixing Methods

Muffin--combines liquids with all the dry ingredients.

Biscuit--shortening is “cut-in” with the flour and then the liquid is added.

A pastry blender is used...
Baking Ingredients

• A. Flour--makes up the structure of any baked product.
  – Whole wheat
  – All-purpose (white)
  – Bread
  – Cake
• 1. Different flour types provide different structures.
• 2. Do not substitute equal amounts of diff. types
Flour + Water = Gluten

- Gluten--provides strength and elasticity to allow baked products to rise before and during baking.

- Kneading--folding and stretching dough develops lots of gluten.
B. Sugar

- Flavor
- Tenderness
- Browns crust
- Food for yeast---too much makes bread rise too slowly
C. Salt

- Regulates the action of the yeast.
D. Fat

- Butter
- Margarine
- Shortening
- Cooking oils

- Tenderizes all baked products.
E. Eggs

- If they are beaten first--they add air to the batter and help the product rise in the oven during baking.

- Example--Angel Food Cake
F. Leavening Agents

- They work in one of two ways:
- Release gas bubbles in cold batter.
- Heated bubbles expand and batter rises in the oven.
Four Types:

1. Air--trapped in the mixture by:
   --sifting flour
   --"creaming" fat and sugar
   --beating egg whites
   --beating batter
2. Steam

Water trapped in the batter + high heat = STEAM!!!!!!!!
Chemical Leavening Agents

Combine an acid + a base--so that when liquid is added: \[ \text{= carbon dioxide} \]

A commonly used base is BAKING SODA.

BAKING SODA is always used with an ACID ingredient found in the recipe:

--vinegar
--buttermilk
--lemon juice
--cream of tarter
Chemical Leavening Agents cont.

Baking powder = ACID + BASE in one product.

• You cannot interchange Baking Powder and Baking Soda. They are different chemicals.
4. **Yeast**—Microscopic plant that grows and gives off **CARBON DIOXIDE**.

   It requires:
   - food
   - moisture
   - warmth

   …to grow and release CO2 so baked products can rise.
Yeast Temperature

- The temperature of LIQUIDS affects the action of the yeast.
- Hot temps KILL the yeast.
- Cold temps SLOWS DOWN the yeast action.
- Warm (120-130) is best.
Proper Bakeware

• Choose the correct bakeware for your project, it will affect how your project turns out.

• Shiny aluminum will produce even browning

• If using glass or dark aluminum surfaces lower the oven temperature by 25° F to prevent overbrowning.

• If placing more than 1 pan in the oven make sure they do not touch. This will prevent “hot spots” (overbrowned areas)
Proper Baking

• Always preheat your oven at least 5 minutes before baking.

• To achieve correct rising do the following two things:
  – Only fill muffin cups 2/3 full
  – Only grease bottom of pan if called for in recipe
Proper Storage

• Place baked items on a cooling rack until they reach room temperature.
• When cool, wrap or place in a sealed container.
• Refrigerating baked goods can cause them to become stale faster.
• If placing in freezer make sure they are tightly wrapped to prevent drying out and freezer burn.